

Advanced, INTMD2, INTMD1, Gold

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Advanced a.m.		5:15 – 6:45		5:15 – 6:45		7:45 – 10:00
p.m.	3:15 – 5:00	3:15 – 5:00	2:15 – 4:00	3:15 – 5:00	3:15 – 5:00	
INTMD 2 a.m.		5:15 – 6:45		5:15 – 6:45		7:45 – 10:00
p.m.	3:15 – 5:00	3:15 – 5:00	2:15 – 4:00	3:15 – 5:00	3:15 – 5:00	
INTMD 1 p.m.	5:30 – 6:00 DL 6:00 – 7:30 SW	5:30 – 6:00 DL 6:00 – 7:30 SW		5:30 – 6:00 DL 6:00 – 7:30 SW	5:30 – 6:00 DL 6:00 – 7:30 SW	7:45 – 10:00
Gold p.m.	5:30 – 6:00 DL 6:00 – 7:30 SW	5:30 – 6:00 DL 6:00 – 7:30 SW		5:30 – 6:00 DL 6:00 – 7:30 SW	5:30 – 6:00 DL 6:00 – 7:30 SW	8:30-10:00

Maclay Varsity, Masters

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MS/HS Conditioning p.m.	3:15 – 4:45		2:15 – 3:45		3:15 – 4:45	
U.S. Masters p.m.		11:30 – 12:30		11:30 – 12:30		

Silver, Bronze, Pre-team

Evening

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver	4:45 – 5:00 DL 5:00 – 6:00 SW	4:45 – 5:00 DL 5:00 – 6:00 SW		4:45 – 5:00 DL 5:00 – 6:00 SW	4:45 – 5:00 DL 5:00 – 6:00 SW	10:00-11:00
Bronze	5:00 – 5:15 DL 5:15 – 6:00 SW	5:00 – 5:15 DL 5:15 – 6:00 SW		5:00 – 5:15 DL 5:15 – 6:00 SW	5:00 – 5:15 DL 5:15 – 6:00 SW	10:00-11:00
Pre-Team 1	5:00 – 5:45			5:00 – 5:45		11:00 – 11:45
Pre-Team 2	5:45 – 6:30			5:45 – 6:30		11:00 – 11:45
Pre-Team 3		5:00 – 5:45			5:00 – 5:45	11:00 – 11:45
Pre-Team 4		5:45 – 6:30			5:45 – 6:30	11:00 – 11:45