March Practice Schedule

As of 3/7/2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2/18	2/19	2/20	2/21	2/22	2/23	2/24
White - OP			3:30-4:00p	3:30-4:00p	No Practice Due to CIF Waterpolo Event	AAA RW Short Course Meet	
Red - OP/CN			4:00-4:45p	4:00-4:45p			
Blue - CN, RM			4:45-5:45p	4:45-5:30p			
Bronze - AM,RM			4:45-5:45p	4:45-5:30p			
Silver - AM,RM			4:45-5:45p	4:45-5:30p			
Blue Elite - OP			5:00-6:15	6:30-7:45p			
Bronze Elite - RM			5:45-7:15p	6:30-7:45p			
Silver Elite - AM			5:45-7:30p	6:30-7:45p			
High School - AR,RM			4:30-5:45p	5:30-6:30p			
Gold - AR, CN							
			No WR	5:30-6:30a			
			5:30-7:30p	6:30-7:45p			
Masters - DP, RM, OP			5:30-6:30a	5:30-6:30a			
			8:00-9:00p	8:00-9:00p			
	2/25	2/26	2/27	2/28	1	2	3
White - OP	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p	SCAT BR LC Meet	
Red - OP/CN	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p		
Blue - CN, RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p		
Bronze - AM,RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p		
Silver - AM,RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p		
Blue Elite - OP	5:00-6:15	5:00-6:15	5:00-6:15	5:00-6:15	5:00-6:15		
Bronze Elite - RM	5:45-7:15p	5:45-7:15p	5:45-7:15p	5:45-7:15p	5:45-7:15p		
Silver Elite - AM	5:45-7:30p	5:45-7:30p	5:45-7:30p	5:45-7:30p	5:45-7:30p		
High School - AR,RM	4:30-5:45p	4:30-5:45p	4:30-5:45p	4:30-5:45p	4:30-5:45p		
Gold - AR, CN							
	5:30-7:30p	5:30-7:30p	5:30-7:30p	5:30-7:30p	5:30-7:30p		
Masters - DP, RM, OP	5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a		
	8:00-9:00p	8:00-9:00p	8:00-9:00p	8:00-9:00p			
	4	5	6	7	8	9	10
White - OP	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p		
Red - OP/CN	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p		
Blue - CN, RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:30p	4:45-5:30p		
Bronze - AM,RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:30p	4:45-5:30p		
Silver - AM,RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:30p	4:45-5:30p		
Blue Elite - OP	5:00-6:15	5:00-6:15	5:00-6:15	6:30-7:45p	6:30-7:45p	8:30-10:00a	
Bronze Elite - RM	5:45-7:15p	5:45-7:15p	5:45-7:15p	6:30-7:45p	6:30-7:45p	8:30-10:00a	
Silver Elite - AM	5:45-7:30p	5:45-7:30p	5:45-7:30p	6:30-7:45p	6:30-7:45p	8:30-10:00a	
High School - AR,RM	4:30-5:45p	4:30-5:45p	4:30-5:45p	5:30-6:30p	5:30-6:30p	8:30-10:00a	
Gold - AR, CN						8:30-10:00a	
	5:30-7:30p	5:30-7:30p	5:30-7:30p	6:30-7:45p	6:30-7:45p		
Masters - DP, RM, OP	5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a		
	8:00-9:00p	8:00-9:00p	8:00-9:00p	8:00-9:00p			
	11	12	13	14	15	16	17
White - OP	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p	**SCS 14 & Under Short Course Junior Olympic Championship (3/14-3/17)**		
Red - OP/CN	4:00-5:30pm Non-JO swimmers, 5:30-6:30pm All JO, Relay, and Relay Alternates	4:00-5:30pm Non-JO swimmers, 5:30-6:30pm All JO, Relay, and Relay Alternates	4:00-5:30pm Non-JO swimmers, 5:30-6:30pm All JO, Relay, and Relay Alternates	4:00-4:45p			
Blue - CN, RM				4:45-5:30p Non JO swimmers, 5:30-6:30p All JO, Relay, and Alternates			
Bronze - AM,RM							
Silver - AM,RM							
Blue Elite - OP							
Bronze Elite - RM							
Silver Elite - AM							
High School - AR,RM							
Gold - AR, CN							
Masters - DP, RM, OP	5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a			
	8:00-9:00p	8:00-9:00p	8:00-9:00p	8:00-9:00p			
	18	19	20	21	22	23	24
White - OP	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p	RW Short Course	
Red - OP/CN	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p		
Blue - CN, RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p		
Bronze - AM,RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p		
Silver - AM,RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p		
Blue Elite - OP	No Practice	5:00-6:15	5:00-6:15	5:00-6:15	5:00-6:15		
Bronze Elite - RM		5:45-7:15p	5:45-7:15p	5:45-7:15p	5:45-7:15p		
Silver Elite - AM		5:45-7:30p	5:45-7:30p	5:45-7:30p	5:45-7:30p		
High School - AR,RM	4:30-5:45p	4:30-5:45p	4:30-5:45p	4:30-5:45p	4:30-5:45p		
Gold - AR, CN	No Practice	5:30-6:30a	4:30-5:30p wr	5:30-6:30a	4:30-5:30p wr		
		5:30-7:30p	5:30-7:30p	5:30-7:30p	5:30-7:30p		
Masters - DP, RM, OP	No Practice	5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a		
	8:00-9:00p	8:00-9:00p	8:00-9:00p	8:00-9:00p			
	25	26	27	28	29	30	31
White - OP	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p	3:30-4:00p		
Red - OP/CN	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p		
Blue - CN, RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p		
Bronze - AM,RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p		
Silver - AM,RM	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p	4:45-5:45p		
Blue Elite - OP	5:00-6:15	5:00-6:15	5:00-6:15	5:00-6:15	5:00-6:15	8:30-10:00a	
Bronze Elite - RM	5:45-7:15p	5:45-7:15p	5:45-7:15p	5:45-7:15p	5:45-7:15p	8:30-10:00a	
Silver Elite - AM	5:45-7:30p	5:45-7:30p	5:45-7:30p	5:45-7:30p	5:45-7:30p	8:30-10:00a	
High School - AR,RM	4:30-5:45p	4:30-5:45p	4:30-5:45p	4:30-5:45p	4:30-5:45p	8:30-10:00a	
Gold - AR, CN	4:30-5:30p wr	5:30-6:30a	4:30-5:30p wr	5:30-6:30a	4:30-5:30p wr	8:30-10:00a	
	5:30-7:30p	5:30-7:30p	5:30-7:30p	5:30-7:30p	5:30-7:30p		
Masters - DP, RM, OP	5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a	5:30-6:30a		
	8:00-9:00p	8:00-9:00p	8:00-9:00p	8:00-9:00p			