

# Nitro Swimming-Cedar Park Long Course Schedule

Begins June 3rd to Aug. 17, 2019

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>TF 1 (1 Practice/Week)</b>						
TF #1	4:00-5:00 PM					
TF #2		4:00-5:00PM				
TF #3			4:00-5:00 PM			
TF #4				4:00-5:00 PM		
TF #5		5:15-6:15 PM				
TF #6				5:15-6:15 PM		
TF #7		7:00-8:00 PM				
TF #8				7:00-8:00 PM		
TF #9 (45 min.)					4:00-4:45PM	
TF #10					4:45-5:45PM	
TF #11						10:15-11:15 AM
TF #12						11:15-12:15 PM
TF #13						12:15-1:15 PM
TF#14 (45 min.)	5:15-6:00 PM					
TF#15 (45 min.)			5:15-6:00 PM			
TF#16 (45 min.)	7:30-8:15 PM					
TF#17 (45 min.)			7:30-8:15 PM			
<b>TF 2 (2 Practices/Week)</b>						
TF #18	4:00-5:00 PM		4:00-5:00 PM			
TF #19 (45 min.)	5:15-6:00 PM		5:15-6:00 PM			
TF #20 (45 min.)	7:30-8:15 PM		7:30-8:15 PM			
TF #21		4:00-5:00 PM		4:00-5:00 PM		
TF #22		5:15-6:15 PM		5:15-6:15 PM		
TF #23		7:00-8:00 PM		7:00-8:00 PM		

We have worked hard to create a schedule with as many options as possible. Groups and times may not be mixed. Please don't ask to be an exception. In order to maintain practice quality swimmers must stick to the time for which they are registered.

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

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Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bronze (3 Practices/Week)</b>						
<b>Bronze #1</b>	4:00-4:45 PM		4:00-4:45 PM		4:00-4:45 PM	
<b>Bronze #2</b>	4:45-5:30 PM		4:45-5:30 PM		4:45-5:30 PM	
<b>Bronze #3</b>	6:45-7:30 PM		6:45-7:30 PM			11:45-12:30 PM
<b>Bronze #4</b>		4:00-4:45 PM		4:00-4:45 PM		10:15-11:00 AM
<b>Bronze #5</b>		4:45-5:30 PM		4:45-5:30 PM		11:00-11:45 AM
<b>Silver (4 Practices/week)</b>						
<b>Silver #1</b>	4:00-5:00 PM	4:00-5:00 PM	4:00-5:00 PM	4:00-5:00 PM		
<b>Silver #2</b>	5:00-6:00 PM	5:00-6:00 PM	5:00-6:00 PM	5:00-6:00 PM		
<b>Silver #3</b>	7:30-8:30 PM	6:00-7:00 PM	7:30-8:30 PM	6:00-7:00 PM		
<b>Silver #4</b>		7:00-8:00 PM		7:00-8:00 PM	5:15-6:15 PM	11:45-12:45 PM
<b>Gold (6 Practices/week)</b>						
<b>Gold 1</b>	10:30AM-12:00PM	9:45AM-12:00PM	10:30AM-12:00PM	9:45AM-12:00PM	10:30AM-12:00PM	7:45-10:00 AM
<b>Gold 2</b>	9:45AM-12:00PM	10:30AM-12:00PM	9:45AM-12:00PM	10:30AM-12:00PM	10:30AM-12:00PM	9:30-11:45AM
<b>Gold 1 &amp; 2 Combo</b>	5:15PM-7:30PM	5:30PM-7:00PM	5:15PM-7:30PM	5:30PM-7:00PM	5:30PM-7:00PM	N/A
<b>TAGS (6 Practices/week)</b>						
<b>TAGS 2</b>	8:00-10:30	8:00-10:30	8:00-10:30AM	8:00-10:30AM	8:45-10:30AM	8:15-10:00AM
				1:30-3:30PM		
<b>TAGS 1</b>	7:45-10:30AM	7:45-10:30AM	7:45-10:30AM	7:45-10:30AM	7:45-10:30AM	6:00-8:00AM
		1:30-3:30PM		1:30-3:30PM		
<b>Senior (5 Practices/week)</b>						
<b>Senior</b>	6:45-8:15PM	7:00-8:30PM	6:45-8:15PM	7:00-8:30PM	6:45-8:15PM	
<b>Sectional Development (6 Practices/week)</b>						
<b>Sectional Development</b>	8:45-11:15AM	8:45-10:30AM	8:45-11:15AM	8:45-10:30AM	8:45-10:30AM	8:00-10:45AM
		1:30-3:30PM		1:30-3:30PM		
<b>National (8 Practices/week)</b>						
<b>National Development</b>						
	6:45-8:45AM	6:45-8:45AM	6:45-8:45AM	6:45-8:45AM	6:45-8:45AM	6:00-9:15AM
	1:30-4:00PM		1:30-4:00PM			
<b>National</b>						
	6:00-8:30AM	6:00-8:30AM	6:00-8:30AM	6:00-8:30AM	6:00-8:30AM	6:00-9:15AM
	1:30-4:00PM		1:30-4:00PM			