

# RICHMOND KIGOOS JULY 2023 SCHEDULE

| GROUP                    | DAY                 | DRYLAND | WATER  | START/FINISH TIME |
|--------------------------|---------------------|---------|--------|-------------------|
| SENIOR 1                 | Monday (AM)         | 15 min  | 60 min | 6:45-8:00 AM      |
|                          | Tuesday (PM)        | 30 min  | 90 min | 7:00-9:00 PM      |
|                          | Wednesday (AM)      | 15 min  | 60 min | 6:45-8:00 AM      |
|                          | Wednesday (PM)      | 45 min  | 60 min | 6:15-8:00 PM      |
|                          | Thursday (PM)       | 30 min  | 60 min | 5:00-6:30 PM      |
|                          | Friday (AM)         | 15 min  | 60 min | 6:45-8:00 AM      |
|                          | Friday (PM)         | 45 min  | 60 min | 12:15-2:00 PM     |
| GROUP                    | DAY                 | DRYLAND | WATER  | START/FINISH TIME |
| SENIOR 2                 | Monday (AM)         | 15 min  | 60 min | 6:45-8:00 AM      |
|                          | Monday (PM)         | 45 min  | 60 min | 7:15-9:00 PM      |
|                          | Tuesday (PM)        | 30 min  | 60 min | 5:00-6:30 PM      |
|                          | Wednesday (AM)      | 15 min  | 60 min | 6:45-8:00 AM      |
|                          | Wednesday (PM)      | 15 min  | 60 min | 7:45-9:00 PM      |
|                          | Thursday (PM)       | 30 min  | 90 min | 7:00-9:00 PM      |
|                          | Friday (AM)         | 15 min  | 60 min | 6:45-8:00 AM      |
| GROUP                    | DAY                 | DRYLAND | WATER  | START/FINISH TIME |
| INTERMEDIATE             | Monday (AM)         | 15 min  | 60 min | 7:45-9:00 AM      |
|                          | Tuesday (AM)        | 15 min  | 60 min | 6:45-8:00 AM      |
|                          | Tuesday (PM)        | 15 min  | 60 min | 7:15-8:30 PM      |
|                          | Wednesday (PM)      | 45 min  | 60 min | 5:15-7:00 PM      |
|                          | Thursday (AM)       | 15 min  | 60 min | 6:45-8:00 AM      |
|                          | Thursday (PM)       | 15 min  | 60 min | 7:15-8:30 PM      |
|                          | Friday (PM)         | 45 min  | 60 min | 1:15-3:00 PM      |
| GROUP                    | DAY                 | DRYLAND | WATER  | START/FINISH TIME |
| JUNIOR                   | Monday (PM)         | 30 min  | 60 min | 5:45-7:15 PM      |
|                          | Tuesday (AM)        | 15 min  | 60 min | 7:45-9:00 AM      |
|                          | Tuesday (PM) *JR 1  | 15 min  | 60 min | 6:15-7:30 PM      |
|                          | Wednesday (PM)      | 30 min  | 60 min | 4:30-6:00 PM      |
|                          | Thursday (AM)       | 15 min  | 60 min | 7:45-9:00 AM      |
|                          | Thursday (PM) *JR 2 | 15 min  | 60 min | 6:15-7:30 PM      |
|                          | Friday (AM)         | 15 min  | 60 min | 7:45-9:00 AM      |
| GROUP                    | DAY                 | DRYLAND | WATER  | START/FINISH TIME |
| TECHNICAL TRAINING GROUP | Monday (PM)         | 30 min  | 45 min | 6:45-8:00 PM      |
|                          | Tuesday (PM)        | 30 min  | 60 min | 6:00-7:30 PM      |
|                          | Wednesday (AM)      | 15 min  | 60 min | 7:45-9:00 AM      |
|                          | Thursday (PM)       | 30 min  | 60 min | 6:00-7:30 PM      |
|                          | Friday (PM)         | 30 min  | 45 min | 2:30-3:45 PM      |
| GROUP                    | DAY                 | DRYLAND | WATER  | START/FINISH TIME |
| JUNIOR DEVELOPMENT 1     | Monday (PM)         | 15 min  | 30 min | 4:45-5:30 PM      |
|                          | Tuesday (PM)        | 15 min  | 30 min | 4:45-5:30 PM      |
|                          | Thursday (PM)       | 15 min  | 30 min | 4:45-5:30 PM      |
|                          | Friday (PM)         | 15 min  | 30 min | 3:30-4:15 PM      |
| GROUP                    | DAY                 | DRYLAND | WATER  | START/FINISH TIME |
| JUNIOR DEVELOPMENT 2     | Monday (PM)         | 15 min  | 45 min | 5:15-6:15 PM      |
|                          | Tuesday (PM)        | 15 min  | 60 min | 5:15-6:30 PM      |
|                          | Thursday (PM)       | 15 min  | 60 min | 5:15-6:30 PM      |
|                          | Friday (PM)         | 15 min  | 45 min | 4:00-5:00 PM      |