

Cloverdale Tritons 2017 Schedule

June 5- June 16

****Note swimmers need to arrive ready for the yellow bolded times. Sometimes dryland is before swim and sometimes it is after****

Coach	Group	Day	Dryland Start	Swim Start	Practice Ends at	Coach	Group	Day	Dryland Start	Swim Start	Practice Ends at	Coach	Group	Day	Dryland Start	Swim Start	Practice Ends at					
Rachael	Senior	Monday	4:00pm	5:00pm	6:00pm	Morganne	Junior 1	Monday	4:15pm	5:00pm	6:00pm	Alex	Junior2	Monday	4:15pm	5:00pm	6:00pm					
		Tuesday	6:00am	6:15am	7:30am			Tuesday	4:45pm	5:00pm	6:00pm			Tuesday	4:45pm	5:00pm	6:00pm					
		Tuesday	6:00pm	3:45pm	6:30pm			Wednesday	6:15am	6:30am	7:30am			Wednesday	6:15am	6:30am	7:30am					
		Wednesday	4:00pm	5:00pm	6:00pm			(when no dev meet) Wednesday	4:30pm	5:00pm	6:00pm			(when no dev meet) Wednesday	4:30pm	5:00pm	6:00pm					
		Thursday	6:00am	6:15am	7:30am			Thursday	7:00pm	7:30pm	8:30pm			Thursday	7:00pm	7:30pm	8:30pm					
		Thursday	6:00pm	3:45pm	6:30pm			Friday	3:45pm	4:00pm	5:00pm			Friday	4:45pm	5:00pm	6:00pm					
		Friday	4:30pm	5:00pm	6:00pm																	
Session 1 - May 23-June 16 (Session 2 Begins June 19th)																						
Coach	Group	Day	Dryland Start	Swim Start	Practice Ends at	Coach	Group	Day	Dryland Start	Swim Start	Practice Ends at	Coach	Group	Day	Dryland Start	Swim Start	Practice Ends at					
Isabella	Intermediate	Monday	6:15am	6:30am	7:30am	Anna	Novice	Monday	3:45pm	4:00pm	5:00pm		Development	Monday	3:45pm	4:00pm	4:45pm					
		Monday	5:00pm	4:00pm	5:30pm			Tuesday	3:45pm	4:00pm	5:00pm			Tuesday	3:45pm	4:00pm	4:45pm					
		Tuesday	6:30pm	7:30pm	8:30pm			(when no dev meet) Wednesday	3:45pm	4:00pm	5:00pm			Wednesday	3:45pm	4:00pm	4:45pm					
		Wednesday	3:45pm	4:00pm	5:00pm			Thursday	3:45pm	4:00pm	5:00pm			Thursday	3:45pm	4:00pm	4:45pm					
		Thursday	6:00am	6:15am	7:30am			Friday	4:15pm	5:00pm	6:00pm			Friday	3:45pm	4:00pm	4:45pm					
		Thursday	4:30pm	5:00pm	6:00pm																	
		Friday	3:45pm	4:00pm	5:00pm																	
Coach	Group	Day	Dryland Start	Swim Start	Practice Ends at																	
Rachael	Masters	Monday	6:15am	6:30am	7:30am																	
		Friday	6:15am	6:30am	7:30am																	

Swim Meets

- B4 meet - June 10,11
- Super 7 Meet - June 24, 25
- Kelowna Ogoopogoos Meet - July 1, 2

Development Meets

- North Delta Sunfish Development Meet - June 14th
- WRASA Devopment Meet - June 28th

Triton Special Events

- Backstroke and Breaststroke Clinic: With Special Guests, Cliff Noth and James Dergousoff - June 17th
- Favovite colour day - TBD