

PLEASE NOTE:

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

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		
National Development	6:45-7:30 AM		6:45-7:30 AM	6:45-7:30 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		
National Development	6:45-7:30 AM		6:45-7:30 AM	6:45-7:30 AM		