

2023 Long Course Practice Schedule

Start-up Date: Tuesday, May 30, 2023*

***subject to final school calendar end date**

Elite

6:45-9:00 am Monday – Saturday

3:15-5:00 pm Tuesday, Wednesday, Thursday

Senior 1

6:45 – 9:00 am Monday – Saturday

3:15 – 5:00 pm Wednesday & Thursday

Senior 2

6:45 – 9:00 am Monday – Saturday

3:15 – 5:00 pm Tuesday

Senior 3

8:45-10:30 am Monday- Saturday

AGP

8:45-10:30 am Monday-Saturday

Gold

8:45-10:15 am M,T,W,F

8:45-10:30 am TH&S (Indoor – 25 Y)

Silver

8:45-10:00 am M,W,F (Indoor – 25 Y)

8:45-10:00 am TH&S

Bronze

9:45 - 10:45 am M, W, F (Indoor - 25 Y)

9:45-10:45 am TH&S