

**2026 CAP SUMMER PRACTICE SCHEDULE (June 1-July 26)**

<b>GROUP</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>RIVER RUNNERS</b> (developmental - 10&U)	OFF	5:00-6:00PM OR 6:00-7:00PM	5:00-6:00PM OR 6:00-7:00PM	5:00-6:00PM OR 6:00-7:00PM	8:30-9:30AM	5:00-6:00PM dryland	OFF
<b>CAPITOL TIDE</b> (intermediate - 9-12)	OFF	5:30-7:00PM	5:30-7:00PM	5:30-7:00PM	8:00-9:30AM	5:00-6:00PM dryland	OFF
<b>COMMONWEALTH SURGE</b> (advanced - 13&O)	OFF	7:00-9:00AM	7:00-9:00AM	7:00-9:00AM	7:00-9:00AM	5:00-6:00PM dryland	OFF
<b>MASTERS</b> (18&O)	OFF	7:00-8:00AM	7:00-8:00AM	7:00-8:00AM	7:00-8:00AM	OFF	OFF

\*\*LIMITED LANE SPACE FOR MASTERS\*\*