

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|--|--|--|--|-----------------------------------|---|------------|
| | July 10 | July 11 | July 12 | July 13 | July 14 | July 15 | July 16 |
| Senior Elite | 8:30-8:50am dryland 9:00-11:00am swim | 7:30-9:00am swim 5:30-7:00pm swim | SSDL Individually | 7:30-9:30am swim 5:30-7:00pm Swim Sectionals | 7:30-9:30am swim Sectionals | 8:30-10:30am swim SSDL Individually Sectionals | Sectionals |
| Senior | 7:00-7:20am dryland 7:30-9:00am swim | 9:00-11:00am swim | 7:00-7:20am dryland 7:30-9:00am swim | 7:30-9:30am swim | 7:30-9:30am Swim | | |
| Senior Fit | | Beach Day | 5:30-7:00pm swim | 4:30-5:30pm swim 5:40-6:00pm dryland | | 9:30-11:30am swim | |
| Junior Elite | 8:30-8:50am dryland 9:00-11:00am swim | 7:30-9:00am swim | 9:00-10:30am swim SSDL Individually | 7:30-9:30am swim | 7:30-9:30am Swim | 8:30-10:30am swim SSDL Individually | |
| Junior + Advanced | 9:00-10:30am swim | Beach Day | 9:00-10:30am swim | 9:00-10:30am swim | 9:00-10:30am Swim | | |
| Senior Development | 10:30-11:30am swim | Beach Day | 10:30-11:30am swim | 10:30-11:30am swim | | | |
| Junior Development | 4:00-4:20pm dryland 4:30-5:30pm Swim | Beach Day | 4:00-4:20pm dryland 4:30-5:30pm swim | | 4:30-5:30pm Swim | 8:30-9:30am swim | |
| Pre Team | 6:30-7:00pm Pre Team 1 (Sharks, Sea Lions, | | 6:30-7:00pm Pre Team 1 (Sharks, Sea Lions, | 6:30-7:00pm Pre Team 2 (Starfish) | | | |

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| | Narwhals combined) | No practice | Narwhals combined) 6:30-7:00pm Pre Team 2 (Starfish) | | 5:00-7:00pm Candy Meet | | |
| Senior Pre Comp | 6:00-6:30pm Senior Pre Comp 1 (Dolphins, Swordfish combined) | No practice | 6:00-6:30pm Senior Pre Comp 1 (Dolphins, Swordfish combined) 6:00-6:30pm Senior Pre Comp 2 (Seals) | 6:00-6:30pm Senior Pre Comp 2 (Seals) | 5:00-7:00pm Candy Meet | | |
| Junior Pre Comp | 5:30-6:00pm Junior Pre Comp 1 (Stingrays, Whales) combined) | No practice | 5:30-6:00pm Junior Pre Comp 1 (Stingrays, Whales) combined) 5:30-6:00pm Junior Pre Comp 2 (Otters) | 5:30-6:00pm Junior Pre Comp 2 (Otters) | 5:00-7:00pm Candy Meet | | |