

Saline Stingrays Swim Team- Schedule

Monday, October 28th - Sunday, November 10th

Highlighted Sessions represent a session where an alteration was made from the originally published schedule.

- Please note, **PLATINUM**, Sunday November 3rd- training begins at 1:30 pm
- Our time at the REC center will be ending in a few weeks, at which time we will be making some amendments to the schedule to fit all swimmers at SHS.
- Thanksgiving weekend training for Platinum, Gold and Gold+ to be posted shortly.

Mon 10/28	Tue 10/29	Wed 10/30	Thu 10/31	Fri 11/1	Sat 11/2	Sun 11/3
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 5-7 pm	HOME HS Swim Meet NO TRAINING	STINGRYAS Inter-squad RELAY CARNIVAL @ SHS 4:45 PM (Check-In) 5:00 PM (Warm-Up) 6:00 PM (Meet Start)	PLATINUM: Water 9-11 am	PLATINUM: Water 1-3 pm
GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm	GOLD PLUS: Water 5-7 pm With Platinum			GOLD PLUS: Land 10:15 am Water 9-10 am	GOLD PLUS: Water 1:30-3 pm With Gold
GOLD: Water 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: Water 7-8 pm (REC CENTER)			GOLD: Land 10:15 am Water 11-1 pm	GOLD: Water 1:30-3 pm
SILVER: 6:30-7:30 pm	SILVER: 7-8 pm (REC CENTER)				SILVER: 1:00-2:00 pm	SILVER: 3-4 pm
	BRONZE: 6:30-7:30 pm	BRONZE: 6:30-7:30 pm			BRONZE: 1:00-2:00 pm	BRONZE: 3-4 pm
Mini-Rays (A) 5:15-5:45 pm		Mini-Rays (A) 5:15-5:45 pm			Mini-Rays (A) 11:00-11:30 am	
Mini-Rays (B) 5:45-6:30 pm		Mini-Rays (B) 5:45-6:30 pm			Mini-Rays (B) 11:30-12:15 pm	

Mon 11/4	Tue 11/5	Wed 11/6	Thu 11/7	Fri 11/8	Sat 11/9	Sun 11/10
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 9-11 am	
GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm		GOLD PLUS: Land 4:15 pm Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Land 10:15 am Water 9-10 am	
GOLD: Water 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: Water 6:30-7:30 pm (SHS)	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: Water 5-6:30 pm	GOLD: Land 10:15 am Water 11-1 pm	
SILVER: 6:30-7:30 pm	SILVER: 7-8 pm (REC CENTER)		SILVER: 6:30-7:30 pm	SILVER: 6:30-7:30 pm	SILVER: 1:00-2:00 pm	
	BRONZE: 6:30-7:30 pm	BRONZE: 6:30-7:30 pm		BRONZE: 5:30-6:30 pm (REC Center)	BRONZE: 1:00-2:00 pm	
Mini-Rays (A) 5:15-5:45 pm		Mini-Rays (A) 5:15-5:45 pm			Mini-Rays (A) 11:00-11:30 am	
Mini-Rays (B) 5:45-6:30 pm		Mini-Rays (B) 5:45-6:30 pm			Mini-Rays (B) 11:30-12:15 pm	