

Saline Swim Team

Week Ahead Jan 5-18

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 1/5	Tue 1/6	Wed 1/7	Thu 1/8	Fri 1/9	Sat 1/10	Sun 1/11
No Practice Home MS meet	Senior: W: 5-7p	Senior: L: 4-5p W:5-7p	Senior: W: 3-5p	Senior: L: 4-5p W:5-7p	Senior: L: 7-8a W:8-10a	Senior: W: 7-9a
	Platinum: W: 6:30-8p	Platinum: L: 5:30-6:30p W: 6:30-8p	Platinum: W: 3-5p	Platinum: L: 5:30-6:30p W: 6:30- 8p	Platinum: L: 7-8a W: 8-10a	Platinum: W: 7-9a
	Steel 1&2: W: 7-8p	Steel 1&2: W: 7-8p	No Practice	Steel 1&2: W: 7-8p	Steel 2 (only): W: 11-12p	
	Gold: L: 4-5p W:5-6:30p	Gold: W:5-6:30p	Gold: W: 4-5p L: 5-6 p	Gold: W:5-6:30p	Gold: W: 8-9:30a	
	Silver: L: 4-5 p W:5-6 p		Silver: L: 5-6 p	Silver: W:5-6p	Silver: W: 9:30-11a	Silver: W:1:30-3p
	Bronze 2: W:7-8p	Bronze 2: W:7:15-8p	No Practice	Bronze 2: W:7-8p	Bronze 2: W:10-11a	
	Bronze 1: W:6-7p	Bronze 1: W: 6:30 7:15p	No Practice Home HS Meet	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 1/12	Tue 1/13	Wed 1/14	Thu 1/15	Fri 1/16	Sat 1/17	Sun 1/18
No Practice Home MS meet	Senior: W: 5-7p	Senior: L: 4-5p W:5-7p	Senior: W: 3-5p	Senior: L: 4-5p W:5-7p	Senior: L:No Land W:8-10a	SLA Meet @ Brighton HS
	Platinum: W: 6:30-8p	Platinum: L: 5:30-6:30p W: 6:30-8p	Platinum: W: 3-5p	Platinum: L: 5:30-6:30p W: 6:30- 8p	Platinum: W: 8-10a	
	Steel 1&2: W: 7-8p	Steel 1&2: W: 7-8p	No Practice	Steel 1&2: W: 7-8p	SLA Meet @ Brighton HS	
	Gold: L: 4-5p W:5-6:30p	Gold: W:5-6:30p	Gold: W: 4-5p L: 5-6 p	Gold: W:5-6:30p		
	Silver: L: 4-5 p W:5-6 p		Silver: L: 5-6 p	Silver: W:5-6p		
	Bronze 2: W:7-8p	Bronze 2: W:7:15-8p	No Practice	Bronze 2: W:7-8p		
	Bronze 1: W:6-7p	Bronze 1: W: 6:30 7:15p	No Practice Home HS Meet	Bronze 1: W: 6-7p		
		Mini-Ray 2: W: 5:45-6:30p			Mini-Ray 2: W: 10-10:45a	
	Mini-Rays 1: W: 5-5:45p			Mini-Rays 1: W: 10:45-11:30a		