

2008 REC TEAM

CHAMPIONSHIP WEEK PRACTICE SCHEDULE

Mon, Tues, Weds,
July 7, 8 and 9th: Regular practice schedule.

Wednesday the 9th is LAST (3:30 and 4:30)
Afternoon practice @ Thunderbird and the last
7:30 pm practice at Peoria.

Thursday, July 10th: The only practice times available are the 8:00am
(both Thunderbird and 32nd St. locations) and
2:00pm (32nd St. and Peoria locations), due to
Relay Championships. Warm-up @ 4:00 at
Arrowhead.

WEEK OF INDIVIDUAL STROKE CHAMPIONSHIPS

Monday, July 14th: **ONLY** the 8:00am (both T-bird and 32nd St.
(Prelims day1) locations), 2:00pm (Peoria and 32nd) and *7:30pm
(32nd St. location only) practices will be offered.

Tuesday, July 15th: **ONLY** the 8:00am (both T-bird and 32nd St.
(Prelims day 2) locations), 2:00pm (Peoria and 32nd) and **7:30pm
(32nd St. location only) practices will be offered.

- 3:30 and 4:30 swimmers have the option of attending
one of the three practice options above.

***Monday 7:30 pm practice available for swimmers NOT in the
Monday prelims or IM's**

****Tuesday 7:30 pm practice available for swimmers NOT in the
Tuesday prelims or IM's.**

Wednesday, July 16th: No Practices. Stroke Championships, Top 8 only.