

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Mar 18, 2019	Mar 19, 2019	Mar 20, 2019	Mar 21, 2019	Mar 22, 2019	Mar 23, 2019	Mar 24, 2019
North	Speedster A	5:30-6:15pm Covington	OFF	5:30-6:15pm Covington	OFF	5:30-6:30pm Ferndale	OFF or Finale	OFF
	Speedster B	6:10 - 6:55pm Covington		6:10 - 6:55pm Covington				
	Speedster C	6:50-7:35 Covington		6:50-7:35 Covington				
	Bronze E	5:30-6:45pm Covington		5:30-6:45pm Covington		5:30-6:45pm Ferndale	8:45-10:00am Ferndale	
	Bronze L	6:45-8:00pm Covington		6:45-8:00pm Covington				
	Silver E	6:30-7:45pm Seaholm	6:30-7:45pm Seaholm	OFF		8:30-10:00am Ferndale		
	Silver L							
	Gold	6:30-8:00pm Seaholm	6:30-8:00pm Seaholm	6:30-8:00pm Seaholm		5:30-7:00pm Ferndale	8:00-10:00am Ferndale	
	Masters	5:30 - 7:00am Groves	5:30 - 7:00am Groves	OFF		5:30 - 7:00am Groves	5:30 - 6:45am Ferndale	
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	OFF	5:30-6:15pm	OFF	5:30-6:30pm	OFF or Finale	
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	8:45-10:00am	
	Silver	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		OFF	8:30-10:00am	
	Gold	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm		5:30-7:00pm	8:00-10:00am	
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am	
Seniors	Senior PM	6:30-8:00pm Seaholm	5:30-7:00pm Ferndale	6:30-8:00pm Seaholm	OFF	OFF	8:00-10:00am Ferndale Time Trial For All @ Practice Bring a FAST suit	3:30-5:00pm Groves
	Senior AM	OFF	OFF	OFF	5:30- 7:00am Groves Required for All Seniors			