

**Monday**

AM 8:00	Teal/Black 8:00-10:00			
8:20				
8:40		Varsity 8:45-10:00		
9:00				
9:20				
9:40				
10:00				
PM 4:30				
4:45	Gold 4:45-6:00			
5:00				
5:15				
5:30				
5:45				
6:00	Aquanauts 6:05-6:30			
6:15		Silver 6:15-7:15		
6:30	Bronze (M/W) 6:30-7:15			
6:45				
7:00				
7:15				

**Tuesday**

AM 8:00	Teal/Black 8:00-10:00			
8:20				
8:40		Varsity 8:45-10:00		
9:00				
9:20				
9:40				
10:00				
PM 4:30				
4:45	Gold 4:45-6:00			
5:00				
5:15				
5:30				
5:45		Silver Dryland 5:30-6:00		
6:00	Aquanauts 6:05-6:30		T/B/G/V Dryland 6:00-6:30	
6:15		Silver 6:15-7:15		
6:30	Bronze (T/Th) 6:30-7:15			
6:45				
7:00				
7:15				

**Wednesday**

AM 8:00	Teal/Black 8:00-10:00			
8:20				
8:40		Varsity 8:45-10:00		
9:00				
9:20				
9:40				
10:00				
PM 4:30				
4:45	Gold 4:45-6:00			
5:00				
5:15				
5:30				
5:45				
6:00	Aquanauts 6:05-6:30			
6:15		Silver 6:15-7:15		
6:30	Bronze (M/W) 6:30-7:15			
6:45				
7:00				
7:15				

**Thursday**

AM 8:00	Teal/Black 8:00-10:00			
8:20				
8:40		Varsity 8:45-10:00		
9:00				
9:20				
9:40				
10:00				
PM 4:30				
4:45	Gold 4:45-6:00			
5:00				
5:15				
5:30				
5:45		Silver Dryland 5:30-6:00		
6:00	Aquanauts 6:05-6:30		T/B/G/V Dryland 6:00-6:30	
6:15		Silver 6:15-7:15		
6:30	Bronze (T/Th) 6:30-7:15			
6:45				
7:00				

**Friday**

AM 8:00	T/B Dryland 7:20-7:55 @TSAC	Teal/Black 8:00-10:00 @ TSAC	Gold & Varsity 8:00-9:15		
8:20					
8:40					
9:00					
9:20					
9:40					
10:00					
PM 4:30					
4:45					
5:00					
5:15					
5:30					
5:45					
6:00					
6:15					
6:30					
6:45					
7:00					

**Saturday**

AM 8:00	
8:20	
8:40	
9:00	
9:20	
9:40	
10:00	
PM 4:30	
4:45	
5:00	
5:15	
5:30	
5:45	
6:00	
6:15	
6:30	
6:45	
7:00	

*\*Gold/Varsity with 80% practice attendance are invited to attend Saturday.*