

CONCORD HS SWIMMING & DIVING - JANUARY 2026 SCHEDULE

<u>Mon 1/5</u>	<u>Tues 1/6</u>	<u>Wed 1/7</u>	<u>Thur 1/8</u>	<u>Fri 1/9</u>	<u>Sat 1/10</u>
6-735am	None	6-735am	6-735am	6-735am	Warsaw
340-6pm	340-6pm	340-6pm	Northridge	340-6pm	Home
d:345-530pm	d:345-530pm	d:345-530pm	Away	d:345-530pm	

Gold training group - 2 AM practices required, 3 encouraged;

Silver training group - 1 AM practice; Bronze - no AM

Zero hour dryland - Tues/Fri

<u>Mon 1/12</u>	<u>Tues 1/13</u>	<u>Wed 1/14</u>	<u>Thur 1/15</u>	<u>Fri 1/16</u>	<u>Sat 1/17</u>
6-735am	None	6-735am	6-735am	6-735am	7-930am Men
340-6pm	340-6pm	340-6pm	Men330-5	340-6pm	Girls NLC
d:345-530pm	d:345-530pm	d:345-530pm	Girls NLC	d:345-530pm	Finals - Away
			Prelims Away		

Gold training group - 2 AM practices required, 3 encouraged;

Silver training group - 1 AM practice; Bronze - no AM

Zero hour dryland - Tues/Fri

<u>Mon 1/19</u>	<u>Tues 1/20</u>	<u>Wed 1/21</u>	<u>Thur 1/22</u>	<u>Fri 1/23</u>	<u>Sat 1/24</u>
8-11am	None	6-735am	6-735 am	6-735am	7-10 am
340-6pm	340-6pm	340-6pm	340-6pm	340-515m	(includes dryland)
d:345-530pm	d:345-530pm	d:345-530pm	d:345-530pm	d:345-515pm	Mish Dive Invite

Gold training group - 2 AM practices required, 3 encouraged;

Silver training group - 1 AM practice; Bronze - no AM

Zero hour dryland - Tues/Fri

<u>Mon 1/26</u>	<u>Tues 1/27</u>	<u>Wed 1/28</u>	<u>Thur 1/29</u>	<u>Fri 1/30</u>	<u>Sat 1/31</u>
6-735 am	None	6-735am	6-735amWomen	6-735am	630-845am Women
340-6pm	340-6pm	340-6pm	Boys NLC	340-6pm	Boys NLC
d:345-530pm	d:345-530pm	d:345-530pm	Prelims-Home	d:345-530pm	Finals-Home

Practice attendance expectations will be announced.

Zero hour dryland - Tues/Fri