

**PLEASE NOTE:**

This document has multiple pages.  
Please be sure to view the schedule for the correct dates.

CAA--Cedar Park

@ **Milburn**

**Long Course Practice Schedule**

Long Course Season 2024

**April 29 - May 10, 2024**

Updated 03/29/2024

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	off	off
Silver	5:15-6:45 PM SW/DL	5:15-6:15 PM SW	5:15-6:45 PM SW/DL	5:15-6:15 PM SW	off	9:00-10:00 AM SW
Gold	5:30-7:45 PM DL/SW	6:15-7:45 PM SW	5:30-7:45 PM DL/SW	6:15-7:45 PM SW	5:00-6:30 PM SW	7:30-9:30 AM DL/SW
National Development	5:30-8:00 PM DL/SW	6:15-8:00 PM SW	5:30-8:00 PM DL/SW	6:15-8:00 PM SW	5:00-6:30 PM SW	7:30-10:00 AM DL/SW

**Dryland Schedule (DL)**

Silver	6:15-6:45 PM		6:15-6:45 PM			
Gold	5:30-6:15 PM		5:30-6:15 PM			7:30-8:00 AM
National Development	5:30-6:15 PM		5:30-6:15 PM			7:30-8:00 AM

CAA--Cedar Park  
**@ Butter Cup (Mon-Fri) @ Milburn (Saturday)**

**Long Course Practice Schedule**

Long Course Season 2024

**May 13 - May 24, 2024**

Updated 03/29/2024

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	off	off
Silver	5:15-6:45 PM SW/DL	5:15-6:15 PM SW	5:15-6:45 PM SW/DL	5:15-6:15 PM SW	off	9:00-10:00 AM SW
Gold	5:30-7:45 PM DL/SW	6:15-7:45 PM SW	5:30-7:45 PM DL/SW	6:15-7:45 PM SW	5:00-6:30 PM SW	7:30-9:30 AM DL/SW
National Development	5:30-8:00 PM DL/SW	6:15-8:00 PM SW	5:30-8:00 PM DL/SW	6:15-8:00 PM SW	5:00-6:30 PM SW	7:30-10:00 AM DL/SW

Dryland Schedule (DL)						
Silver	6:15-6:45 PM		6:15-6:45 PM			
Gold	5:30-6:15 PM		5:30-6:15 PM			7:30-8:00 AM
National Development	5:30-6:15 PM		5:30-6:15 PM			7:30-8:00 AM

CAA--Cedar Park  
**@ Milburn (Mon-Thu) @ Butter Cup (Fri-Sat)**

**Long Course Practice Schedule**

Long Course Season 2024

**May 28- June 29, 2024**

Updated 03/29/2024

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	8:00-8:45 AM	8:00-8:45 AM	8:00-8:45 AM	8:00-8:45 AM	off	off
Silver	7:30-9:00 AM DL/SW	8:00-9:00 AM SW	7:30-9:00 AM DL/SW	8:00-9:00 AM SW	off	8:00-9:00 AM SW
Gold	6:45-9:00 AM DL/SW	7:00-8:30 SW	6:45-9:00 AM DL/SW	6:45-9:00 AM DL/SW	7:00-8:30 SW	7:00-8:30 AM SW
National Development	6:45-9:00 AM DL/SW	7:00-9:00 AM SW	6:45-9:00 AM DL/SW	6:45-9:00 AM DL/SW	7:00-9:00 AM SW	7:00-9:00 AM SW

Dryland Schedule (DL)						
Silver	7:30-8:00 AM		7:30-8:00 AM			
Gold	6:45-7:30 AM		6:45-7:30 AM	6:45-7:30 AM		7:30-8:00 AM
National Development	6:45-7:30 AM		6:45-7:30 AM	6:45-7:30 AM		7:30-8:00 AM

CAA--Cedar Park  
**@ Milburn (Mon-Sat)**  
 Long Course Practice Schedule

Long Course Season 2024

**July 1 - Aug 8, 2024**

Updated 03/29/2024

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	8:00-8:45 AM	8:00-8:45 AM	8:00-8:45 AM	8:00-8:45 AM	off	off
Silver	7:30-9:00 AM DL/SW	8:00-9:00 AM SW	7:30-9:00 AM DL/SW	8:00-9:00 AM SW	off	8:00-9:00 AM SW
Gold	6:45-9:00 AM DL/SW	7:00-8:30 SW	6:45-9:00 AM DL/SW	6:45-9:00 AM DL/SW	7:00-8:30 SW	7:00-8:30 AM SW
National Development	6:45-9:00 AM DL/SW	7:00-9:00 AM SW	6:45-9:00 AM DL/SW	6:45-9:00 AM DL/SW	7:00-9:00 AM SW	7:00-9:00 AM SW

Dryland Schedule (DL)						
Silver	7:30-8:00 AM		7:30-8:00 AM			
Gold	6:45-7:30 AM		6:45-7:30 AM	6:45-7:30 AM		7:30-8:00 AM
National Development	6:45-7:30 AM		6:45-7:30 AM	6:45-7:30 AM		7:30-8:00 AM