

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 8	July 9	July 10	July 11	July 12	July 13	July 14
Senior Elite	<b>9-11am swim</b>  <b>4:00-5:30pm swim (optional, combined with S)</b>	7:00-7:20am dryland 7:30-9:00am Swim	9:00-10:30am swim  4:00-5:30pm swim (optional, combined with S)	8:30-8:50am dryland 9-11am swim	<b>9-11am swim</b>  4:00-5:30pm swim (optional, combined with S)	<b>11-1pm LCM practice at Crafton</b>	
Senior	<b>9-11am swim</b>  <b>4:00-5:30pm swim (optional, combined with SE)</b>	7:00-7:20am dryland 7:30-9:00am Swim	7:00-7:20am dryland 7:30-9:00am Swim	7:00-7:20am dryland 7:30-9:00am Swim	7:30-9:30am Swim	<b>B C meet</b>  <b>11-1pm LCM practice at Crafton</b>	<b>B C meet</b>
Senior Fit	<b>10:30-12pm swim</b>	<b>4:00-5:30pm swim</b>	<b>5:00-6:30pm swim</b>	<b>4:00-5:30pm swim</b>	<b>9:30-11am swim</b>	<b>B C meet</b>	<b>B C meet</b>
Junior Elite	<b>9:00-10:30am Swim</b>	<b>9:00-10:30am Swim</b>	<b>9:00-10:30am swim</b>	<b>9-11am swim</b>	7:00-7:20am dryland 7:30-9:00am Swim	<b>B C meet</b>  <b>11-1pm LCM practice at Crafton</b>	<b>B C meet</b>
Junior + Advanced	<b>9:00-10:30am Swim</b>	<b>9:00-10:30am swim</b>	<b>9:00-10:30am Swim</b>	<b>9:00-10:30am swim</b>	<b>9:00-10:30am Swim</b>	<b>B C meet</b>  <b>11-1pm LCM practice at Crafton</b>	<b>B C meet</b>

Senior Development	6:00-7:00pm swim	10:00-10:20am dryland 10:30-12:00pm swim	10:30-12:00pm swim	10:00-10:20am dryland 10:30-12:00pm swim	6:15-7:15pm Swim	<b>B C meet</b>	<b>B C meet</b>
Junior Development	10:00-10:20am dryland 10:30-11:45am swim	4:00-5:00pm swim	4:00-5:00pm <b>Swim</b>	4:00-5:00pm swim	9:00-9:20am dryland 9:30-10:45am swim	<b>B C meet</b>	<b>B C meet</b>
Pre Team	PT 1 5:00-5:45pm swim PT 2 4:45-5:30pm swim	PT 3 6:15-7:00pm swim	PT 1 5:00-5:45pm PT 2 4:45-5:30pm PT 3 6:15-7:00pm	PT 3 6:15-7:00pm	PT 1 5:30-6:15pm PT 2 5:15-6:00pm		
Senior Pre Comp	SrPC 1 4:30-5:00pm swim		SrPC 1 4:30-5:00pm		SrPC 1 5:00-5:30pm		
Junior Pre Comp	JrPC 1 4:00-4:30pm swim	JrPC 3 5:45-6:15pm swim	JrPC 1 4:00-4:30pm JrPC 3 5:45-6:15pm	JrPC 3 5:30-6:00pm	JrPC 1 4:30-5:00pm		
Jr. Novice		JR Novice 1 5:30-6:00pm JR Novice 2 6:00-6:30pm swim	JR Novice 1 5:30-6:00pm JR Novice 2 6:00-6:30pm	JR Novice 1 5:30-6:00pm swim		<b>B C meet</b>	<b>B C meet</b>
Sr. Novice		SR Novice 6:30-7:00pm swim	SR Novice 6:30-7:00pm swim	SR Novice 6:30-7:00pm swim		<b>B C meet</b>	<b>B C meet</b>
PT Novice	PT Novice 4:00-4:45pm swim		PT Novice 4:00-4:45pm swim	<b>8:30-8:50am dryland 9-11am swim</b>	PT Novice 4:30-5:15pm swim	<b>B C meet</b>	<b>B C meet</b>