

Regional Team Practice Schedule

Swimming

		08-Aug	09-Aug	10-Aug	11-Aug
	Monday	Tuesday	Wednesday	Thursday	Friday
6:45-8am	xxxx	Seniors - ER	Seniors - SP	Seniors - ER	Seniors - ER
7:45-9am	xxxx	Int/Jr/Dev - ER	Int/Jr/Dev - SP	Int/Jr/Dev - ER	Int/Jr/Dev - ER
4:45-6pm	xxxx	Seniors - SP	Seniors - ER	Seniors - ER	Seniors - ER
4:45-6pm		Int/Jr - ER	xxxx	Int/Jr - SP	Int/Jr - SP

Swimming

	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug
	Monday	Tuesday	Wednesday	Thursday	Friday
6:45-8am	Seniors - ER	Seniors - ER	Seniors - SP	xxxx	xxxx
7:45-9am	Int/JR/Dev - ER	Int/JR/Dev - ER	Int/JR/Dev - SP	xxxx	xxxx
4:45-6pm	Seniors - ER	Seniors - SP	Senior - ER	xxxx	xxxx
4:45-6pm	Int/Jr - SP	Int/Jr - ER	Int/Jr - SP		