

2014 Phoenix Swimming Long Course Practice Schedule (By Day):

Practice Schedule May 21st -June 22nd

Monday:

Senior 4:00-6:15pm
National/ PreNational 4:00-7:30pm (DL: 6:30-7:30pm)
Novice 6:00-7:15pm
Age Group/ Junior 6:00-7:45pm

Tuesday:

PreNational 4:15-6:30pm
Age Group/ Junior 4:15-7:15pm (DL: 6:15-7:15)
National/ Senior 5:45-8:15pm

Wednesday:

National/ PreNational/ Senior 4:15-7:30pm
(DL: 6:30-7:30pm)
Novice 6:00-7:15pm

Thursday:

PreNational 4:15-6:15pm
Age Group/ Junior 4:15-7:15pm (DL: 6:15-7:15pm)
National/ Senior 5:45-8:15pm

Friday:

National 4:15-7:30pm
Junior/ PreNational 4:15-7:30pm (DL: 6:45-7:30pm)

Saturday:

PreNational 6:15-8:30am
National/ Senior 6:15-9:45am (DL: 8:45-9:45am)
Age Group/ Junior 8:15-10:30am
Novice 9:30-10:30am

Sunday:

Age Group 6:45-8:30am
Junior 6:45-9:00am
National/ Senior 8:15-11:00am

****All practices are at the Cedarland Aquatic Center.**

Practice Schedule June 23rd -August 5th

Monday:

PreNational/ Senior 4:30-7:45pm (DL: 4:30-5:30pm)
National 4:30-8:15pm (DL: 4:30-5:30pm)
Age Group/ Junior 7:45-9:30pm **LC**

Tuesday Morning: WOMEN ONLY

PreNational/ Senior/ National 6:15-8:00am **LC**

Tuesday Evening:

Age Group/ Junior 4:30-7:30pm (DL: 4:30-5:15pm)
Novice 5:15-7:00pm
PreNational 7:45-9:45pm **LC**
National/ Senior 7:45-10:00pm **LC**

Wednesday:

Senior 4:30-7:45pm (DL: 4:30-5:30pm)
National 4:30-8:15pm (DL: 4:30-5:30pm)
Age Group 7:45-9:30pm **LC**
Junior/ PreNational 7:45-9:45pm **LC**

Thursday Morning: MEN ONLY

PreNational/ Senior/ National 6:15-8:00am **LC**

Thursday Evening:

Age Group/ Junior 4:30-7:30pm (DL: 4:30-5:15pm)
Novice 5:15-7:00pm
PreNational 7:45-9:45pm **LC**
National/ Senior 7:45-10:00pm **LC**

Friday:

Junior/ PreNational 5:30-8:30pm (DL: 7:30-8:30pm)
Senior/ National 7:00-8:45pm

Saturday:

National/ Senior 5:45-9:30am **LC** (DL: 8:15-9:30am)
PreNational/ Junior 7:45-10:00am
Age Group 8:30-10:15am
Novice 8:30-10:00am

Sunday:

No Practice all groups but stations/ skill work may be added if needed or time permits (based on Outing schedule)

****LC= Practice is held in the 50m pool at the Main Club**

****All other practices are at the Cedarland AC**