



LC Practice Schedule

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Clinic	8-9am Littleton YMCA		8-9am Littleton YMCA			
White	7-8am Littleton YMCA	7-8am Littleton YMCA	1:30-2:30pm Lowry	7-8am Littleton YMCA	7-8am Littleton YMCA	
Dryland	6:50-7am	6:50-7am	1:15-1:30pm	6:50-7am	6:50-7am	
Silver	1:30-2:30pm Lowry	7-8am Littleton YMCA	1:30-2:30pm Lowry	7-8am Littleton YMCA	1:30-2:30pm Lowry	
Dryland	1:15-1:30pm	6:50-7am	1:15-1:30pm	6:50-7am	1:15-1:30pm	
Red	1:30-2:30pm Lowry	2:30-4pm Northridge Outdoor	2:30-4pm Lowry	2:30-4pm Northridge Outdoor	1:30-2:30pm Lowry	10-11:30am Northridge Indoor
Dryland	1:15-1:30pm	4-4:30pm	1:45-2:30pm	4-4:30pm	1:15-1:30pm	9:45-10am
State	2:30-4pm Lowry	2:30-4:30pm Northridge Indoor	2:30-4pm Lowry	2:30-4:30pm Northridge Indoor	2:30-4pm Lowry	10-11:30am Northridge Indoor
Dryland	1:45-2:30pm	2:15-2:30pm	1:45-2:30pm	2:15-2:30pm	1:45-2:30pm	9:45-10am
Sectional	7:30-8:30am Eastridge Outdoor 2-4pm Lowry	2:30-4:30pm Northridge Indoor	7:30-8:30am Eastridge Outdoor 2-4pm Lowry	2:30-4:30pm Northridge Indoor	2-4pm Lowry	8-10am Northridge Indoor
Dryland	1:45-2pm	4:45-5:30pm	1:45-2pm	4:45-5:30pm	1:45-2pm	7:45-8am
High School	2:30-4pm Lowry	2:30-4:30pm Northridge Indoor	2:30-4pm Lowry	2:30-4:30pm Northridge Indoor	2:30-4pm Lowry	
Dryland	1:45-2:30pm	2:15-2:30pm	1:45-2:30pm	2:15-2:30pm	1:45-2:30pm	
Senior	7:30-8:30am Eastridge Outdoor 2-4pm Lowry	2:30-4:30pm Northridge Indoor	7:30-8:30am Eastridge Outdoor 2-4pm Lowry	2:30-4:30pm Northridge Indoor	2-4pm Lowry	8-10am Northridge Indoor
Dryland	1:45-2pm	4:45-5:30pm	1:45-2pm	4:45-5:30pm	1:45-2pm	7:45-8am
National	6:30-7:30am Eastridge Outdoor 2-4pm Lowry	6:30-8:30am Eastridge Outdoor	6:30-7:30am Eastridge Outdoor 2-4pm Lowry	6:30-8:30am Eastridge Outdoor	6:30-7:30am Eastridge Outdoor 2-4pm Lowry	8-10am Northridge Indoor
Dryland/Weights	1:45-2pm DL	3:30-4:30pm DL 4:30-5:30pm W	1:45-2pm DL	3:30-4:30pm DL 4:30-5:30pm W	1:45-2pm DL	7:45-8am DL 10:15-11am W