

NSWC MARLINS – REGIONALS TO PROVINCIALS SCHEDULE:

2017

August 7th to 11th

Non-Provincial Qualifiers:
(last practice: Friday, August 12th)

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	--	--	--	--	--
PM	REGIONALS DINNER	4:00 - 4:15 dryland 4:15 - 5:00 swim	4:00 - 4:15 dryland 4:15 - 5:00 swim	4:00 - 4:15 dryland 4:15 - 5:00 swim	4:00 - 4:15 dryland 4:15 - 5:00 swim

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PROVINCIAL QUALIFIERS:

INTROS

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	--	7:00 on deck 7:15-8:30 swim	8:15 on deck 8:30-9:45 swim	7:00 on deck 7:15-8:30 swim	8:15 on deck 8:30-9:45 swim
PM	REGIONALS DINNER	4:45 - 5:00 dryland, 5:00 – 5:45 swim	4:45 - 5:00 dryland, 5:00 – 5:45 swim	4:45 - 5:00 dryland, 5:00 – 5:45 swim	4:45 - 5:00 dryland, 5:00 – 5:45 swim

JUNIORS & INTERMEDIATES

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	--	7:00 on deck 7:15-8:30 swim	8:15 on deck 8:30-9:45 swim	7:00 on deck 7:15-8:30 swim	8:15 on deck 8:30-9:45 swim
PM	REGIONALS DINNER	4:30 - 5:00 dryland, 5:00 - 6:15 swim	4:30 - 5:00 dryland, 5:00 - 6:15 swim	4:30 - 5:00 dryland, 5:00 - 6:15 swim	4:30 - 5:00 dryland, 5:00 - 6:15 swim

SENIORS

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	--	8:15 on deck 8:30-9:45 swim	7:00 on deck 7:15-8:30 swim	8:15 on deck 8:30-9:45 swim	7:00 on deck 7:15-8:30 swim
PM	REGIONALS DINNER	5:45 - 6:15 dryland, 6:15 – 7:45 swim	5:45 - 6:15 dryland, 6:15 – 7:45 swim	5:45 - 6:15 dryland, 6:15 – 7:45 swim	5:45 - 6:15 dryland, 6:15 – 7:45 swim

NSWC MARLINS – REGIONALS TO PROVINCIALS SCHEDULE:

2017

August 14th to 18th

PROVINCIAL QUALIFIERS:

INTROS

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	--	7:00 on deck 7:15-8:30 swim	8:15 on deck 8:30-9:45 swim	TBD... <i>Possibly:</i> 8:00 on deck 8:15 to 9:00 swim (CANCEL THIS PRACTISE)	PROVINCIALS DAY ONE
PM	4:45 - 5:00 dryland, 5:00 – 5:45 swim	4:45 - 5:00 dryland, 5:00 – 5:45 swim	4:45 - 5:00 dryland, 5:00 – 5:45 swim	PROVINCIALS WARM-UP @ KAMPLOOPS	PROVINCIAL DAY ONE FINALS

JUNIORS & INTERMEDIATES

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	--	7:00 on deck 7:15-8:30 swim	8:15 on deck 8:30-9:45 swim	TBD... <i>Possibly:</i> 8:00 on deck 8:15 to 9:00 swim (CANCEL THIS PRACTISE)	PROVINCIALS DAY ONE
PM	4:30 - 5:00 dryland, 5:00 - 6:15 swim	4:30 - 5:00 dryland, 5:00 - 6:15 swim	4:30 - 5:00 dryland, 5:00 - 6:15 swim	PROVINCIALS WARM-UP @ Kamloops	PROVINCIAL DAY ONE FINALS

SENIORS

	MONDAY	TUESDAY	WEDN.	THURSDAY	FRIDAY
AM	--	8:15 on deck 8:30-9:45 swim	7:00 on deck 7:15-8:30 swim	TBD... <i>Possibly:</i> 8:00 on deck 8:15 to 9:00 swim (CANCEL THIS PRACTISE)	PROVINCIALS DAY ONE PRELIMS
PM	5:45 - 6:15 dryland, 6:15 - 7:30 swim	5:45 - 6:15 dryland, 6:15 - 7:30 swim	5:45 - 6:15 dryland, 6:15 - 7:30 swim	PROVINCIALS WARM-UP @ KAMLOOPS	PROVINCIAL DAY ONE FINALS