

2023-24 Cascade Fall and Winter Practice Schedules

All times and pools are subject to change.

Queen Anne schedule effective 1/29/24

Mon	Tues	Wed	Thurs	Fri	Sat
NAT/SR PERFORMANCE					
Yost 4:00-6:00pm*	Yost 4:00-6:00pm	Yost 6:00-7am 4:00-6:00pm*	Yost 4:00-6:00pm	Yost 4:00-6:00pm	Madison 8-10:30am*
SENIOR					
Yost 7:00-8:30 pm Rainier Beach 4:30-6:00pm	Yost 7:00-8:30 pm Rainier Beach 4:30-6:00pm *6-6:30 dryland	Yost* 4:00-6:00 pm Rainier Beach 4:30-6:00pm	Yost 7:00-8:30 pm Rainier Beach 4:30-6:00pm *6-6:30 dryland	Yost* 4:00-6:00 pm Rainier Beach 4:30-6:00pm	Madison 10:00-11:30am Rainier Beach 8:00-10:00am
JR PERFORMANCE					
Madison 4:30-6:30pm	Madison* 4:30-6:30pm	Madison 4:30-6:30pm	Madison* 4:30-6:30pm	Madison 4:00-6:00pm	Yost* 8:45-11:00am
JUNIOR					
Madison 4:30-6:00pm Ballard 4:15-5:30 Rainier Beach 4:30-5:30pm	Madison* 4:30-6:00pm Ballard 4:00-5:30 Rainier Beach 4:30-5:30pm	Madison 4:30-6:00pm Ballard 3:30-4:55 Rainier Beach 4:30-5:30pm	Madison* 4:30-6:00pm Ballard 4:00-5:30 Rainier Beach 4:30-5:30pm	Madison 4:00-6:00pm Ballard 4:15-5:30pm Rainier Beach 4:30-5:30pm	Yost 8:00-9:30am Rainier Beach 8:00-9:00am
NAVY					
Yost 5:45-7:00pm Ballard 4:15-5:30 Queen Anne 4:00-5:30 Rainier Beach 4:30-5:30pm	Yost 5:45-7:00pm Ballard 4:00-5:30 Queen Anne 4:00-5:30 Rainier Beach 4:30-5:30pm	Yost 6:00-7:15pm Ballard 3:30-4:55 Queen Anne 4:00-5:30 Rainier Beach 4:30-5:30pm	Yost 5:45-7:00pm Ballard 4:00-5:30 Queen Anne 4:00-5:30 Rainier Beach 4:30-5:30pm	Yost 6:00-7:15pm Ballard 4:15-5:30 Queen Anne 4:45-6:00 Rainier Beach 4:30-5:30pm	Yost 8:00-9:30am Rainier Beach 8:00-9:00am
RED/INTRO					
Madison (I & R) 6:15-7:00 pm Yost 5:00-5:45pm (I) 5:45-6:30pm (R) 6:30-7:15pm (R) Ballard 3:30-4:15 (R/I) Queen Anne 4:00-4:30 (I) 4:30-5:30 (R) Rainier Beach 4:30-5:30pm (R)	Madison (I & R) 6:15-7:00pm Yost 5:00-5:45pm (I) 5:45-6:30pm (R) 6:30-7:15pm (R) Ballard 4-4:45 (R) last names A-J 4:45-5:30 (R)last names K-Z Queen Anne 4:00-4:45 (I) 4:45-5:30 (R)	Madison (I & R) 6:15-7:00pm Yost 5:00-5:45pm (I) 5:45-6:30pm (R) 6:30-7:15pm (R) Ballard 3:30-4:15 (R) last names A-J 4:15-4:55 (R) last names K-Z Queen Anne 4:00-4:30 (R)starts and turns	Madison (I & R) 6:15-7:00pm Yost 5:00-5:45pm (I) 5:45-6:30pm (R) 6:30-7:15pm (R) Ballard 4-4:45 (R) last names A-J 4:45-5:30 (R) last name K-Z Queen Anne 4:00-4:45 (I) 4:45-5:30 (R) Rainier Beach	Yost 5:00-5:45pm (I) 5:45-6:30pm (R) 6:30-7:15pm (R) Ballard 3:30-4:15(R/I) Queen Anne 4:00-4:45 (I) 4:00-4:45(R) Rainier Beach 4:30-5:30pm (R)	Rainier Beach 8:00-9:00am (R/I)

	Rainier Beach 4:30-5:30pm (R/I)	4:30-5:30 (R)normal practice Rainier Beach 4:30-5:30pm (R)	4:30-5:30pm (R/I)		
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***Bring dryland equipment to practice**