

Cloverdale Tritons 2017 Schedule

June 19- June 30

****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	6:15am	6:30am	7:30am	Alex	Junior2	Monday	6:15am	6:30am	7:30am						
		Tuesday	6:00am	6:15am	7:30am			Monday	5:00pm	3:45pm	5:30pm			Monday *	6:00pm	4:45pm	6:30pm						
		Tuesday	3:45pm	4:00pm	6:00pm			Tuesday	4:30pm	5:00pm	6:00pm			Tuesday	4:30pm	5:00pm	6:00pm						
		Wednesday	6:00pm	3:45pm	6:30pm			Wednesday	6:15am	6:30am	7:30am			Wednesday	6:15am	6:30am	7:30am						
		Thursday	6:00am	6:15am	7:30am			Thursday	5:00pm	3:45pm	5:45pm			Thursday	5:00pm	3:45pm	5:45pm						
		Thursday	6:30pm	7:30pm	8:30pm			Friday	3:45pm	4:00pm	5:00pm			Friday *	4:45pm	5:00pm	6:00pm						
		Friday	4:00pm	5:00pm	6:00pm																		
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	4:30pm	5:00pm	6:00pm	Anna	Novice	Monday	3:45pm	4:00pm	5:00pm		Development	Monday	3:45pm	4:00pm	4:45pm						
		Tuesday	6:00am	6:15am	7:30am			Tuesday	3:45pm	4:00pm	5:00pm			Tuesday	3:45pm	4:00pm	4:45pm						
		Tuesday	6:30pm	7:30pm	8:30pm			Wednesday	6:15am	6:30am	7:30am			Wednesday	3:45pm	4:00pm	4:45pm						
		Wednesday	4:30pm	5:00pm	6:00pm			Thursday	4:45pm	5:00pm	6:00pm			Thursday	3:45pm	4:00pm	4:45pm						
		Thursday	6:00am	6:15am	7:30am			Friday	3:45pm	4:00pm	5:00pm			Friday	3:45pm	4:00pm	4:45pm						
		Thursday	4:00pm	4:30pm	6:00pm																		
		Friday	4:45pm	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																		

* Updated Time for Junior 2 - Moved an hour later

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