



2022 Sparks Piranhas Long Course Practice Schedule

Effective Monday, June 6th



<u>Tier I</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yellow	4:00 - 4:30 pm S @ (A)	4:00 - 4:30 pm S @ (A)	4:00 - 4:30 pm S @ (A)	4:00 - 4:30 pm S @ (A)	OFF	OFF
Yellow Adv	4:30 - 5:00 pm S @ (A)	4:30 - 5:00 pm S @ (A)	4:30 - 5:00 pm S @ (A)	4:30 - 5:00 pm S @ (A)	OFF	OFF
<u>Tier II</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black	4:00 - 5:20 pm S/D @ (A)	4:00 - 5:20 pm S/D @ (A)	4:00 - 5:00 pm S @ (A)	4:00 - 5:00 pm S @ (A)	4:00 - 5:00 pm D @ (F10)	OFF
Bronze	5:00 - 6:10 pm S @ (A)	3:40 - 5:00 pm D/S @ (A)	5:00 - 6:10 pm S @ (A)	3:40 - 5:00 pm D/S @ (A)	4:00 - 5:00 pm D @ (F10)	OFF
Silver	4:00 - 5:20 pm S/D @ (A)	4:00 - 5:20 pm S/D @ (A)	5:00 - 6:10 pm S @ (A)	5:00 - 6:10 pm S @ (A)	4:00 - 5:00 pm D @ (F10)	9:45 - 11:00 am D/S @ (A)
<u>Tier III</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
High School Prep	4:30 - 6:10 pm D/S @ (A) (w/Elite)	5:00 - 6:10 pm D/S @ (A) (w/Varsity)	4:30 - 6:10 pm D/S @ (A) (w/Senior)	4:30 - 6:10 pm D/S @ (A) (w/Elite)	3:30 - 4:30 pm D @ (F10)	9:45 - 11:00 am D/S @ (A)
Senior	am pm 5:00 - 6:10 pm S @ (A)	5:45 - 6:45 am D @ (F10) 5:00 - 6:10 pm S @ (A)	4:30 - 6:10 pm D/S @ (A)	4:30 - 6:10 pm D/S @ (A)	3:30 - 4:30 pm D @ (F10)	10:00 - 12:00 pm D/S @ (A)
Gold	am pm 3:30 - 5:00 pm D/S @ (A)	6:15 - 8:15 am S @ (RH)	6:15 - 8:00 am S @ (A) 3:30 - 5:00 PM D/S @ (A)	4:00 - 6:10 pm D/S @ (A)	7:00 - 8:15 am S # @ (RH) 4:00 - 5:00 pm D @ (F10)	9:45 - 12:00 pm S @ (A)
Elite	am pm 4:30 - 6:10 pm D/S @ (A)	6:15 - 8:15 am S @ (RH)	6:15 - 8:00 am S @ (A) 4:00 - 5:30 PM D @ (SMF*)	5:45 - 7:15 am S @ (RH) 4:30 - 6:10 pm D/S @ (A)	5:45 - 8:15 am S # @ (RH) 3:30 - 4:30 pm D @ (F10)	9:45 - 12:00 pm S @ (A)
<u>Tier IV</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Varsity	am 5:45 - 8:15 am S @ (RH) pm 4:00 - 6:10 pm D/S @ (A)	5:45 - 6:45 am D @ (F10) 4:00 - 6:10 pm D/S @ (A)	5:45 - 8:15 am S @ (RH) 4:00 - 5:30 pm D @ (SMF**)	5:45 - 8:15 am S @ (RH)	5:45 - 8:15 am S @ (RH) 3:30 - 4:30 pm D @ (F10)	9:45 - 12:00 pm S @ (A)

F10 - Fitness for 10 (1575 E Lincoln Way, by Legends)

S - Swim Only

D/S - Dryland, then Swim

* - Dryland only w/Varsity

A - Alf Sorensen Pool (1400 Baring Blvd)

D - Dryland Only

S/D - Swim, then Dryland

** - Dryland only w/Elite

RH - Red Hawk Pool (6600 N Wingfield Pkwy)

S # - Swim only w/Varsity

SMF - Shadow Mountain Fields (from Alf's turn Right out of parking lot onto "Baring Blvd". Follow it to "Sparks Blvd," and take a Right. Drive past Reed baseball fields and then take a Right onto "Shadow Lane". Fields are about 1/4 mile on the right-hand side, across from Latter Day Saints church.

2022 Summer Schedule