

TRITON AUGUST Practice Schedule

2022-2023 Short Course Season

Practice Schedule Times below operate: Monday, August 15 - September 1

Location: The Blairwood 50M & Bubbled Pool, unless otherwise noted

Times listed below have 15-minutes of activation and strength/core training scheduled before in-water training.

Elite Outdoor 25M Pool

4:15 – 6:30 pm Water Time M-TH

Senior 1 Outdoor 25M Pool

4:15 – 6:30 pm Water Time M-TH

Senior 2 Outdoor 25M Pool

4:15 – 6:30 pm Water Time M-TH

Senior 3

6:30 – 8:00 pm Water Time M-TH

Senior Skill Development Outdoor 25M Pool

6:45 - 7:45 pm Water Time M-TH

Age Group Performance

4:15 – 6:00 pm Water Time M-TH

Gold

6:45 – 8:30 pm Water Time M-F

Silver

5:00 – 6:15 pm Water Time M-TH

Bronze

4:15-5:15 pm Water Time T & TH

Parent and Swimmer Meeting Schedules

Swimmers WILL attend the meeting with their parents this year.
Meetings are anticipated to last approximately 1 hour and 15 minutes
Swimmers will NOT practice on the day of their meeting

August 18	6PM	Elite Training Group
	7:30	Gold Training Group
August 22	6PM	Senior 1
	7:30	Senior Skill Development
August 23	6PM	Senior 2
August 24	6PM	AGP
August 25	6PM	Senior 3
August 29	6PM	Silver
August 30	6PM	Bronze