

CHALLENGE NIGHT – RED/BLACK DUEL
FRIDAY JUNE 15TH

PRACTICE SCHEDULE:

T-2/SR

PRACTICE	4:15 – 6:00
DINNER/LINE – UPS	6:00 – 7:30

RED/BLACK DUEL

WARM UPS	7:35 -8:00
MEET STARTS	8:05
MOVIE	10:30 – 12:15ish
SLEEP	12:15 – 7:15 am

T-1/A-3/A-2

CHALLENGE NIGHT	5:15 – 7:30
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CHALLENGE MORNING
SATURDAY JUNE 16TH

PRACTICE SCHEDULE:

T-2/SR

PRACTICE

7:30 – 9:30 am

WIEGHTS/DRYLAND

9:30 – 10:15 am

T-1

DRYLAND

9:00 – 9:30 am

PRACTICE

9:30 – 11:00 am

A-3/A-2/A-1

NORMAL SCHEDULE