

SAW	Monday 5/4	Tuesday 5/5	Wednesday 5/6	Thursday 5/7	Friday 5/8	Saturday 5/9	Sunday 5/10
HP	OFF	5:45 - 7:30 PM	5:45 - 7:30 PM	5:45 - 6:30 PM Dryland 6:30 - 7:30 PM Swim	5:15 - 7:00 PM	8:00 - 10:00 am	OFF
Gold I & II		5:45 - 7:30 PM	5:45 - 7:30 PM	5:45 - 6:30 PM Dryland 6:30 - 7:30 PM Swim	5:15 - 7:00 PM	8:00 - 10:00 am	
Silver I & II		6:00 - 7:30 PM	6:00 - 7:30 PM	6:00 - 7:00 PM Swim 7: 00 - 7:30 PM Dryland	OFF	8:00 - 9:30 am	
Bronze I		5:00 - 6:00 PM	5:00 - 6:00 PM	5:00 - 6:00 PM		OFF	
Bronze II		5:00 - 5:45 PM	5:00 - 5:45 PM	5:00 - 5:45 PM			

SAW	Monday 5/11	Tuesday 5/12	Wednesday 5/13	Thursday 5/14	Friday 5/15	Saturday 5/16	Sunday 5/17
HP	5:45 - 7:30 PM	5:45 - 7:30 PM	5:45 - 7:30 PM	5:45 - 6:30 PM Dryland 6:30 - 7:30 PM Swim	MEET DAY	MEET DAY	MEET DAY
Gold I & II	5:45 - 7:30 PM	5:45 - 7:30 PM	5:45 - 7:30 PM	5:45 - 6:30 PM Dryland 6:30 - 7:30 PM Swim			
Silver I & II	6:00 - 7:30 PM	6:00 - 7:30 PM	6:00 - 7:30 PM	6:00 - 7:00 PM Swim 7: 00 - 7:30 PM Dryland			
Bronze I	5:00 - 6:00 PM	5:00 - 6:00 PM	5:00 - 6:00 PM	5:00 - 6:00 PM			
Bronze II	5:00 - 5:45 PM	5:00 - 5:45 PM	5:00 - 5:45 PM	5:00 - 5:45 PM			

*Salute to the Troops May 15 -17

SAW	Monday 5/18	Tuesday 5/19	Wednesday 5/20	Thursday 5/21	Friday 5/22	Saturday 5/23	Sunday 5/24
Gold I & II	5:45 - 7:30 PM	5:45 - 7:30 PM	5:45 - 7:30 PM	5:45 - 6:30 PM Dryland 6:30 - 7:30 PM Swim	5:15 - 7:00 PM	8:00 - 10:00 am	OFF
Silver I & II	6:00 - 7:30 PM	6:00 - 7:30 PM	6:00 - 7:30 PM	6:00 - 7:00 PM Swim 7: 00 - 7:30 PM Dryland	OFF	8:00 - 9:30 am	
Bronze I	5:00 - 6:00 PM	5:00 - 6:00 PM	5:00 - 6:00 PM	5:00 - 6:00 PM		OFF	
Bronze II	5:00 - 5:45 PM	5:00 - 5:45 PM	5:00 - 5:45 PM	5:00 - 5:45 PM			

SAW	Monday 5/25	Tuesday 5/26	Wednesday 5/27	Thursday 5/28	Friday 5/29	Saturday 5/30	Sunday 5/31
Gold I & II	OFF	5:45 - 7:30 PM	5:45 - 7:30 PM	5:45 - 6:30 PM Dryland 6:30 - 7:30 PM Swim	5:15 - 7:00 PM	8:00 - 10:00 am	OFF
Silver I & II		6:00 - 7:30 PM	6:00 - 7:30 PM	6:00 - 7:00 PM Swim 7: 00 - 7:30 PM Dryland	OFF	8:00 - 9:30 am	
Bronze I		5:00 - 6:00 PM	5:00 - 6:00 PM	5:00 - 6:00 PM		OFF	
Bronze II		5:00 - 5:45 PM	5:00 - 5:45 PM	5:00 - 5:45 PM			