

RSCA SUMMER 2025 PRACTICE SCHEDULE

Starting May 27, 2025

ROCKWOOD SOUTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	SUMMIT	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M
	1:00-2:15 pm	5:00-6:15 pm	4:30-5:45 pm	5:00-6:15 pm	1:00-2:15 pm	11:00 am- 12:15 pm
SILVER	SUMMIT	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M
	1:00-2:30 pm	5:00-6:30 pm	4:30- 6:00 pm	5:00-6:30 pm	1:00-2:30 pm	11:00 am- 12:30 pm
AGD	SUMMIT	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M
	1:00-2:30 pm	5:00-6:30 pm	4:30- 6:00 pm	5:00-6:30 pm	1:00-2:30 pm	11:00 am- 12:30 pm

ROCKWOOD NORTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	MARQUETTE	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M	MARQUETTE	MARQUETTE
	12:30-1:45 pm	5:00-6:15 pm	5:00-6:15 pm	5:00-6:15 pm	5:00-6:15 pm	11:00 am-12:15 pm
SILVER	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M
	10:30 am-12:00 pm	10:30 am-12:00 pm	10:30 am-12:00 pm	10:30 am-12:00 pm	10:30 am-12:00 pm	11:00 am-12:30 pm
AGD	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M
	10:30 am-12:00 pm	10:30 am-12:00 pm	10:30 am-12:00 pm	10:30 am-12:00 pm	10:30 am-12:00 pm	11:00 am-12:30 pm

GOLD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M
	9:30- 11:15 am		9:30-11:15 am			
	CRESTVIEW 50M	9:30-11:15 am	SUMMIT	9:30-11:15 am	9:30-11:15 am	9:30-11:15 am
	4:30-6:15 pm		4:00- 5:30 pm			

SENIOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M
	8:00-10:00 am		8:00-10:00 am			
	CRESTVIEW 50M	8:00-10:00 am	SUMMIT	8:00-10:00 am	8:00-10:00 am	8:00-10:00 am
	4:30-6:30 pm		4:00-5:30 pm			

NATL PREP

@NPUpdates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M	CRESTVIEW 50M
		7:30-9:30 am		7:30-9:30 am		
	8:30-10:30 am	CRESTVIEW 50M	8:30-10:30 am	CRESTVIEW 50M	8:30-10:30 am	8:30-10:30 am
		3:00-4:30 PM		3:00-4:30 pm		

NATIONAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M
	6:15-8:30 am		6:15-8:30 am			
	MARQUETTE	6:15-8:30 am	CRESTVIEW 50M	6:15-8:30 am	6:15-8:30 am	6:15-8:30 am
	2:45-4:30 PM		2:45-4:30 pm			

COLLEGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M	CRESTVIEW 50M
	6:15-8:30 am	6:30-8:00 am	6:15-8:30 am	6:30-8:00 am	6:15-8:30 am	6:15-8:30 am
	CRESTVIEW 50M	PARKWAY NORTH	CRESTVIEW 50M	PARKWAY NORTH	CRESTVIEW 50M	PARKWAY SOUTH
	12:00-2:00 pm	3:00-6:00 pm	12:00-2:00 pm	3:00-6:00 pm	12:00-2:00 pm	6:00-9:00 am