

Saline Swim Team

Week Ahead Jan 8-21

Please note the highlights, these are changes to the schedule outline.

*** 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***

L = Land practice, W = Water

HFBG = Home football game, on days where there is HFBG the rest of the building will be locked and we will use the entrance behind the diving boards NW corner of the building.

Mon 1/8	Tue 1/9	Wed 1/10	Thu 1/11	Fri 1/12	Sat 1/13	Sun 1/14	
Senior: L: 4-5p W:5-7p	Senior: W: 5-7p	Senior: @ Rec Center W:6-8p	Senior: L: 4-5 pm W: 5-7p	Senior: L: 4-5p W:5-7p	USSC Meet @ Waterford Kettering	USSC Meet @ Waterford Kettering	
Platinum: L: 5:30-6:30 W: 6:30-8p	Platinum: W: 6:30-8p	No Practice Home MS Meet	Platinum: L: 5-6 W: 6-8p	Platinum: L: 5:30-6:30 W: 6:30- 8p			
Steel: W: 7-8p	Steel: W: 7-8p		Steel: W: 7-8p	Steel: W: 6:30-8pm			
Gold: W:5-6:30p	Gold: L: 4-5p W:5-6:30p		Gold: L: 4-5p W: 5-6 p	Gold: L: 4-5 p W:5-6:30p			
Silver: W: 6:30-8 pm	Silver: L: 4-5 pm W:5-6 pm		Silver: L: 4-5 pm W:5-6 pm	Silver: W:5-6p			
	Bronze 2: W:7-8p		Bronze 2: W:7-8p	Bronze 2: W:7-8p			
	Bronze 1: W:6-7p		Bronze 1: W: 6-7p	Bronze 1: W: 6-7p			
Mini-Ray 2: W: 5:45-6:30p				Mini-Ray 2: W: 7:30-8p			Mini-Ray 2: W: 9:30-10:15a
Mini-Rays 1: W: 5-5:45p				Mini-Rays 1: W: 7-7:30p			Mini-Rays 1: W: 9:30-10:15a
Mon 1/15	Tue 1/16		Wed 1/17	Thu 1/18	Fri 1/19	Sat 1/20	Sun 1/21
Senior: L: 8-9a W:9-11a	Senior: W: 5-7p	Senior: L: 4-5p W:5-7p	Senior: W: 5-7p	Senior: L: 4-5p W:5-7p	Senior: W:7-9a		
Platinum: L: 8-9a W:9-11a	Platinum: W: 6:30-8p	Platinum: L: 5:30-6:30 W: 6:30-8p	Platinum: W: 6-8p	Platinum: L: 5:30-6:30 W: 6:30- 8p	Platinum: W: 7-9a		
Steel: W: 5-6:30	Steel: W: 7-8p	Steel: W: 7-8p		Steel: W: 7-8p	Intrasquad Meet #4 SHS Warm up 9 a Meet start 10 a		
Gold: W:5-6:30p	Gold: L: 4-5p W:5-6:30p	Gold: W:5-6:30p	Gold: L: 4-5p W: 5-6 p	Gold: L: 4-5 p W:5-6:30p			
Silver: W: 5-6:30 pm	Silver: L: 4-5 pm W:5-6 pm		Silver: L: 4-5 pm W:5-6 pm	Silver: W:5-6p			
	Bronze 2: W:7-8p	Bronze 2: W:7:15-8p	Bronze 2: W:7-8p	Bronze 2: W:7-8p			
	Bronze 1: W:6-7p	Bronze 1: W: 6:30 7:15p	Bronze 1: W: 6-7p	Bronze 1: W: 6-7p			
Mini-Ray 2: W: 5:45-6:30p		Mini-Ray 2: W: 5:45-6:30p					
Mini-Rays 1: W: 5-5:45p		Mini-Rays 1: W: 5-5:45p					