

Saline Stingrays

February 24th- March 2nd

- 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 3/3 ADJUSTED!	Tue 3/4	Wed 3/5	Thu 3/6	Fri 3/7 USA 12+U States	Sat 3/8 USA 12+U States	Sun 3/9 USA 12+U States
PLATINUM: Land 4 pm Water 5-6:30 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Water 11 a-1 p	
High School: Water 5-6:30 pm	High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 11 a-1 p	
GOLD PLUS: Water 5-6 pm	GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Water 11 a-1 p	
GOLD: Water 5-6 pm	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: Water 5-6:30 pm	GOLD: Water 11-1 pm	
SILVER: 6:30-7:30 pm	SILVER: 6:30-7:30 pm		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: 6:30-7:30 pm	BRONZE: 1:00-2:00 pm	
Mini-Rays (A) 5:00-5:45 pm		Mini-Rays (A) 5:00-5:45 pm			Mini-Rays (A) 11:00-11:45 am	
Mini-Rays (B) 5:45-6:30 pm		Mini-Rays (B) 5:45-6:30 pm			Mini-Rays (B) 11:45-12:30	