



CAST

SUMMER 2024

PRACTICE SCHEDULE

STARTS MONDAY JUNE 17TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SR SQUAD	LONG COURSE 5:50 - 8:00AM 4:00 - 6:00PM	LONG COURSE 5:50 - 8:00AM 3:00 - 4:45PM	LONG COURSE 5:50 - 8:00AM 4:00 - 6:00PM	LONG COURSE 5:50 - 8:00AM 3:00 - 4:45PM	LONG COURSE 5:50 - 8:00AM	7:15 - 9:30AM
JR SQUAD	LONG COURSE 5:50 - 8:00AM 4:00 - 6:00PM	LONG COURSE 5:50 - 8:00AM 3:00 - 4:45PM	LONG COURSE 5:50 - 8:00AM 4:00 - 6:00PM	LONG COURSE 5:50 - 8:00AM 3:00 - 4:45PM	LONG COURSE 5:50 - 8:00AM	7:15 - 9:30AM
A SQUAD	5:20 - 6:50AM 4:00 - 6:00PM	LONG COURSE 5:50 - 8:00AM 3:00 - 4:45PM	5:20 - 6:50AM 4:00 - 6:00PM	LONG COURSE 5:50 - 8:00AM	5:20 - 7:00AM 4:00 - 6:00PM	7:15 - 9:30AM
B SQUAD	5:20 - 6:50AM 6:00 - 7:30PM	3:15 - 4:45PM	5:20 - 6:50AM 6:00 - 7:30PM	3:15 - 4:45PM	5:20 - 7:00AM 4:00 - 5:30PM	
C SQUAD	6:50 - 8:00AM 6:00 - 7:00 PM		6:50 - 8:00AM 6:00 - 7:00 PM		4:00 - 5:15PM	
SUMMER 10 & UNDER	6:00 - 6:45PM	4:45 - 5:30PM	6:00 - 6:45PM	4:45 - 5:30PM		
SUMMER 11+	6:45 - 7:30PM	5:30 - 6:15PM	6:45 - 7:30PM	5:30 - 6:15PM		

*OPEN WATER TBD (A SQUAD, JR SQUAD & SR SQUAD)