

# 2019 Long Course Practice Schedule

## April 22–June 23

UPDATED 4/25

PLEASE NOTE SCHEDULE IS SUBJECT TO CHANGE

DL = Dry Lands

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
House 8/Un	5:30-6:15p	4:45-5:30p	5:30-6:15p	4:45-5:30p	xxx	9:00-9:45a
House 9/Ov	5:30-6:15p	4:00-4:45p	5:30-6:15p	4:00-4:45p	xxx	9:00-9:45a
Maia	5:00-5:45p	xxx	5:00-5:45p	xxx	5:00-5:45p	8:15-9:00a
Nautilus	6:15-7:15p	xxx	6:15-7:15p	6:30-7:30p	5:30-6:30p	8:15-9:00a
Neptune	5:45-7:15p	6:30-8:00p	5:45-7:15p	xxx	5:45-7:15p	9:45-11:00a
Junior	5:45-7:15p	6:30-8:00p	5:45-7:15p	6:30-8:00p	5:45-7:15p	9:45-11:00a
P90	Sw 3:45-5:00p DL 5:00-5:45p	6:30-8:00p	Sw 3:45-5:00p DL 5:15-6:00p	6:30-8:00p	3:30-5:00p	6:30-8:15a
P105	3:30-5:30p	3:15-4:45p or 6:30-8:00p	Sw 3:30-5:00p DL 5:15-6:00p	Sw 3:15-4:45p DL 5:00-5:45p	3:30-5:30p	6:30-8:15a
P120	3:30-5:45p	Sw 3:15-4:45p DL 5:00-6:00p	3:30-5:45p	Sw 3:15-4:45p DL 5:00-6:00p	3:30-5:45p	6:15-8:15a