

NSWC MARLINS 2026 JUNE 29 - AUGUST 3

MINIS - Starting June 1

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM
PM	Group 1: 4:00-4:30 Group 2: 4:30-5:00	..	Group 1: 4:00-4:30 Group 2: 4:30-5:00	..	Group 1: 4:00-4:30 Group 2: 4:30-5:00

INTROS

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	..	7:45-8:00 dryland 8:00-9:00 swim	..	7:45-8:00 dryland 8:00-9:00 swim	..	8:00-10:00 clinic..	..
PM	4:45-5:00 dryland 5:00-6:00 swim	4:45-5:00 dryland 5:00-6:00 swim	4:45-5:00 dryland 5:00-6:00 swim	4:45-5:00 dryland 5:00-6:00 swim	4:45-5:00 dryland 5:00-6:00 swim

JUNIORS

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		7:45-8:00 dryland 8:00-9:00 swim		7:45-8:00 dryland 8:00-9:00 swim	7:45-8:00 dryland 8:00-9:00 swim	.. 8:00-10:00 clinic..	..
PM	5:30-6:00 dryland 6:00-7:00 swim	3:45-4:00 dryland 4:00-5:00 swim	5:30-6:00 dryland 6:00-7:00 swim	3:45-4:00 dryland 4:00-5:00 swim	5:30-6:00 dryland 6:00-7:00 swim

INTERMEDIATES

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	..	8:45-9:00 dryland 9:00-10:00 swim	8:45-9:00 dryland 9:00-10:00 swim		8:45-9:00 dryland 9:00-10:00 swim	.. 8:00-10:00 clinic..	..
PM	6:30-7:00 dryland 7:00-8:00 swim	5:30-6:00 dryland 6:00-7:00 swim	6:30-7:00 dryland 7:00-8:00 swim	5:30-6:00 dryland 6:00-7:00 swim	6:30-7:00 dryland 7:00-8:00 swim

SENIORS

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		8:45-9:00 dryland 9:00-10:00 swim	8:45-9:00 dryland 9:00-10:00 swim	8:45-9:00 dryland 9:00-10:00 swim	8:45-9:00 dryland 9:00-10:00 swim	.. 8:00-10:00 clinic..	..
PM	7:30-8:00 dryland 8:00-9:00 swim	6:30-7:00 dryland 7:00-8:00 swim	7:30-8:00 dryland 8:00-9:00 swim	6:30-7:00 dryland 7:00-8:00 swim	6:30-7:00 dryland 7:00-8:00 swim

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There will be dedicated Provincial Qualifier practices during this period / Non - Provincial Qualifiers - Practices End Aug 7 /

TBD