

**NSWC MARLINS 2024 MAY 1- MAY 20 PRACTICE SCHEDULE**

**MINIS - Starting June 3**

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AM</b>	..	..	..	..	..	..	..
<b>PM</b>	..	..	..	..	..	..	..

**INTROS**

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AM</b>	..	..	..	..	..	8:00-10:00 clinic	
<b>PM</b>	3:45-4:00 dryland 4:00-5:00 swim	4:45-5:00 dryland 5:00-6:00 swim	3:45-4:00 dryland 4:00-5:00 swim	4:45-5:00 dryland 5:00-6:00 swim	3:45-4:00 dryland 4:00-5:00 swim	..	

**JUNIORS**

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

**INTERMEDIATES**

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

**SENIORS**

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

**NSWC MARLINS 2024 MAY 21-JUNE 30 PRACTICE SCHEDULE**

**MINIS - Starting June 3 (3/week)**

	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	..	..	..	..	..	8:00-10:00 clinic	
PM	4:45-5:00 dryland 5:00-6:00 swim	4:00-5:30 split dryland & swim	4:45-5:00 dryland 5:00-6:00 swim	4:00-5:30 split dryland & swim	4:45-5:00 dryland 5:00-6:00 swim	..	..

**JUNIORS**

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

**INTERMEDIATES**

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

**SENIORS**

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

**NSWC MARLINS 2024 JULY 1 - AUGUST 9**

**MINIS - Starting June 3 (3/week)**

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

**JUNIORS**

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

**INTERMEDIATES**

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AM</b>	..	8:45-9:00 dryland 9:00-10:00 swim	7:45-8:00 dryland 8:00-9:00 swim		6:45-7:00 dryland 7:00-8:00 swim	..	..
<b>PM</b>	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
<b>AM</b>		8:45-9:00 dryland 9:00-10:00 swim	6:45-7:00 dryland 7:00-8:00 swim	7:45-8:00 dryland 8:00-9:00 swim	6:45-7:00 dryland 7:00-8:00 swim	..	..
<b>PM</b>	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		..	..

NSWC MARLINS 2024 August 10 - August 15

Non - Provincial Qualifiers (*ends August 11th*)

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TBD

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