

Saline Stingrays

February 10th-16th

*** 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***

*** As always deviations from the normal schedule are highlighted The High school groups has a new time for Wednesdays.

Mon 2/10	Tue 2/11	Wed 2/12	Thu 2/13	Fri 2/14	Sat 2/15	Sun 2/16
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 5-7 pm	PLATINUM: Water 3-5 pm	USA Swim Meet SMAC @ Saline HS	USA Swim Meet SMAC @ Saline HS	USA Swim Meet SMAC @ Saline HS
High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 5-7 pm	High School: Water 3-5 pm			
GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm		GOLD PLUS: Water 3:30-5 pm			
GOLD: Water 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: Water 5-6:30 pm	GOLD: Water 3:30-5 pm			
SILVER: 6:30-7:30 pm	SILVER: 6:30-7:30 pm	SILVER: 6:30-7:30 pm				
	BRONZE: 6:30-7:30 pm	BRONZE: 6:30-7:30 pm				
Mini-Rays (A) 5:00-5:45 pm		Mini-Rays (A) 5:00-5:45 pm				
Mini-Rays (B) 5:45-6:30 pm		Mini-Rays (B) 5:45-6:30 pm				