

SAW	Monday 6/29	Tuesday 6/30	Wednesday 7/1	Thursday 7/2	Friday 7/3	Saturday 7/4	Sunday 7/5
HP	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM	8:00 - 10:00 am	OFF
Gold I & II	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM	8:00 - 10:00 AM	
Silver I & II	5:30 - 7:00 PM	Dryland 5:30 - 6:00, Swim 6:00 - 7:00 PM	5:30 - 7:00 PM	Dryland 5:30 - 6:00, Swim 6:00 - 7:00 PM	OFF	8:00 - 9:30 AM	
Bronze I	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM		OFF	
Bronze II	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM			

SAW	Monday 7/6	Tuesday 7/7	Wednesday 7/8	Thursday 7/9	Friday 7/10	Saturday 7/11	Sunday 7/12
HP	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM	8:00 - 10:00 am	OFF
Gold I & II	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM	8:00 - 10:00 AM	
Silver I & II	5:30 - 7:00 PM	Dryland 5:30 - 6:00, Swim 6:00 - 7:00 PM	5:30 - 7:00 PM	Dryland 5:30 - 6:00, Swim 6:00 - 7:00 PM	OFF	8:00 - 9:30 AM	
Bronze I	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM		OFF	
Bronze II	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM			

\*07/09 - 07/12 STAGS

SAW	Monday 7/13	Tuesday 7/14	Wednesday 7/15	Thursday 7/16	Friday 7/17	Saturday 7/18	Sunday 7/19
HP	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	MEET DAY	MEET DAY	OFF
Gold I & II	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM			
Silver I & II	5:30 - 7:00 PM	Dryland 5:30 - 6:00, Swim 6:00 - 7:00 PM	5:30 - 7:00 PM	Dryland 5:30 - 6:00, Swim 6:00 - 7:00 PM			
Bronze I	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM			
Bronze II	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM			

\*07/15 - 18 Scetionals, 07/17 - 18 End-of-Season Splash

SAW	Monday 7/20	Tuesday 7/21	Wednesday 7/22	Thursday 7/23	Friday 7/24	Saturday 7/25	Sunday 7/26
HP	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM	8:00 - 10:00 am	OFF
Gold I & II	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM	8:00 - 10:00 AM	
Silver I & II	5:30 - 7:00 PM	Dryland 5:30 - 6:00, Swim 6:00 - 7:00 PM	5:30 - 7:00 PM	Dryland 5:30 - 6:00, Swim 6:00 - 7:00 PM	OFF	8:00 - 9:30 AM	
Bronze I	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM		OFF	
Bronze II	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM			

\*07/23 - 07/26 TAGS, 07/24 - 07/26 Senior Champs

SAW	Monday 7/27	Tuesday 7/28	Wednesday 7/29	Thursday 7/30	Friday 7/31	Saturday 8/1	Sunday 8/2
HP	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	OFF	OFF	OFF
Gold I & II	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM	8:00 - 10:00 AM & 4:30-6:00 PM	Swim 4:00 - 5:30 PM, Dryland 5:30 - 6:00 PM			
Silver I & II	5:30 - 7:00 PM	Dryland 5:30 - 6:00, Swim 6:00 - 7:00 PM	5:30 - 7:00 PM	Dryland 5:30 - 6:00, Swim 6:00 - 7:00 PM			
Bronze I	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM			
Bronze II	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM	6:30 - 7:15 PM			

\*07/29 - 08/01 Futures