



Catalina Schedule September



Catalina Week 1							
	Monday - September 11	Tuesday - September 12	Wednesday - September 13	Thursday - September 14	Friday - September 15	Saturday - September 16	Sunday - September 17
Elite	Act 2:30-2:45 Swim 2:45-4:00	Dry 2:45-3:45	Act 2:30-2:45 Swim 2:45-4:00	Dry 2:45-3:45	Act 2:30-2:45 Swim 2:45-4:00	OFF	Team Day TBD
Performance	Act 2:30-2:45 Swim 2:45-4:00	Dry 2:45-3:45	Act 2:30-2:45 Swim 2:45-4:00	Dry 2:45-3:45	Act 2:30-2:45 Swim 2:45-4:00	OFF	Team Day TBD
Prospect	Dry 4:00-5:00	Act 4:15-4:30 Swim 4:30-5:30	OFF	Act 4:15-4:30 Swim 4:30-5:30	Dry 4:45-5:45	OFF	Team Day TBD
Provincial	Dry 4:00-5:00	Act 4:15-4:30 Swim 4:30-5:30	OFF	Act 4:15-4:30 Swim 4:30-5:30	OFF	OFF	Team Day TBD
	Monday - September 18	Tuesday - September 19	Wednesday - September 20	Thursday - September 21	Friday - September 22	Saturday - September 23	Sunday - September 24
Elite	Act 2:30-2:45 Swim 2:45-4:30	Act 2:30-2:45 Swim 2:45-4:00 Dry 4:00-4:45	Act 2:30-2:45 Swim 2:45-4:30	Act 2:30-2:45 Swim 2:45-4:30	Act 2:30-2:45 Swim 2:45-4:00 Dry 4:00-4:45		
Performance	Act 2:30-2:45 Swim 2:45-4:15	Act 2:30-2:45 Swim 2:45-4:00 Dry 4:00-4:45	Act 2:30-2:45 Swim 2:45-4:15	Act 2:30-2:45 Swim 2:45-4:15	Act 2:30-2:45 Swim 2:45-4:00 Dry 4:00-4:45		
Prospect	Gym 4:15-5:00 Swim 5:00-6:00	Act 4:00-4:15 Swim 4:15-5:15	Gym 4:15-5:00	Act 4:00-4:15 Swim 4:15-5:15	Act 4:00-4:15 Swim 4:15-5:15		
Provincial	Gym 4:15-5:00 Swim 5:00-6:00	Act 4:00-4:15 Swim 4:15-5:15	Gym 4:15-5:00	Act 4:00-4:15 Swim 4:15-5:15	Act 4:00-4:15 Swim 4:15-5:15		
Development	Swim 4:15-5:00 Dry 5:00-5:30	Dry 4:30-5:00		Act 5:00-5:15 Swim 5:15-6:00	Act 4:15-4:30 Swim 4:30-6:00		
Jr. Youth/Youth		Dry 4:30-5:00		Act 5:00-5:15 Swim 5:15-6:00	Act 3:45-4:00 Swim 4:00-5:00 REC CENTER		
REGULAR SCHEDULE STARTS SEPTEMBER 25				MORNING PRACTICES START SEPTEMBER 28			