

Week of April 26th (edited 4/26)		
Group	Monday-Friday	Saturday
SIL	4:30-5:30 (no TH)	N/A
BLU	4:30-5:30 (no T)	
AG2	5:30-6:30	N/A
AG1	6:30 - 8:00	
SR1/SR2	3:00-4:30	N/A
NAF	3:00-5:00*	6:30 - 9:00AM
*National Focus practices M-F @ Dive Shop, Saturday @ Y		

May 3rd - May 15th		
Group	Monday-Friday	Saturday
SIL	4:30-5:30 (no TH)	N/A
BLU	4:30-5:30 (no T)	
AG2	5:30-6:30	N/A
AG1	6:30 - 8:00	N/A
SR2	3:00-4:30	N/A
SR1	3:00-5:00*	8:00-10:00AM*
NAF	3:00-5:30*	8:00 -10:30AM*
*Beginning May 3rd, NAF / SR1 practices held outdoors in the Long Course Pool.		

5/17 - 6/22						
Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SIL	4:30-5:30	4:30-5:30	4:30-5:30		4:30-5:30	
BLU	4:30-5:30		4:30-5:30	4:30-5:30	4:30-5:30	10:00-10:45am*
AG2	5:30-6:30	5:00-6:00	5:30-6:30		5:30-6:30	10:00-10:45am*
AG1	5:00-6:30*	5:00-6:30*	5:00-6:30*	5:00-6:30*	5:00-6:30*	11:00am-12:00pm*
SR2	5:00-6:30*	5:00-6:30*	5:00-6:30*	5:00-6:30*	5:00-6:30*	10:30am-12:00pm*
SR1	3:00-5:00*	3:00-5:00*	3:00-5:00*	3:00-5:00*	3:00-5:00*	8:00-10:00*am
NAF	3:00-5:00*	5:30-6:40*am 3:00-5:00*	3:00-5:00*	5:30-6:40*am 3:00-5:00*	3:00-5:00*	8:00-10:30*am
*Beginning May 17th, practices for AG1, SR2, SR1, NAF and all Saturday practices will be held in the outdoor pool. Saturday practices will be held on 5/15, 5/22, 6/19, 7/3						

6/23 - Final Competition						
Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday+
INDOOR POOL						
SIL	4:30-5:30	4:30-5:30	4:30-5:30		4:30-5:30	
BLU	4:30-5:30		4:30-5:30*	4:30-5:30	4:30-5:30	10:00-10:45am*
OUTDOOR POOL						
AG2	5:30-6:30	5:30-6:30	5:30-6:30		5:30-6:30	10:00-10:45am
AG1	4:00-5:30pm	5:30-6:30	4:00-5:30pm	5:30-6:30	4:00-5:30pm	11:00am-12:00pm
SR2	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	10:30am-12:00pm
SR1	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	8:00-10:00am
NAF	6:30-9:00am	7:00-9:00am + 4:00-6:00pm	6:30-9:00am	7:00-9:00am + 4:00-6:00pm	6:30-9:00am	8:00-10:30am
<p>+ Saturday practices will be held on 5/15, 5/22, 6/19, 7/3.</p> <p>*Blue practices on Wednesday and Saturday are being held in the outdoor pool.</p>						