

FALL-WINTER PRACTICE SCHEDULE 2023-2024

** SUBJECT TO CHANGE **

		MON	TUE	WED	THU	FRI	SAT
ISM SWIM TEAM September 13 - Final Meet	ISM Students			4:15-5:00 ISM			
RED 2 September 11 - Final Meet	Age 8/Under	5:15-6:00 ISM	5:15-6:00 ISM	5:15-6:00 ISM	5:15-6:00 ISM		
RED 3 September 11 - Final Meet	Age 8/Under	5:15-6:15 ISM	5:15-6:15 ISM	5:15-6:15 ISM	5:15-6:15 ISM		
RED 1 September 11 - Final Meet	Age 8/Under	6:15-7:00 ISM	6:15-7:00 ISM		6:15-7:00 ISM		
AGE GROUP PREP September 11 - Final Meet	Ages 9-14	7:00-8:00 ISM	7:00-8:00 ISM	6:15-7:15 ISM	7:00-8:00 ISM		
			5:55-6:55 PM OAK POINT		5:55-6:55 PM OAK POINT		
AGE GROUP BRONZE 1 September 11 - Final Meet	Ages 9-10	6:00-7:00 PM EPCC		6:00-7:00 PM EPCC	7:20-8:30 PM EPCC		11:00-12:30 PM EPCC
AGE GROUP BRONZE 2 September 11 - Final Meet	Ages 11-13	7:00-8:30 PM EPCC	7:20-8:30 PM EPCC	7:00-8:30 PM EPCC			11:00-12:30 PM EPCC
AGE GROUP SILVER 1 September 5 - Final Meet	Ages 9-10	5:30-7:00 PM OAK POINT	5:45-7:15 PM OAK POINT	5:30-7:00 PM OAK POINT	5:45-7:15 PM OAK POINT	6:15-7:45 PM EPCC	
AGE GROUP SILVER 2 September 5 - Final Meet	Ages 11-12	5:35-7:50 PM EPCC	6:05-7:50 PM EPCC	5:35-7:50 PM EPCC	6:05-7:50 PM EPCC	6:15-7:45 PM EPCC	9:30-11:00 AM EPCC
AGE GROUP GOLD September 5 - Final Meet	Ages 13-14	7:00-8:45 PM OAK POINT	7:15-8:45 PM OAK POINT	7:00-8:45 PM OAK POINT	7:15-8:45 PM OAK POINT		9:30-11:00 AM OAK POINT
NATIONAL AGE GROUP September 5 - Final Meet	Ages 13-14	6:15-8:15 PM EPCC	6:15-8:15 PM EPCC	6:15-8:15 PM EPCC	6:15-8:15 PM EPCC	6:00-8:00 PM OAK POINT	7:30-9:30 AM OAK POINT
NAG XCELFIT No Signups Required			6:50-7:30 AM		6:50-7:30 AM		
SENIOR GROUP September 5 - Final Meet	Ages 15+	7:00-8:45 PM OAK POINT	7:00-8:45 PM OAK POINT	7:00-8:45 PM OAK POINT	7:00-8:45 PM OAK POINT		9:30-11:00 AM OAK POINT
NATIONAL SENIOR PREP September 5 - Final Meet	Ages 15+	3:45-5:45 PM OAK POINT	3:45-5:45 PM OAK POINT	3:45-5:45 PM OAK POINT	3:45-5:45 PM OAK POINT	3:45-5:45 PM OAK POINT	7:30-9:30 AM OAK POINT
NATIONAL SENIOR September 5 - Final Meet	Ages 15+	3:45-6:00 PM OAK POINT	6:05-7:05 AM 3:45-6:00 PM OAK POINT	3:45-6:00 PM OAK POINT	6:05-7:05 AM 3:45-6:00 PM OAK POINT	3:45-6:00 PM OAK POINT	7:30-9:30 AM OAK POINT
NAT & NAT PREP XCELFIT Signups Required		6:00-6:50 AM				6:00-6:50 AM	
MASTERS Continuous Program	Adults	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	6:00-7:00 AM EPCC	