

Saline Stingrays

February 3rd -9th, 2014

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

*** Due to home high school events, training is not conducted everyday. Please pay attention to weekly e-mail updates***

Mon	Tue	Wed	Thu	Fri	Sat	Sun
PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 3-5 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Land 4 pm Water 5-7 pm	PLATINUM: Water 9-11 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 9-11 am	
GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm	Home Swim Meet vs. Brighton (Saline HS) Check in- 4:45 Warm-up- 5 pm Meet Start- 6 pm	GOLD PLUS: Land 4:15 pm Water 5-6:30 pm	GOLD PLUS: Water 5-6:30 pm	GOLD PLUS: Land 10:15 am Water 9-10 am	
GOLD: Water 5-6:30 pm	GOLD: Land 4:15 pm Water 5-6:30 pm		GOLD: Land 4:15 pm Water 5-6:30 pm	GOLD: Water 5-6:30 pm	GOLD: Land 10:15 am 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: 1:00-2:00 pm	
Mini-Rays (A) 5:00-5:45 pm Mini-Rays (B) 5:45-6:30 pm					Mini-Rays (A) 11:00-11:45 am Mini-Rays (B) 11:45-12:15 pm	