



COAST GUARD BLUE DOLPHINS SWIM TEAM

Practice Schedule (October 2009)

Group	Main Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dolphin Stroke Team	MAC			6:10-7:00 pm			11:10-12:00 pm	
Junior	CG						8:45-10:15 am CG	
	MAC		4:45-6:15 pm MAC		4:45-6:15 pm	5:45-7:15 pm		
	FEAC	6:00-7:30 pm				6:00-7:30 pm		
	WM	5:45-7:15 pm		5:45-7:15 pm		5:45-7:15 pm		
Age Group	CG	5:40-7:30 pm	5:40-7:30 pm	5:40-7:30 pm	5:40-7:30 pm		11:15-1:00 pm MAC	
	MAC	5:55-7:45 pm	5:55-7:45 pm		5:55-7:45 pm	5:55-7:45 pm		
	WM	5:40-7:30 pm	5:40-7:30 pm		5:40-7:30 pm	5:40-7:30 pm		
Prep	CG	3:55-6:00 pm	3:55-6:20 pm	3:55-6:00 pm	3:55-6:20 pm		9:10-11:30 MAC	
	MAC	5:55-8:00 pm	5:35-8:00 pm	5:55-8:00 pm	5:35-8:00pm			
	WM		5:20-7:45 pm	5:40-7:45 pm	5:20-7:45 pm	5:40-7:45 pm		

HS	MAC	4:30-6:15 pm	4:30-6:15 pm	4:30-6:15 pm	4:30-6:15 pm			
Senior	MAC	3:55-6:30 pm	3:55-6:45 pm	3:55-6:30 pm	3:55-6:45 pm	3:40-6:00 pm MAC	8:40-11:00 am FEAC	
	WM	5:20-7:45 pm	5:20-7:45 pm	5:20-7:45 pm	5:20-7:45 pm			
National Prep	FEAC	5:00-6:30 am Weights/Swim 3:30-6:30 pm	3:30-6:15 pm	3:30-6:30 pm	5:00-6:30 am Weights/Swim 3:30-6:15 pm	3:30-6:00 pm	6:15-9:00 am Swim 9:00-9:45 am Weights FEAC	
National Team	FEAC	5:00-6:30 am Weights/Swim 3:30-6:30 pm	3:30-6:40 pm	3:30-6:30 pm	5:00-6:30 am Weights/Swim 3:30-6:40 pm	3:30-6:15 pm		