

Summer 2019 Swim Schedule

HANEY NEPTUNES - 2019 PROVINCIAL QUALIFIER PRACTICE SCHEDULE

*** WARM-UP IS 15 MINUTES PRIOR TO EACH PRACTICE ***

	MONDAY, AUG 5	TUESDAY, AUG 6	WEDNESDAY, AUG 7	THURSDAY, AUG 8	FRIDAY, AUG 9
HYDE CREEK POOL - morning		6:00-7:00am Group 1	6:00-7:00am Group 1	6:00-7:00am Group 1	
HYDE CREEK POOL - morning		7:00-8:00am All Other Swimmers	7:00-8:00am All Other Swimmers	7:00-8:00am All Other Swimmers	
HAMMOND POOL - afternoon		3:00-4:00pm Dryland - ALL	6:30-7:30pm (arrive for 6:15pm) Regional Practice Aldergrove Outdoor Pool	3:00-4:00pm Dryland - ALL	3:00-4:00pm All Other Swimmers
HAMMOND POOL - afternoon		4:00-5:00pm All Other Swimmers		4:00-5:00pm All Other Swimmers	4:00-5:00pm Group 1
HAMMOND POOL - afternoon		5:00-6:00pm Group 1		5:00-6:00pm Group 1	5:00-6:00pm Dryland - ALL

	MONDAY, AUG 12	TUESDAY, AUG 13	WEDNESDAY, AUG 14	THURSDAY, AUG 15	FRIDAY, AUG 16
HYDE CREEK POOL - morning		6:00-7:00am Group 1			
HYDE CREEK POOL - morning		7:00-8:00am All Other Swimmers			
HAMMOND POOL - afternoon	3:00-4:00pm Dryland - ALL	3:00-4:00pm Dryland - Group 1	3:00-4:00pm Dryland - ALL	No practices. All swimmers to attend regional swim practice at Provincials. TRU, Kamloops.	First day of Provincials. TRU, Kamloops.
HAMMOND POOL - afternoon	4:00-5:00pm All Other Swimmers	4:00-5:00pm Group 1	4:00-5:00pm All Other Swimmers		
HAMMOND POOL - afternoon	5:00-6:00pm Group 1	5:00-6:00pm All Other Swimmers	5:00-6:00pm Group 1		