

RICHMOND KIGOOS MAY 2023 SCHEDULE

POOL TIME	M	T	W	R	F	S
6:00-7:00 AM	SR (ALL)	SR (ALL)	INT	SR (ALL)	SR (ALL)	
7:00-8:00 AM	INT	JR	JR	JR	INT	TTG
8:00-9:00 AM						INT
9:00-10:00 AM						SR 1
10:00-11:00 AM						SR 2
3:45-4:15 PM	JD 1	JD 1	JD 1	JD 1	JD 1	
4:15-5:00 PM	JD 2	JD 2	JD 2	JD 2	JD 2	
5:00-6:00 PM	TTG	TTG	TTG	TTG	TTG	
6:00-7:00 PM	JR	JR	SR 1	JR	JR	
7:00-8:00 PM	INT	INT	SR 1 SR 2	INT	INT	
8:00-9:00 PM	SR 1	SR 2	SR 2	SR 1	SR 2	
9:00-10:00 PM		MASTERS		MASTERS		

THE ABOVE SCHEDULE DENOTES TIME IN THE WATER. PLEASE SEE ACCOMPANYING GROUP SCHEDULE FOR START AND FINISH TIMES INCLUSIVE OF DRYLAND TRAINING TIME.