

RSCA FALL PRACTICE SCHEDULE

August 21-Mid October

Please note: Exact date for schedule change depends on the weather (remainder of schedule on page 2)

ROCKWOOD SOUTH

	MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY	SATURDAY
BRONZE		EUREKA	EUREKA	SUMMIT	LAFAYETTE	SUMMIT
		6:00-7:15 pm	6:15-7:30 pm	5:30-6:45 pm	6:30-7:45 pm	10:00-11:15 am
SILVER	CMS 50M	EUREKA	CMS 50M	SUMMIT	SUMMIT	SUMMIT
	6:00-7:30 pm	7:00-8:30 PM	6:00-7:30 pm	6:45-8:15 PM	6:30-8:00 PM	11:15am-12:45 pm
AGD	CMS 50M	EUREKA	CMS 50M	SUMMIT	OFF	SUMMIT
	6:00-7:30 pm	5:45-7:15 PM	6:00-7:30 pm	5:30-7:00 pm		11:15am-12:45pm

ROCKWOOD NORTH

		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE		LAFAYETTE	LAFAYETTE	EUREKA	LAFAYETTE	EUREKA
		7:00-8:15pm	7:00-8:15 PM	6:00-7:15 PM	6:30-7:45 pm	11am-12:15 pm
SILVER	CMS 50M	LAFAYETTE	CMS 50M	SUMMIT	LAFAYETTE	LAFAYETTE
@RSCASilverNorth	6:00-7:30 pm	5:30-7:00 pm	6:00-7:30 pm	6:45-8:15 PM	5:00-6:30 pm	10:00-11:30 am
AGD	CMS 50M	LAFAYETTE	CMS 50M	SUMMIT	OFF	LAFAYETTE
@RSCA_AGD	6:00-7:30 pm	7:00-8:30 pm	6:00-7:30 pm	5:30-7:00 pm		10:00-11:30 am

GOLD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	CMS 50m	SUMMIT	CMS 50M	CMS 50 M	MARQUETTE
	5:30-7:15 pm	5:30-7:15 pm	5:30-7:15 pm	5:30-7:15 pm	5:30-7:15 pm	10:30am-12:15 pm

SENIOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	CMS 50M	SUMMIT	CMS 50M	CMS 50M	MARQUETTE
	7:00-9:00 pm	5:30-7:30 pm	7:00-9:00 pm	5:30-7:30 pm	5:30-7:30 pm	10:30-12:30 pm

NATL PREP @NPUpdates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CMS 50M	CMS 50M	CMS 50M	CMS 50M	CMS 50M	CMS 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	8:30-10:30am 7-9 am

NATIONAL @mlrsca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAFAYETTE	CMS 50M	CMS 50M	CMS 50M	CMS 50M	OFF	CMS 50M
8:00-10:00 am	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm		6:30-8:30 pm

Follow Twitter for your group for practice changes/updates

RSCA FALL PRACTICE SCHEDULE

Starting Mid-October

ROCKWOOD SOUTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE		EUREKA	EUREKA	SUMMIT	LAFAYETTE	SUMMIT
		6:00-7:15 pm	6:15-7:30 pm	5:30-6:45 pm	6:30-7:45 pm	10:00-11:15 am
SILVER	SUMMIT	EUREKA w/North	MARQUETTE w/North	SUMMIT	SUMMIT	SUMMIT
	5:30-7:00 pm	7:00-8:30 PM	5:30-7:00 pm	7:00-8:30 pm	6:30-8:00 pm	11:15am-12:45 pm
AGD	SUMMIT	EUREKA w/North	MARQUETTE w/North	SUMMIT	OFF	SUMMIT
	7:00-8:30 pm	5:45-7:15 PM	7:00-8:30 pm	5:30-7:00 pm		11:15am-12:45 pm

ROCKWOOD NORTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE		LAFAYETTE	LAFAYETTE	EUREKA	LAFAYETTE	EUREKA
		7:00-8:15 pm	7:00-8:15 pm	6:00-7:15 pm	6:30-7:45 pm	11:00 am-12:15 pm
SILVER	LAFAYETTE	EUREKA w/ South	MARQUETTE w/South	SUMMIT	LAFAYETTE	LAFAYETTE
@RSCASilverNorth	7:00-8:30 pm	7:00-8:30 pm	5:30-7:00 pm	7:00-8:30 pm	5:00-6:30 pm	10:00-11:30 am
AGD	SUMMIT	EUREKA w/ South	MARQUETTE w/South	SUMMIT	OFF	LAFAYETTE
@RSCA_AGD	7:00-8:30 pm	5:45-7:15 pm	7:00-8:30 pm	5:30-7:00 pm		10:00-11:30 am

GOLD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	MARQUETTE	SUMMIT	MARQUETTE	MARQUETTE	MARQUETTE
	5:30-7:15 PM	7:15-9:00 pm	5:30-7:15 pm	7:15-9:00 pm	5:30-7:15 pm	10:30 am-12:15 pm

SENIOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	MARQUETTE	SUMMIT	MARQUETTE	MARQUETTE	MARQUETTE
	7:00-9:00 pm	5:30-7:30 pm	7:00-9:00 pm	5:30-7:30 pm	5:30-7:30 pm	10:30-12:30 pm

NATL PREP @NPUpdates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	EUREKA	SUMMIT	LAFAYETTE	LAFAYETTE	SUMMIT	SUMMIT
	5:30-7:30 pm	5:30-7:30 pm	5:15-7:00 pm	6:45-8:45 pm	5:30-7:00 pm	7:00-9:00 pm

NATIONAL @mlrsca

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAFAYETTE	LAFAYETTE	LAFAYETTE	LAFAYETTE	LAFAYETTE	OFF	MARQUETTE
8:00-10:00 am	5:15-7:15 pm	5:15-7:15 pm	5:15-7:00 pm	5:15-7:15 pm		6:30-8:30 am

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