

Saline Swim Team

Week Ahead Jan 6-19

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

Mon 1/6	Tue 1/7	Wed 1/8	Thu 1/9	Fri 1/10	Sat 1/11	Sun 1/12
Senior: L: 4-5p W:5-7p	Senior: W: 5-7p	Senior: L: 4-5p	Senior: W: 3-5 pm	Senior: L: 4-5p W:5-7p	Senior: W:8-10a	
Platinum: L: 5:30-6:30 W: 6:30-8p	Platinum: W: 6:30-8p	Platinum: L: 4-5p	Platinum: W: 3-5 pm	Platinum: L: 5:30-6:30 W: 6:30- 8p	Platinum: W: 8-10a	
Steel: W: 7-8p	Steel: W: 7-8p	No Practice Home MS Swim & Dive Meet	No Practice	Steel: W: 7-8p		
Gold: W:5-6:30p	Gold: L: 4-5p W:5-6:30p		Gold: L: 5-6p	Gold: L: 4-5 p W:5-6:30p	Gold: W: 8-9:30a	
Silver: W: 6:30-8 pm	Silver: L: 4-5 pm W:5-6 pm		Silver: L:-5-6 pm	Silver: W:5-6p	Silver: W: 9:30-11a	
	Bronze 2: W:7-8p		No Practice Home HS Meet	Bronze 2: W:7-8p	Bronze 2: W:10-11a	
	Bronze 1: W:6-7p			Bronze 1: W: 6-7p	Bronze 1: W: 10-11a	
Mini-Ray 2: W: 5:45-6:30p					Mini-Ray 2: W: 11-11:45a	
Mini-Rays 1: W: 5-5:45p					Mini-Rays 1: W: 11-11:45a	
Mon 1/13	Tue 1/14	Wed 1/15	Thu 1/16	Fri 1/17	Sat 1/18	Sun 1/19
Senior: L: 4-5p W:5-7p	Senior: W: 5-7p	No Practice Home MS Swim & Dive Meet	Senior: W: 3-5 pm	Senior: L: 4-5p W:5-7p	CW Meet @ EMU	CW Meet @ EMU
Platinum: L: 5:30-6:30 W: 6:30-8p	Platinum: W: 6:30-8p		Platinum: W: 3-5 pm	Platinum: L: 5:30-6:30 W: 6:30- 8p		
Steel: W: 7-8p	Steel: W: 7-8p		No Practice	Steel: W: 7-8p		
Gold: W:5-6:30p	Gold: L: 4-5p W:5-6:30p		Gold: L: 5-6p	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:-5-6 pm	Silver: W:5-6p		
	Bronze 2: W:7-8p		No Practice Home HS Meet	Bronze 2: W:7-8p		
	Bronze 1: W:6-7p			Bronze 1: W: 6-7p		
Mini-Ray 2: W: 5:45-6:30p					Mini-Ray 2: W: 8-8:45a	
Mini-Rays 1: W: 5-5:45p					Mini-Rays 1: W: 8-8:45a	