

DAYS	Mon – Sat	Mon – Sat	Mon – Sat	
PRACTICE DURATION	1hr 45 min	1hr 45 min	1 hr 30 min	
PRACTICE TIME/LOCATION	M-F 6:00-7:45 am Hx	M-F 6:00-7:45 am Hx	M-F 6:00-7:45 am Hx	
PRACTICE TIME/LOCATION	Sat* 7:45 –10 Hx:	Sat* 7:45 –10 Hx:	Sat* 7:45 –10 Hx:	
STAGING TIME	HLX M-F 5:50 am	HLX M-F 5:53 am	HLX M-F 5:56 am	
STAGING TIME	HLX Sat 7:35	HLX Sat 7:38	HLX Sat 7:41	
	Group A	Group B	Group C	
	Jeffrey Keppler	Taylor Moultrie	Kiara Tenorio	
	Danielle Nowaski	Greyson Davies	Reyna Winter	
	Mitchell Stoddard	Gavin Souttere	Michael Roznshteyn	
	Jack Spitser	Aiden Molter	Keegan Debever	
	Ivan Kurakin	Camryn Gonzales	Anthony Nguyen	
	Carlson / Lance	Jordyn Gonzales	Trent Souttere	
	Tyler James	Jack Forstot	Emily Flora	
	Spencer Daly	Eli Mohr	Tess Forstot	
	Grace Murphy	My Nguyen		
	Brittney Miles	Tony Nguyen		
	Sophie Francis	RJ hansing		
	Lindsey Clark	Maya GH		
DAYS	Mon – Fri	Mon – Fri	Mon – Fri	
PRACTICE DURATION	1 hr 15 min	1 hr 15 min	1 hr 15 min	
PRACTICE TIME/LOCATION	MWF 12:00-1:15 Kroc	MWF 12:00-1:15 Kroc	MWF 12:00-1:15 Kroc	
PRACTICE TIME/LOCATION	T-Th 3:15 – 4:30 HLX	T-Th 3:15 – 4:30 HLX	T-Th 3:15 – 4:30 HLX	
STAGING TIME	KrocMWF 11:50 (wk 2 5:35)	KrocMWF 11:53 (wk 2 5:38)	KrocMWF 11:56 (wk 2 5:41)	
STAGING TIME	HLX TTH 3:05	HLX TTH 3:08	HLX TTH 3:11	
	Group D	Group E	Group F	
Please note that during week 2 These groups will be at Kroc M T T H F swimming from 5:45 -7:00pm staging times for week 2 in parenthesis	Hollie Leraas	Matt Hansing	Evie Miller	
	Eva Cruz	Kyle Phaymany	Sydney Gessel	
	Xavier Hunt	Tim Royal	Amina Hannat	
	Landon Avalos	Samuel Allen	Bella Pitts	
	Olivia Flores	Tilly Santoro	Kasey Gray	
	Annika Sawicki	Paige Moll	Zosia Hebbert	
	Lilah Byun	Ada Parker	Eli Mitchell	
	Grace Davis	Rebekah Burger	Emanuel Tula	
	Molly Vu		Adrian Lopez	
			Wylder Rogers	
			Oceane Smith	
			Benji Mendoza	
DAYS	Mon Tues Thur Fri	Mon Tues Thur Fri	Mon Tues Thur Fri	
PRACTICE DURATION	50 min	50 min	50 min	
PRACTICE TIME/LOCATION	MF 1:25 – 2:15 Kroc	MF 1:25 – 2:15 Kroc	MF 1:25 – 2:15 Kroc	
PRACTICE TIME/LOCATION	T-Th 2:20 – 3:10 HLX	T-Th 2:20 – 3:10 HLX	T-Th 2:20 – 3:10 HLX	
STAGING TIME	KrocMF 1:15 (wk 2 4:35)	KrocMF 1:18 (wk 2 4:38)	KrocMF 1:21 (wk 2 4:41)	
STAGING TIME	HLX 2:12	HLX 2:15	HLX 2:18	
	Group G	Group H	Group I	
Please note that during week 2 These groups will be at Kroc M T T H F swimming from 4:45 -5:35 staging times for week 2 in parenthesis	Kyle Mundy	Audrey Miller	Daniel Antonets	
	Alessio Marino	Natalie Sanchez Waddell	Riley Monelt	
	Mayen Wood	Malena Munoz	Finn Melia	
	Keenan Melia	Kelsey Avalos	Alyssa Riggs	
	Andrew Sanchez-Waddell	Paige Cerna	Lily Riggs	
	Savannah Sanchez	Joon Byun	Nicholas Hwang	
	Milly Cobstill	Talay Mason	Allison Hwang	
	Violet Rupp	Brayden Stivale	Camille Golden	
	William Blakely	Casey Lopez	Max Golden	
	Emma Mohr		maverick Golden	
			Danica Morton	