

JULY 22ND - JULY 27TH

Monday Tuesday Wednesday Thursday Friday Saturday

Masters

5:30 to 7 AM
Swim Only

5:30 to 7 AM
Swim Only

5:30 to 7 AM
Cycle & Swim

5:30 to 7 AM
Swim Only

OFF

AM

5:30 to 7 AM
Land & Swim

5:30 to 7 AM
Swim Only

5:30 to 7 AM
Cycle & Swim

5:30 to 7 AM
Land & Swim

PM

4:45 to 6:45
Swim Only

OFF

3:45 to 5 PM
Swim Only

3:45 to 5:30
Land & Swim

OFF

Senior County
Swim Meet

Sprint

4 to 5:30 PM
Land & Swim

OFF

4 to 5 PM
Land Only

5:30 to 6:45 PM
Swim Only

OFF

Senior County
Swim Meet

Streamline

4 to 5 PM
Swim Only

OFF

4 to 4:45 PM
LAND ONLY

4 to 5 PM
Swim Only

OFF

Senior County
Swim Meet

**Strength
&
Conditioning**

6 to 7 AM

6 to 7 AM

5:30 to 6:15 AM
S&S Cycle

6 to 7 AM

6 to 7 AM

5:30 to 6:15 AM
S&S Cycle

12 to 1 PM

12 to 1 PM

12 to 1 PM

12 to 1 PM

12 to 1 PM