

**2008  
Spring LC  
Practice Schedule  
April 14<sup>th</sup> – June 22<sup>nd</sup>**



	MON	TUES	WED	THURS	FRI	SAT
<b>National Gold Team</b>	5:15-6:45am 4-6pm	5:15-6:45am 3:30-6pm	4-6pm	5:15-6:45am 3:30-6pm	5:15-6:45am	6-9am
<b>National Team</b>	5:15-6:45am	3:30-6pm	5:15-6:45am	3:30-6pm	4-6pm	6-9am
<b>Senior Team</b>	4-6pm	5:15-6:45am DL 4-5pm	4-6pm	5:15-6:45am DL 4-5pm	4-6pm	6-9am
<b>Gold Team</b>	DL 6:30-6:55pm 7:00-8:30pm	7:00-8:00pm	DL 6:30-6:55pm 7:00-8:30pm	6:00-7:00pm		9-10am
<b>Silver Team</b>	DL 5:30-5:55pm 6-7pm	6-7pm	DL 5:30-5:55pm 6-7pm		6-7pm	
<b>Bronze Team</b>	6-7pm Valles Pool		6-7pm Valles Pool			8:15-9am Valles Pool
<b>Red Team</b>		5:15-6pm REC Pool		5:15-6pm REC Pool		8:15-9am Valles Pool
<b>Pre Team</b>	5:00-6:00pm Diving Well				5:00-6:00pm Diving Well	