

2009-2010 Tentative Fall / Winter Short Course Practice Schedule

PRACTICE TIMES ARE SUBJECT TO CHANGE

Pool	Mon	Tues	Wed	Thurs	Fri	Sat	
AM Norris	515-645 HS Training Group & Senior Teams (swimming)	515-645 HS Training Group & Senior Teams (dryland)	515-645 HS Training Group & Senior Teams (swimming)	515-645 HS Training Group & Senior Teams (dryland)	515-645 HS Training Group & Senior Teams (swimming)	700-900 Black 900-1030 Blue	700-1000 Senior Teams (dryland & swim) 700-930 Pre National
AM North	515-645 HS Training Group & Senior Teams (swimming)	515-645 HS Training Group & Senior Teams (dryland)	515-645 HS Training Group & Senior Teams (swimming)	515-645 HS Training Group & Senior Teams (dryland)	515-645 HS Training Group & Senior Teams (swimming)	1030-1200 White	
PM Norris	300-515 Senior Teams 515-545 Pre-Team Grp I 550-620 Pre-Team Grp II 515-615 Orange (4 Lanes) 500-630 Black (4 Lanes) 500-700 Pre National	300-515 Senior Teams 515-545 Pre-Team Grp I 550-620 Pre-Team Grp II 500-630 Blue (6 Lanes) 430-700 Pre National (6 Lanes)	300-515 Senior Teams 515-545 Pre-Team Grp I 550-620 Pre-Team Grp II 500-630 White 500-700 Black 500-700 Pre National	300-515 Senior Teams 515-545 Pre-Team Grp I 550-620 Pre-Team Grp II 500-630 Blue 500-630 White 630-800 Black	300-515 Senior Teams 515-645 Blue 500-700 White		
PM North	600-800 White	600-800 Senior Teams 600-800 Black	515-615 Orange 630-800 Blue	630-800 Senior Teams 530-800 Pre National	515-715 Pre National 630-730 Orange		