

# Saline Stingrays

February 24<sup>th</sup>- March 2<sup>nd</sup>

- As per normal, please read the schedule carefully as training is often adjusted to accommodate various facility concerns deviations from the normal schedule are **Highlighted**.
- Please mind various time changes and adjustments to land training during the weeks leading up to USA States meets
- USA State Qualifiers should not attend land training within one week of their championship meet.
- We have an SMSL meet Wednesday 2/26 at Milan High Schools. If your swimmer(s) is/are unable to attend. Please sign out no later than 2/23.

Mon 2/24	Tue 2/25	Wed 2/26 Meet @ Milan	Thu 2/27	Fri 2/28 USA Jr. Olympics	Sat 3/1 USA Jr. Olympics	Sun 3/2 USA Jr. Olympics
<b>PLATINUM:</b> Land 4 pm Water 5-7 pm	<b>PLATINUM:</b> Land 4 pm Water 5-7 pm	<b>PLATINUM:</b> Water 5-7 pm	<b>PLATINUM:</b> Land 4 pm Water 5-7 pm	<b>PLATINUM:</b> Land 4 pm Water 5-7 pm	<b>PLATINUM:</b> Water 9-11 am	
<b>High School:</b> Water 5-7 pm	<b>High School:</b> Water 5-7 pm	<b>High School:</b> Water 5-7 pm	<b>High School:</b> Water 5-7 pm	<b>High School:</b> Water 5-7 pm	<b>High School:</b> Water 9-11 am	
<b>GOLD PLUS:</b> Water 5-6:30 pm	<b>GOLD PLUS:</b> Land 4:15 pm Water 5-6:30 pm	<b>SMSL Away Meet @ Milan</b>  <b>Report- 4:45</b> <b>Warm-up- 5 p</b> <b>Start- 6 p</b>  <b>Platinum and High School Squad to attend training.</b>	<b>GOLD PLUS:</b> Land 4:15 pm Water 5-6:30 pm	<b>GOLD PLUS:</b> Water 5-6:30 pm	<b>GOLD PLUS:</b> Water 9-11 am	
<b>GOLD:</b> Water 5-6:30 pm	<b>GOLD:</b> Land 4:15 pm Water 5-6:30 pm		<b>GOLD:</b> Land 4:15 pm Water 5-6:30 pm	<b>GOLD:</b> Water 5-6:30 pm	<b>GOLD:</b> Water 11-1 pm	
<b>SILVER:</b> 6:30-7:30 pm	<b>SILVER:</b> 6:30-7:30 pm		<b>SILVER:</b> 6:30-7:30 pm	<b>SILVER:</b> 6:30-7:30 pm	<b>SILVER:</b> 1:00-2:00 pm	
	<b>BRONZE:</b> 6:30-7:30 pm			<b>BRONZE:</b> 6:30-7:30 pm	<b>BRONZE:</b> 1:00-2:00 pm	
<b>Mini-Rays (A)</b> 5:00-5:45 pm  <b>Mini-Rays (B)</b> 5:45-6:30 pm					<b>Mini-Rays (A)</b> 11:00-11:45 am <b>Mini-Rays (B)</b> 11:45-12:30	