

# Saline Stingrays

March 10<sup>th</sup>- March 16<sup>th</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**. Special attention to Monday.
- 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.

Mon 3/10	Tue 3/11	Wed 3/12	Thu 3/13	Fri 3/14 USA 13+0 States	Sat 3/15 USA 13+0 States	Sun 3/16 USA 13+0 States
<b>13 O States:</b> Water 5-7 pm	<b>13 O States:</b> Water 5-7 p	<b>13 O States:</b> Water 5-6:30 p	<b>13 O States:</b> Water 5-6:30 p	<b>13 O States:</b> Water 5-6 pm		
<b>Plat/ High School:</b> Water 5-7 pm	<b>Plat/ High School:</b> Water 5-7 pm	<b>Plat/ High School:</b> Water 5-7 pm	<b>Plat/ High School:</b> Water 5-7 pm	<b>Plat/ High School:</b> Water 5-7 pm		
<b>GOLD PLUS:</b> Water 5-6:30 pm	<b>GOLD PLUS:</b> Land 4:15-5 Water 5-6:30 pm		<b>GOLD PLUS:</b> Land 4:15-5 Water 5-6:30 pm	<b>GOLD PLUS:</b> Water 5-6:30 pm	<b>GOLD PLUS:</b> Water 11-1 pm	
<b>GOLD:</b> Water 5-6:30 pm	<b>GOLD:</b> Land 4:15-5 Water 5-6:30 pm	<b>GOLD:</b> 5-6:30 pm	<b>GOLD:</b> Land 4:15-5 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> 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 (A)</b> 5:00-5:45 pm			<b>Mini-Rays (A)</b> 11:00-11:45 am	
<b>Mini-Rays (B)</b> 5:45-6:30 pm		<b>Mini-Rays (B)</b> 5:45-6:30 pm			<b>Mini-Rays (B)</b> 11:45-12:30	