

# SENIOR TEAM

## Weekly Plan

Wk # 13	Plan for: July 10 to 16			Quality		
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15	Sunday 16
6:15-8:25 a.m.	6:15-8:25 a.m.	film	6:15-8:25 a.m.	6:15-8:25 a.m.	8:00 a.m.	OFF
<u>4.5-4.0-3.5</u> 800 K 600 P  LD/bk  + wts V 12/24	<u>4.5-4.0-3.5</u> 800 K 600 P  SR-S/fy	<b>OFF</b>	<b>OFF</b> Depart for Sr Ct @ 1 <sup>30</sup> pm	<u>Sr Ct</u> w/u 8:00 prelims 9:30	<u>Sr Ct</u> w/u 7:15 prelims 8:30	<u>Sr Ct</u> w/u 7:30 prelims 8:30
			<u>4.5-4.0-3.5</u> 800 K 600 P SR-L/bk	<u>4.5-4.0-3.5</u> 800 K 600 P SR-S/fy	2-BKN Swims + wts V 12/24	<b>OFF</b>
4:15-6:25 p.m.	4:15-6:25 p.m.	4:15-6:25 p.m.	4:15-6:25 p.m.	4:15-6:25 p.m.	OFF	OFF
<u>4.5-4.0-3.5</u> 800 K 600 P  Q-D/br  + wts V 12/24	<u>4000</u> 800 K 600 P  RP/im	<u>4.5-4.0-3.5</u> 800 K 600 P SR-L/bk + wts  SECTIONALS film starts  + wts V 12/24	<u>Sr Ct</u> 800 w/u 3:30pm 800s @ 5:00 others w/u 5:00  <u>4000</u> 800K 600P Q-D/im	<u>Sr Ct</u> w/u 5:00 pm finals 6:30  <u>4.5-4.0-3.5</u> 800 K 600 P RP/br	<u>Sr Ct</u> w/u 5:15 pm finals 6:30  <b>OFF</b>	<u>Sr Ct</u> w/u 5:30 pm finals 6:30  <b>OFF</b>

EVERYONE OFF  
Monday a.m.  
July 17th