



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b> 6:00 -7:15 a.m.  6:00 – 7:30 a.m.	<b>Masters- FH</b>  JR2:P/SR2:P/SR:3 Nat - FH	<b>Masters- CRWC</b>  JR2:P/SR2:P/SR:3 Nat - CRWC		<b>Masters- CRWC</b>  JR2:P/SR2:P/SR:3 Nat - CRWC	<b>Masters- FH</b>  JR2:P/SR2:P/SR:3 Nat - FH	10:00 – 11:30 a.m.: <b>AG1, AG2</b>  10:00 – Noon: <b>JR1, SR1,</b> JR2:P/SR2:P/SR:3 Nat - CRWC  11:30 a.m. – noon: <b>Masters</b>
<b>CRWC- Afternoon</b>	JR2:P/SR2:P/SR:3 Nat 4:45 – 6:45 p.m. (Distance or 4IM in DW last 30 mins)  <b>SR1 –</b> 6:15 – 7:30 p.m.  <b>Masters- Paper Practice-</b> 6:15 – 7:30 p.m.	<b>AG1 –</b> 4:45 – 6:00 p.m.  <b>AG2–</b> 6:00 p.m. – 7:30 p.m.	JR2:P/SR2:P/SR:3 Nat 4:45 – 6:45 p.m. (Sprint or 42M in DW last 30 mins)  <b>Masters- Paper Practice-</b> 6:15 – 7:30 p.m.	<b>AG1 –</b> 4:45 – 6:00 p.m.  <b>AG2–</b> 6:00 p.m. – 7:30 p.m.	<b>AG1- DW</b> 4:45 – 6:15 p.m.  <b>SR1/JR2:P/SR2:P/SR:3 Nat - CRWC</b> *Make Up only  <b>DEV: Starts and Turns</b> 6:30 – 7:15 p.m.  <b>Para/Adaptive</b> 6:30 – 7:15 p.m.	
<b>Field House- Afternoon</b>	<b>AG2–</b> 4:45 – 6:15 p.m.  <b>DEV 4</b> 4:45 - 5:45 p.m.  <b>DEV 3</b> 5:45 – 6:45 p.m.	JR2:P/SR2:P/SR:3 Nat 4:45 – 6:15 p.m.  <b>JR1/SR1-</b> 6:15 – 7:30 p.m.  <b>DEV 2</b> 4:45 - 5:45 p.m.  <b>DEV 1</b> 5:45 – 6:45 p.m.	<b>JR1/SR1</b> 4:45 – 6:15 p.m.  <b>DEV 4</b> 4:45 - 5:45 p.m.  <b>DEV 3</b> 5:45 – 6:45 p.m.	JR2:P/SR2:P/SR:3 Nat 4:45 – 6:15 p.m.  <b>JR1/SR1</b> 6:15 – 7:30 p.m.  <b>DEV 2</b> 4:45 - 5:45 p.m.  <b>DEV 1</b> 5:45 – 6:45 p.m.	<b>AG2</b> 4:45 – 6:15 p.m.  <b>Pre-Team</b> 5:00 - 5:45 p.m. *Beginning 3/29	



Week of March 18th

**Competition:** None

JR2:P/SR2:P/SR:3 Nat & AG1 @ CRWC

AG2 & SR1 @ Field House

Week of March 25<sup>th</sup>

**Competition:** None

JR2:P/SR2:P/SR:3 Nat & AG1 @ CRWC

AG2 & SR1 @ Field House

Week of April 1<sup>st</sup>

**Competition:** None

JR2:P/SR2:P/SR:3 Nat & AG1 @ CRWC

AG2 & SR1 @ Field House

Week of April 8<sup>th</sup>

**Competition:** None

JR2:P/SR2:P/SR:3 Nat & AG1 @ CRWC

AG2 & SR1 @ Field House

IFLY Spring/Summer Schedule from **March 18<sup>th</sup> – June 5<sup>th</sup>**



Week of April 15<sup>th</sup>

**Competition:** None; IASI Select Camp (CO Springs)

JR2:P/SR2:P/SR:3 Nat & AG1 @ Field House

AG2 & SR1 @ CRWC

Week of April 22<sup>nd</sup>

**Competition:** LMST Spring Splash

JR2:P/SR2:P/SR:3 Nat & AG1 @ Field House

AG2 & SR1 @ CRWC

Week of April 29<sup>th</sup>

**Competition:** H2Opener & US OW Nats.

**NO FRIDAY PM PRACTICES FOR ANY GROUP**

Week of May 6<sup>th</sup>

**Competition:** DSMY May Invite

**NO FRIDAY PM PRACTICES FOR AG1.**

Week of May 13<sup>th</sup>

**Competition:** 2024 SR Armbruster

**NO FRIDAY PM PRACTICES FOR ANY GROUP**

Week of May 20<sup>th</sup>

**Competition:** None; Memorial Day Weekend

IFLY Spring/Summer Schedule from **March 18<sup>th</sup> – June 5<sup>th</sup>**



JR2:P/SR2:P/SR:3 Nat & AG1 @ Field House

AG2 & SR1 @ CRWC

Week of May 27<sup>th</sup>

**Competition:** 2024 JR. Armbruster

SR1/SR2:P/SR:3 Nat @ Field House

**NO FRIDAY PM PRACTICES FOR ANY SWIMMER 12&UNDER**