

Sopris Summer 2023, to begin Monday June 5						
Group:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Master's	5:30-7:00 am	OFF	5:30-7:00 am	OFF	5:30-7:00 am	
Invited SR/Elite	6:00-8:15 am 3 Lanes	NONE	6:00-8:15 am 3 Lanes	NONE	6:00-8:15 am 3 Lanes	NONE
SR	7:00-8:15 am 5 Lanes	6:00-8:15 am 5 Lanes	7:00-8:15 am 4-5 Lanes	6:00-8:15 am 5 Lanes (Sr	7:00-8:15 am 5 Lanes	8:00-10:00 am Pool
JR	7:00-8:15 am 5 Lanes	7:00-8:15 am 5 Lanes	OFF	7:00-8:15 am 5 Lanes	7:00-8:15 am 5 Lanes	8:00-10:00 am Pool
JR/SR Dry land	NONE	8:30-9:15am DRY	NONE	8:30-9:15am DRY	NONE	NONE
CUDA	8:15-9:30 am 5 Lanes	8:15-9:30 am 5 Lanes	OFF	8:15-9:30 am 5 Lanes	8:15-9:30 am 5 Lanes	8:30-10:00 am Pool
Challenge	OFF	9:30-10:30 am 5 Lanes	8:15-9:30 am 5 Lanes	9:30-10:30 am 5 Lanes	OFF	8:30-10:00 am Pool
Discovery	9:30-10:30 am 3 lanes	OFF	9:30-10:30 am 5 lanes	OFF	9:30-10:30 am 3 lanes	9:00- 10:00 am Pool
GSHS Conditioning	4:00-5:30pm 3 Lanes		7:00 - 8:15am 1-2 lanes		OFF	OFF
Coaches on Deck	Becky 5:30-7:00am Steve 5:30-9:30am Heidi/Macy 9:30-10:30am HS Coaches 4:00-5:30pm	Bob 6:00-9:30am Kelley 8:30-10:30am	Becky 5:30-7:00am Steve 5:30-9:30am Heidi/ Macy 9:30-10:30am HS Coaches 7:00-8:15am	Bob 6:00-9:30am Kelley 8:30-10:30am	Becky 5:30-7:00am Steve 5:30 - 9:30 am Heidi/Macy 9:30-10:00am	Bob 8:00-9:30am Steve/ Kelley (rotate) 8:30-10:30am