

Fontana Aquatics Club

November 11-7, 2024

[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 11	November 12	November 13	November 14	November 15	November 16	N 17
Senior Elite	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	HOME MEET	HOME MEET
Senior	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 drylnad 5:30-7:00pm swim	5:00-7:00pm swim	HOME MEET	HOME MEET
Senior Fit	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	HOME MEET	HOME MEET
Junior Elite	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	HOME MEET	HOME MEET
Junior + Advanced	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	HOME MEET	HOME MEET
Senior Development	No swim		5:30-7:00pm swim	4:00-5:00pm swim	5:30-6:30pm swim 6:30-7:00pm dryland	HOME MEET	HOME MEET
Junior Development	No swim	4:00-5:00pm swim	4:00-5:30pm swim		4:00-5:00pm swim 5:00-5:30pm dryland	HOME MEET	HOME MEET
Junior Mini	No swim	4:30-5:30pm swim	4:30-5:30pm swim	4:30-5:30pm swim		HOME MEET	HOME MEET
Pre Team	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	HOME MEET	HOME MEET
Senior Pre Comp	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	HOME MEET	HOME MEET
Junior Pre Comp	No swim	JrPC 2 5:00-5:30pm JrPC 4 6:30-7:00pm	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 4 6:30-7:00pm	JrPC 1 5:30-6:00pm JrPC 4 6:30-7:00pm JrPC 3 7:00-7:30pm	HOME MEET	HOME MEET
Jr. Novice	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	HOME MEET	HOME MEET

Sr. Novice	No swim	SR Novice 4:00-4:30pm	SR Novice 4:45-5:15pm	SR Novice 4:00-4:30pm		HOME MEET	HOME MEET
PT Novice	No swim		PT Novice 4:00-4:45pm swim		PT Novice 4:00-4:45pm	HOME MEET	HOME MEET