Atlantis Swimming Schedule Week of Mar 4, 2019								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Mar 4, 2019	Mar 5, 2019	Mar 6, 2019	Mar 7, 2019	Mar 8, 2019	Mar 9, 2019	Mar 10, 2019
North	Speedster B Speedster C	6:15-7:00pm Covington	OFF	6:15-7:00pm Covington	OFF	5:30-6:30pm Ferndale	9:30-10:30am Seaholm	10 & Under Clinic 5:00-5:30pm Groves
	Bronze E Bronze L	7:00-8:15pm Covington		7:00-8:15pm Covington		5:30-6:45pm Ferndale	9:45-11:00am Seaholm	
	Silver E	5:45-7:15pm Groves	State Team Practice @ Ferndale 5:00-6:30pm State Team Dinner @ Pasquales 7:00-9:00pm	5:45-7:00pm Groves		OFF	8:30-10:00am Seaholm	3:30-5:15pm Groves
	Silver L	6:45-8:15pm Groves						
	Gold	6:00-8:00pm Ferndale		7:00-8:30pm Groves		6:00-7:30pm Ferndale	8:00-10:00am Seaholm	3:30-5:30pm Groves
	Masters	5:30 - 7:00am Groves	5:30 - 7:00am Groves	OFF	5:30 - 7:00am Groves	5:30 - 7:00am Groves	7:00-8:00am Ferndale	OFF
South (held at Ferndale High School M-Sat)	Speedster	5:30-6:15pm	State Team Practice @ Ferndale 5:00-6:30pm State Team Dinner @ Pasquales 7:00-9:00pm	5:30-6:15pm	OFF	5:30-6:30pm	9:30-10:30am Seaholm	10 & Under Clinic 5:00-5:30pm Groves
	Bronze	5:30-6:45pm		5:30-6:45pm		5:30-6:45pm	9:45-11:00am Seaholm	
	Silver	6:00-7:30pm		6:00-7:30pm		OFF	8:30-10:00am Seaholm	3:30-5:15pm Groves
	Gold	6:00-8:00pm		6:00-8:00pm		6:00-7:30pm	8:00-10:00am Seaholm	3:30-5:30pm Groves
	Masters	5:30-6:45am	5:30-6:45am	OFF	5:30-6:45am	5:30-6:45am	7:00-8:00am Ferndale	OFF
Seniors	Senior PM	4:30-6:30pm Ferndale	4:30-6:30pm Ferndale	4:30-6:30pm Ferndale		OFF		
	Senior AM	OFF	5:30- 7:00am Groves Required for <u>Second Year</u> <u>Seniors</u>	OFF	OFF	5:30- 7:00am Groves Required for All Seniors	8:00-10:00am Seaholm	3:30-5:30pm Groves