



**2026 Long Course Schedule
May 21, 2026**

GROUPS	DAYS	TIMES
Intro to Gold	Tuesday / Thursday	1:00 - 1:45 pm
TFL 1	Tuesday / Thursday	1:45 - 2:30 pm *
Silver	Monday / Wednesday Tuesday / Thursday	1:00 - 2:00 pm 2:00 - 2:45 pm
Silver Advanced	Monday / Wednesday Tuesday / Thursday Friday	2:00 - 3:00 pm * 1:00 - 2:00 pm 1:00 - 2:00 pm
Gold	Monday / Wednesday Tuesday / Thursday Friday Saturday	2:00 - 3:00 pm # 1:00 - 1:45 pm 1:00 - 2:00 pm 12:00 - 1:30 pm
Gold Advanced	Monday / Wednesday Tuesday / Thursday Friday Saturday	1:00 - 2:00 pm # 2:00 - 3:00 pm 2:00 - 4:00 pm 12:00 - 2:00 pm
Sectional	Monday Wednesday Tuesday / Thursday Friday	1:00 - 3:00 pm ^ 10:00 - 11:30 am 10:00 - 12:00 pm @ 8:00 - 10:00 am
Sectional Advanced	Monday Wednesday Tuesday/Thursday Friday Saturday	10:00 - 11:30 am 1:00 - 3:00 pm ^ 10:00 am -12:00 pm @ 6:00 - 8:00 am 10:00 am -12:00 pm
Senior 2	Monday Wednesday Tuesday/Thursday Friday	8:00 - 10:00 am ^ 6:00 - 8:00 am ^ 1:00 - 3:00 pm ^ 1:00 - 2:30 pm
Senior 1	Monday Wednesday Tuesday/Thursday Friday Saturday	8:00 - 10:00 am ^ 6:00 - 8:00 am / 1:00 - 3:00 pm ^ 1:00 - 3:00 pm ^ 2:30 - 4:00 pm 10:00 am - 12:00 pm
National	Monday Wednesday Tuesday/Thursday Friday	6:00 - 8:00 am / 1:00 - 3:00 pm @ 8:00 - 10:00 am ^ 8:00 - 10:00 am / 1:00 - 3:00 pm ^ 2:30 - 4:00 pm
Dryland Breakdown	* 30 minutes after practice # 30 minutes before practice ^ 45 minutes after practice @ 45 minutes before practice	