2026 CAP PRACTICE SCHEDULE - (April-May)							
GROUP	**SUNDAY**	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**
RIVER RUNNERS (developmental - 10&U)	OFF	5:30 - 6:30 PM 6: 30 - 7:30 PM	5:30 - 6:30 PM	OFF	5:30 - 6:30 PM 6:30 - 7:30 PM	OFF	8:00 - 9:00 AM
CAPITOL TIDE (intermediate - 9-12)	OFF	5:00 - 6:30 PM	OFF	5:00 - 6:30 PM	OFF	5:00 - 6:30 PM	7:00 - 9:00 AM
COMMONWEALTH SURGE (advanced - 13&O)	OFF	4:00 - 6:30 PM	4:00 - 6:00 PM	4:00 - 6:30 PM	4:00 - 6:00 PM	5:00 - 6:30 PM	7:00 - 9:00 AM
MASTERS (18&O)	OFF	6:00 - 7:00 AM	6:00 - 7:00 AM	6:00 - 7:00 AM	6:00 - 7:00 AM	6:00 - 7:00 AM	7:00 - 8:00 AM