

RSCA SPRING PRACTICE SCHEDULE

Starting After Spring Break

ROCKWOOD SOUTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	OFF	SUMMIT	EUREKA W/NORTH	SUMMIT	CRESTVIEW INDOOR	SUMMIT W/NORTH
		6:00-7:15 PM	6:15-7:30 PM	6:00-7:15 PM	4:45-6:00 PM	10:00-11:15 AM
SILVER	SUMMIT	EUREKA W/NORTH	MARQUETTE W/NORTH	SUMMIT W/NORTH	LAFAYETTE W/NORTH	SUMMIT
	5:45-7:15 PM	7:00-8:30 PM	5:30-7:00 PM	7:00-8:30 PM	5:30-7:00 PM	11:15 AM-12:45 PM
AGD	SUMMIT	EUREKA W/NORTH	MARQUETTE W/NORTH	SUMMIT W/NORTH	OFF	SUMMIT
	5:45-7:15 PM	5:30-7:00PM	7:00-8:30 PM	5:30-7:00 PM		11:15-12:45 PM

ROCKWOOD NORTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	OFF	LAFAYETTE	EUREKA W/SOUTH	LAFAYETTE	CRESTVIEW INDOOR	SUMMIT W/SOUTH
		6:00-7:15 PM	6:15-7:30 PM	6:30-7:45 PM	4:45-6:00 PM	10:00-11:15 AM
SILVER	LAFAYETTE	EUREKA W/SOUTH	MARQUETTE W/SOUTH	SUMMIT W/SOUTH	LAFAYETTE W/SOUTH	LAFAYETTE
@RSCASilverNorth	5:30-7:00 PM	7:00-8:30 PM	5:30-7:00 PM	7:00-8:30 PM	5:30-7:00 PM	10:00-11:30 AM
AGD	LAFAYETTE	EUREKA W/SOUTH	MARQUETTE W/SOUTH	SUMMIT W/SOUTH	OFF	LAFAYETTE
@RSCA_AGD	7:00-8:30 PM	5:30-7:00 PM	7:00-8:30 PM	5:30-7:00 PM		10:00-11:30 AM

GOLD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M	CRESTVIEW 50M	MARQUETTE
	7:15-9:00 PM	5:30-7:15 PM	7:15-9:00 PM	5:30-7:15 PM	5:30-7:15 PM	10:30 AM-12:15 PM

SENIOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M	CRESTVIEW 50M	MARQUETTE
	5:30-7:30 PM	7:00-9:00 PM	5:30-7:30	7:00-9:00 PM	5:30-7:30 PM	10:30 AM-12:30 PM

NATL PREP @NPUpdates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	SUMMIT
	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-5:30 PM	7:00-9:00 AM

NATIONAL @mlrsca

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAFAYETTE	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	OFF	MARQUETTE
8:15-11:00 AM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM		6:15-8:30 AM

Please follow twitter for your group for practice changes/updates.