

Saline Stingrays- January 20-26

*** All Training will take place at Saline High School unless otherwise indicated ***

*** Swimmers are to report to the pool 10 minutes before their scheduled time***

Mon 1/20	Tue 1/21	Wed 1/22	Thu 1/23	Fri 1/24	Sat 1/25	Sun 1/26
PLATINUM (DOUBLE): Water: 8-10 am 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 7:30-9:30 am	
High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 3-5 pm	High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 7:30-9:30 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: Water 7:30-9:00 am	
GOLD: Water 5-6:30 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 7:30-9:30 am	
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: 9:30-10:30 am	
	BRONZE: 6:30-7:30 pm	BRONZE: 6:30-7:30 pm		BRONZE: 6:30-7:30 pm	BRONZE: 9:30-10:30 am	
Mini-Rays (A) 5:00-5:45 pm Mini-Rays (B) 5:45-6:30 pm		Mini-Rays (A) 5:00-5:45 pm Mini-Rays (B) 5:45-6:30 pm			SCHEDULE CHANGE DUE TO HOME HS BOYS SWIM MEET	