

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	
Week of 7/26-8/1/10	<b>WSY National Long Course Championships at University of Maryland (return Saturday AM)</b>													1	
	<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>At West Shore CC</b>										
	HS Training 7-9am		HS Training 7-9am		HS Training 7-9am										
	at YMCA 4-6pm SR & Pre-S 6-7:30pm AGB & C		at YMCA 4-6pm SR & Pre-S 6-7:30pm AGB & C		at YMCA 4-6pm SR & Pre-S 6-7:30pm AGB & C		at YMCA 4-6pm SR & Pre-S 6-7:30pm AGB & C		at YMCA 4-6pm SR & Pre-S		Summer League Mid Cap Meet at CV High School 8am start)				
	26		27		28		29		30		31				
Week of 8/2-8/10	<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>All Levels OFF</b>		
	SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am				
	HS Training 7-9am		HS Training 7-9am		HS Training 7-9am										
	2		3		4		5		6		7				
Week of 8/9-15/10	<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>All Levels OFF</b>		
	SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am				
	HS Training 7-9am		HS Training 7-9am		HS Training 7-9am										
	at YMCA 4-5:45pm AGC		at YMCA 4-5:45pm AGC		at YMCA 4-5:45pm AGC		at YMCA 4-5:45pm AGC								
	9		10		11		12		13		14				
Week of 8/16-22/10	<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>At West Shore CC</b>		<b>All Levels OFF</b>		
	SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am		SR/Pre-S 7-9:30am				
	HS Training 7-9am		HS Training 7-9am		HS Training 7-9am										
	at YMCA 4-5:45pm AGC		at YMCA 4-5:45pm AGC		at YMCA 4-5:45pm AGC		at YMCA 4-5:45pm AGC								
	16		17		18		19		20		21				