

Saline Stingrays- Winter 2014

Training Schedule- Monday, Jan 6- Sunday, Jan 9

Mon 1/6	Tue 1/7	Wed 1/8	Thu 1/9	Fri 1/10	Sat 1/11	Sun 1/12
PLATINUM: Land 4 pm Water 5-6 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	BAC USA Swim Meet Saline High School No Training *Platinum swimmers are expected to attend warm- up (5-6 pm) regardless of whether they have Friday events.	BAC USA Swim Meet Saline High School No Training	BAC USA Swim Meet Saline High School No Training
High School: Water 5-6 pm		High School: Water 3-5 pm	High School: Water 5-7 pm			
	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm		GOLD PLUS: Land 4:15 pm Water 5-6:30 pm			
		GOLD: 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm			
			SILVER: 6:30-7:30 pm			
		BRONZE: 6:30-7:30 pm				
		Mini-Rays (A) 5:15-5:45 pm Mini-Rays (B) 5:45-6:30 pm				