

Nitro Swimming-Bee Cave 2019 Summer Schedule (Long course) Schedule

June 3rd - Aug 17th

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TF 1 (1 Practice/Week)						
TF #1	4:00-5:00 PM					
TF #2	5:00-6:00 PM					
TF #3	6:00-7:00 PM					
TF #4		4:45-5:45 PM				
TF #5		6:00-7:00 PM				
TF #6			4:00-5:00 PM			
TF #7			5:00-6:00 PM			
TF #8			6:00-7:00 PM			
TF #9				4:45-5:45 PM		
TF #10				6:00-7:00 PM		
TF #11					10:00-11:00 AM	
TF #12						10:30-11:30 AM
TF #13						11:30-12:30 PM
TF 2 (2 Practices/Week)						
TF #14	4:00-5:00 PM		4:00-5:00 PM			
TF #15	5:00-6:00 PM		5:00-6:00 PM			
TF #16	6:00-7:00 PM		6:00-7:00 PM			
TF #17		4:45-5:45 PM		4:45-5:45 PM		
TF #18		6:00-7:00 PM		6:00-7:00 PM		
Intro to Nitro (2 Practices/Week)						
Intro to Nitro #1	4:00-4:45 PM		4:00-4:45 PM			
Intro to Nitro #2	4:45-5:30 PM		4:45-5:30 PM			
Intro to Nitro #3	5:30-6:15 PM		5:30-6:15 PM			
Intro to Nitro #5		4:00-4:45 PM		4:00-4:45 PM		
Intro to Nitro #6		6:15-7:00 PM		6:15-7:00 PM		
Intro to Nitro (1 Practice/Week)						
Intro to Nitro #7						12:00- 12:45 PM
Intro to Nitro #8						10:30 -11:15 AM
Intro to Nitro #9						11:15-12:00 PM

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June 3rd - Aug 17th

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze (3 Practices/Week)						
Bronze #1	4:00-4:45 PM		4:00-4:45 PM		10:00-10:45 AM	
Bronze #2	4:45-5:30 PM		4:45-5:30 PM		10:00-10:45 AM	
Bronze #3	6:15-7:00 PM		6:15-7:00 PM		10:00-10:45 AM	
Bronze #4		4:30-5:15 PM		4:30-5:15 PM		12:00-12:45 PM
Silver (4 Practices/week)						
Silver #1	4:00-5:00 PM	4:00-5:00 PM	4:00-5:00 PM	4:00-5:00 PM		
Silver #2	6:00-7:00 PM	6:00-7:00 PM	6:00-7:00 PM	6:00-7:00 PM		
Silver #3	7:00-8:00 PM	7:00-8:00 PM	7:00-8:00 PM	7:00-8:00 PM		
Silver #4		5:00-6:00 PM		5:00-6:00 PM	10:00-11:00 AM	11:45-12:45 PM
Adv. Silver (5 Practices/week)						
Adv. Silver AM	10:15-11:30 AM	10:15-11:30 AM	10:15-11:30 AM	10:15-11:30 AM		10:30-11:45 AM
Dryland	9:45-10:15 AM		9:45-10:15 AM			
Adv. Silver PM	5:30-6:45 PM	5:30-6:45 PM	5:30-6:45 PM	5:30-6:45 PM		10:30-11:45 AM
Gold (6 Practices/week)						
Gold #1 AM	10:00-11:30 AM	10:00-11:30 AM	10:00-11:30 AM	10:00-11:30 AM	8:30-10:00 AM	10:30-12:00 PM
Gold #2 AM	10:00-11:30 AM	10:00-11:30 AM	10:00-11:30 AM	10:00-11:30 AM	8:30-10:00 AM	10:30-12:00 PM
Dryland	9:30-10:00 AM		9:30-10:00 AM		10:00-10:30 PM	
Gold PM	5:30-7:00 PM	5:30-7:00 PM	5:30-7:00 PM	5:30-7:00 PM	8:30-10:00 AM	10:30-12:00 PM
Dryland	5:00-5:30 PM			5:00-5:30 PM	10:00-10:30 PM	
Middle/High School (4 Practices/week)						
MS/HS #1	5:45-7:00 PM		5:45-7:00 PM		10:00-11:15 AM	10:30-11:45 AM
MS/HS #2		5:45-7:00 PM		5:45-7:00 PM	10:00-11:15 AM	10:30-11:45 AM
Dryland	5:00 -5:30 PM			5:00 -5:30 PM		
TAGS (6 Practices/week)						
TAGS 2	8:15-10:00 AM	8:15-10:00 AM	8:15-10:00 AM	8:15-10:00 AM	8:15-10:00 AM	8:30-10:15 AM
		2:00-3:45 PM				
Dryland	7:45-8:15 AM		7:45-8:15 AM		10:00-10:45 AM	
TAGS 1	8:15-10:00 AM	8:00-10:00 AM	8:15-10:00 AM	8:00-10:00 AM	8:15-10:00 AM	8:30-10:15 AM
		2:00-4:00 PM		2:00-4:00 PM		
Dryland	10:00-10:45 AM		10:00-10:45 AM		10:00-10:45 AM	
Sectional Development (6 Practices/week)						
Sectional Development	6:45- 8:30 AM	6:45- 8:30 AM	6:45- 8:30 AM	6:45- 8:30 AM	6:45-8:30 AM	8:30-10:15 AM
	2:00-4:00 PM		2:00-4:00 PM			
Dryland		8:30- 9:00 AM		8:30- 9:00 AM		8:00-8:30 AM
National (8 Practices/week)						
National Development	6:00-8:15 AM	6:00-8:00 AM	6:00-8:15 AM	6:00-8:00 AM	6:00-8:15 AM	6:30-8:30 AM
		2:00-4:00 PM		2:00-4:00 PM		
Dryland	8:15-9:00 AM		8:15-9:00 AM		8:15-9:00 AM	
National	6:00-8:15 AM	6:00-8:15 AM	6:00-8:15 AM	6:00-8:15 AM	6:00-8:15 AM	6:00-8:30 AM
		2:00-4:00 PM		2:00-4:00 PM		
Dryland	8:15-9:00 AM		8:15-9:00 AM		8:15-9:00 AM	

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4/12/19