

Saline Stingrays

Week Ahead 9/29-10/5

*** All Training will take place at Saline High School unless otherwise indicated ***

*** Swimmers are to report to the pool 10 minutes before their scheduled time***

*** Due to home high school events, training is not conducted everyday. Please pay attention to weekly e-mail updates***

Mon 9/22	Tue 9/23	Wed 9/24	Thu 9/25	Fri 9/26	Sat 9/27	Sun 9/28
PLATINUM: Land 4 pm Water 5-7 pm	SMSL Backstroke Meet @ Pinckney Arrive 4:45 pm Meet Start 6:00 pm	PLATINUM: Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 9-10:30 am	
GOLD: Water 6-7:30 pm		GOLD: 6-7:30 pm	GOLD: Land 5:30-6 Water 6-7:30 pm	GOLD: Water 6-7:30 pm	GOLD: Land 8:30-9 Water 9-10:30 am	
Titanium: Water 6-7:30 pm		Titanium: 5:30-7:30 pm	Titanium: Water 6-7:30 pm		No Practice Home HS Girls Meet	
SILVER: 5-6 pm			SILVER: 5-6 pm	SILVER: 5-6 pm		
		BRONZE: 6:30-7:30 pm		BRONZE: 6:30-7:30 pm		
Mini-Rays (A) 5:00-5:45 pm		Mini-Rays (A) 5:00-5:45 pm				
Mini-Rays (B) 5:45-6:30 pm		Mini-Rays (B) 5:45-6:30 pm				
Mon 9/29	Tue 9/30	Wed 10/1	Thu 10/2	Fri 10/3	Sat 10/4	Sun 10/5
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	SMSL Breaststroke meet @ South Lyon Arrive 5:15 pm Meet start 6:00 pm	PLATINUM: Land 4 pm Water 5-7 pm	No Practice Home HS Boys Polo	No Practice Home HS Boys Polo	PLATINUM: TBD
GOLD: Water 6-7:30 pm	GOLD: Land 5:30-6 Water 6-7:30 pm		GOLD: Land 5:30-6 Water 6-7:30 pm			GOLD: TBD
Titanium: Water 6-7:30 pm			Titanium: Water 6-7:30 pm			Titanium: TBD
SILVER: 5-6 pm	SILVER: 6:30-7:30 pm		SILVER: 5-6 pm			SILVER: TBD
	BRONZE: 5-6 pm					BRONZE: TBD
Mini-Rays (A) 5:00-5:45 pm						Mini-Rays (A) TBD
Mini-Rays (B) 5:45-6:30 pm						Mini-Rays (B) TBD