

Cloverdale Tritons 2017 Schedule

July 3 - July 14

****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	3:30pm	4:00pm	6:00pm	Morganne	Junior 1	Monday	7:00am	7:15am	8:45am	Alex	Junior2	Monday	7:00am	7:15am	8:45am
		Tuesday	7:00am	7:15am	9:00am			Monday	3:30pm	4:00pm	5:00pm			Monday	7:00pm	7:30pm	8:30pm
		Tuesday	6:00pm	3:45pm	6:30pm			Tuesday	4:30pm	5:00pm	6:00pm			Tuesday	4:30pm	5:00pm	6:00pm
		Wednesday	6:30pm	7:30pm	8:30pm			Wednesday	7:00am	7:15am	8:45am			Wednesday	7:00am	7:15am	8:45am
		Thursday	7:00am	7:15am	9:00am	(when no dev meet)	Wednesday	4:30pm	5:00pm	6:00pm	(when no dev meet)	Wednesday	4:30pm	5:00pm	6:00pm		
		Thursday	6:00pm	4:15pm	6:30pm			Thursday	7:00pm	7:30pm	8:30pm			Thursday	7:00pm	7:30pm	8:30pm
		Friday	4:00pm	5:00pm	6:00pm			Friday	3:30pm	4:00pm	5:00pm			Friday	3:30pm	4:00pm	5:00pm
Session 2 - Starting June 19 - July 14																	
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	4:45pm	5:00pm	6:00pm	Anna	Novice	Monday	7:00pm	7:30pm	8:30pm		Development	Monday	3:45pm	4:00pm	4:45pm
		Tuesday	7:00am	7:15am	9:00am			Tuesday	3:30pm	4:00pm	5:00pm			Tuesday	3:45pm	4:00pm	4:45pm
		Tuesday	6:30pm	7:30pm	8:30pm			Wednesday	7:30am	7:45am	8:45am			Wednesday	3:45pm	4:00pm	4:45pm
		Wednesday	3:30pm	4:00pm	6:00pm	(when no dev meet)	Wednesday	3:30pm	4:00pm	5:00pm			Thursday	3:45pm	4:00pm	4:45pm	
		Thursday	7:00am	7:15am	9:00am			Thursday	3:30pm	4:00pm	5:00pm			Friday	3:45pm	4:00pm	4:45pm
		Thursday	4:30pm	5:00pm	6:00pm			Friday	3:30pm	4:00pm	5:00pm						
		Friday	4:30pm	5:00pm	6:00pm												
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

Cloverdale Tritons meet - July 15, 16

Development Meets

Ladner Stingrays Stingback Development meet - July 5

Richmond Development meet - July 12

Triton Special Events

Triton Olympics - July 7

Triton Car Wash/Ford Test Drive - July 8th

No Practice

Stat - Canada Day July 3rd