

Jupiter Dragons Swim Team

Short Course Team Schedule

Starting on Wednesday August 10, 2011 after the Team Break

Group	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Purple I		3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm		
Purple II		3:45 - 4:30 pm	3:45 - 4:30 pm	3:45 - 4:30 pm		
Green I	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	3:00 - 3:45 pm	
Green II	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	3:45 - 5:00 pm	
Orange		6:00 - 7:00 pm	6:00 - 7:00 pm	6:00 - 7:00 pm		
Red	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	6:00 - 7:30 pm	5:30 - 6:30 pm	
Elite	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 6:00 pm	4:30 - 5:30 pm	8:00 - 10:00 am (swim+dryland)
Blue	5:00 - 7:00 pm (swim) 7:00 - 7:30 pm Senior (dry-land)	5:00 - 7:00 pm (swim) 7:00 - 7:30 pm Junior (dry-land)	5:00 - 7:00 pm (swim) 7:00 - 7:30 pm Senior (dry-land)	5:00 - 7:00 pm (swim) 7:00 - 7:30 pm Junior (dry-land)	5:00 - 6:30 pm (swim)	8:00 - 10:00 am (swim) 10:00 - 10:45 am (dry-land)

NOTE: **Blue - Senior - Dry-land is on Mon. & Wed. 7:00 – 7:30 p.m. Sat. 10:00 – 10:45 a.m.**
Blue - Junior - Dry-land is on Tue. & Thur. 7:00 – 7:30 p.m. Sat. 10:00 – 10:45 a.m.
Blue group High School A.M. practices - TBA

MONTH	DATE	MEET NAME	LOCATION	ELIGIBILITY
July	25-31	All Groups Summer Break - No Practices		
August	1-9			
	10	Short Course Practice Schedule Resumes		
	8-13	Junior National Champs - LC	Stanford,, CA	Junior Nat. Q Times
	27	FG Invitational - SCY	North Palm C.C.	ABC - Times
September	11	PB County Developmental	Martin County	Sub JO Times
	24-25	FGC Invitational	Coral Springs	JO or A Times

If you have any questions regarding the program please feel free to call me at (561) 626-7654 or email me at kiril@bellsouth.net.

Coach Kiril Zahariev (Coach "K")