

Week Ahead Sept. 10-23

*** 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***

Mon 9/10	Tue 9/11	Wed 9/12	Thu 9/13	Fri 9/14	Sat 9/15	Sun 9/16
SENIOR: L: 4:30-5:30 p W: 5:30-7:30 p	SENIOR: W: 5:30-7 am W: 5-7 pm @Foresythe		SENIOR: W: 5:30-7 am L: 4-5 pm W: 5-7 pm	SENIOR: W: 5-7 pm	SENIOR: L: 7-8 am W: 8-10 am	SENIOR: W: 1:30-3:30 p
	PLATINUM: L: 4-5 p W: 5-6:30 pm	PLATINUM: W: 5:30-7:30 p	PLATINUM: W: 5-7 pm @ Saline	PLATINUM: L: 5-6 pm W: 6-7:30 pm	PLATINUM: W: 10 a-Noon	PLATINUM: L: 2:30-3:30 p W: 3:30-5:30 p
	GOLD: W: 6-7:30 pm	GOLD: L: 4:30-5 pm W: 5-6:30 pm	GOLD: L: 4:30-5 pm W: 5-7 pm	GOLD: W: 5-7 pm	GOLD: L: 9:30-10 am W: 10a-Noon	GOLD: W: 3:30-5:30 pm
SILVER: W: 5-6:15 pm	SILVER: W: 6:30-7:30 p	SILVER: W: 5-6:15 pm			SILVER: W: 10-11 am	SILVER: W: 3:30-4:45 p
	BRONZE: 5-6 pm	BRONZE: 6:30-7:30 pm		BRONZE: 5-6 pm	BRONZE: 11-noon	BRONZE: 2:30-3:30 pm
Mini-Rays 1 5:00-5:30 pm Mini-Rays 2 6:15-6:45 pm Mini-Rays 3 6:45-7:30 pm		Mini-Rays 1 5:00-5:30 pm Mini-Rays 2 6:15-6:45 pm Mini-Rays 3 6:45-7:30 pm			Mini-Rays 1 8:00-8:30 am Mini-Rays 2 8:30-9:00 am Mini-Rays 3 9:00-9:45 am	
CLUB: L: 4:30-5 pm W:5-5:30 pm	CLUB: L: 6:30-7 pm W:7-7:30 pm			CLUB: L: 6:30-7 pm W:7-7:30 pm		CLUB: W:1:30-2:30 p
Mon 9/17	Tue 9/18	Wed 9/19	Thu 9/20	Fri 9/21	Sat 9/22	Sun 9/23
SENIOR: L: 4:30-5:30 p W: 5:30-7:30 p	SENIOR: W: 5:30-7 am W: 5-7 pm @Foresythe		SENIOR: W: 5:30-7 am L: 4-5 pm W: 5-7 pm	SENIOR: W: 5-7 pm	SENIOR: L: 7-8 am W: 8-10 am	SENIOR: W: 1:30-3:30 p
	PLATINUM: L: 4-5 p W: 5-6:30 pm	PLATINUM: W: 5:30-7:30 p	PLATINUM: W: 5-7 pm @ Forsythe	PLATINUM: L: 5-6 pm W: 6-7:30 pm	PLATINUM: W: 10 a-Noon	PLATINUM: L: 2:30-3:30 p W: 3:30-5:30 p
	GOLD: W: 6-7:30 pm	GOLD: L: 4:30-5 pm W: 5-6:30 pm	GOLD: L: 4:30-5 pm W: 5-7 pm	GOLD: W: 5-7 pm	GOLD: L: 9:30-10 am W: 10a-Noon	GOLD: W: 3:30-5:30 pm
SILVER: W: 5-6:15 pm	SILVER: W: 6:30-7:30 p	SILVER: W: 5-6:15 pm			SILVER: W: 10-11 am	SILVER: W: 3:30-4:45 p
	BRONZE: 5-6 pm	BRONZE: 6:30-7:30 pm		BRONZE: 5-6 pm	BRONZE: 11-noon	BRONZE: 2:30-3:30 pm
Mini-Rays 1 5:00-5:30 pm Mini-Rays 2 6:15-6:45 pm Mini-Rays 3 6:45-7:30 pm		Mini-Rays 1 5:00-5:30 pm Mini-Rays 2 6:15-6:45 pm Mini-Rays 3 6:45-7:30 pm			Mini-Rays 1 8:00-8:30 am Mini-Rays 2 8:30-9:00 am Mini-Rays 3 9:00-9:45 am	
CLUB: L: 4:30-5 pm W:5-5:30 pm	CLUB: L: 6:30-7 pm W:7-7:30 pm			CLUB: L: 6:30-7 pm W:7-7:30 pm		CLUB: W:1:30-2:30 p