

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 2	September 3	September 4	September 5	September 6	September 7	S 8
Senior Elite	Labor Day no swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:30-7:00pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	4:30-4:50pm dryland 5:00-7:00pm swim	7:30-11:30am Intrasquad meet	
Senior	Labor Day no swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-7:00pm swim	7:30-11:30am Intrasquad meet	
Senior Fit	Labor Day no swim	5:00-5:20pm dryland 5:30-7:00pm swim	4:00-5:30pm swim	5:00-6:30pm swim 6:40-7:00pm dryland	4:00-5:00pm swim 5:10-5:30pm dryland	7:30-11:30am Intrasquad meet	
Junior Elite	Labor Day no swim	5:30-5:50pm dryland 6:00-7:30pm swim		5:30-5:50pm dryland 6:00-7:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	7:30-11:30am Intrasquad meet	
Junior + Advanced	Labor Day no swim	4:00-5:30pm swim	4:00-5:30pm swim 5:40-6:00pm dryland	4:00-5:30pm swim	4:00-5:30pm swim 5:40-6:00pm dryland	7:30-11:30am Intrasquad meet	
Senior Development	Labor Day no swim		5:30-7:00pm swim	4:00-5:00pm swim	5:30-6:30pm swim 6:30-7:00pm dryland	7:30-11:30am Intrasquad meet	
Junior Development	Labor Day no swim	4:00-5:00pm swim	4:00-5:30pm swim		4:00-5:00pm swim 5:00-5:30pm dryland	7:30-11:30am Intrasquad meet	
Junior Mini	Labor Day no swim	4:30-5:30pm swim	4:30-5:30pm swim	4:30-5:30pm swim		7:30-11:30am Intrasquad meet	
Pre Team	Labor Day no swim	PT 2 5:30-6:15pm	PT 1 6:30-7:15pm PT 2 5:30-6:15pm	PT 2 5:30-6:15pm	PT 1 6:30-7:15pm	7:30-11:30am Intrasquad meet	

Senior Pre Comp	Labor Day no swim		SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm		SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm	7:30-11:30am Intrasquad meet	
Junior Pre Comp	Labor Day no swim	JrPC 2 5:00-5:30pm	JrPC 2 5:00-5:30pm JrPC 1 5:30-6:00pm JrPC 3 7:0-7:30pm	JrPC 2 5:00-5:30pm	JrPC 1 5:30-6:00pm JrPC 3 7:00-7:30pm	7:30-11:30am Intrasquad meet	
Jr. Novice	Labor Day no swim	JR Novice 2 5:30-6:00pm	JR Novice1 4:00-4:30pm JR Novice 2 5:30-6:00pm	JR Novice 2 5:30-6:00pm	JR Novice1 4:00-4:30pm	7:30-11:30am Intrasquad meet	
Sr. Novice	Labor Day no swim	SR Novice 4:00-4:30pm	SR Novice 4:45-5:15pm	SR Novice 4:00-4:30pm		7:30-11:30am Intrasquad meet	
PT Novice	Labor Day no swim		PT Novice 4:00-4:45pm swim		PT Novice 4:00-4:45pm	7:30-11:30am Intrasquad meet	