

SWAT Training Schedule (B) Begins June 22

<u>Mon-Fri</u>	<u>Training Group Recommended</u>	<u>Main Competition Pool</u>	<u>Shallow End Individual only(6 Lanes)</u>
3-3:45pm	Platinum, Senior, National	6 Lanes, One Family per lane	6 Lanes (6 swimmers) (Plat, Sr, Nat)
3:45-4:30pm	Gold, Platinum, Senior	6 Lanes, One Family per lane	6 Lanes (6 swimmers) (Gold, Plat, Sr, Nat)
4:30-5:15pm	Silver, Gold	6 Lanes, One Family per lane	6 Lanes (6 swimmers) (Silver, Gold)
5:15-6pm	Silver, Bronze	6 Lanes, One Family per lane	5:15-5:45pm (Rip, WV, Br)
6-6:45pm	Bronze, Ripples, Wave Riders	6 Lanes, One Family per lane	5:45-6:15pm (Rip,WV, Br)
6:45-7:30pm	Open	6 Lanes One Ind or 1 Familyper lane	6:15-7:45pm (Rip, WV, Br)
7:30-8pm	Open	6 Lanes One Ind or 1 Family per lane	7:45-8pm Open
(Bold indicates Family Registration Times)			
(Open= open to all swimmers all groups Family or Individual)			
<u>Sat</u>			
6-7:30am	Plat, Sr, Nat	6 Lanes One Ind/One Family per lane	One ind/lane
7:30-9am	Gold, Open	6 Lanes One Ind/One Family per lane	One ind/lane
<u>Sun</u>	<u>Training Group Recommended</u>	<u>Main Competition Pool</u>	<u>Shallow End Individual only (3 Lanes each)</u>
4:15-5:15pm	Open (3 lanes family or Ind)	6 Lanes- One Ind or 1 Familyper lane	One Ind per Lane, 3 lanes
5:15-6:15pm	Open (3 lanes family or Ind)	6 Lanes- One Ind or 1 Family per lane	One Ind per Lane, 3 lanes
4:15-6:16pm	Open (3 lanes family or Ind)	6 Lanes- One Ind or One Fam per lane	One Ind per Lane, 3 lanes

If two or more swimmers then families should register for the group practice of the Swimmer in most advanced level