



**2024**  
**Long Course Training Schedule**  
**Starts Tuesday, May 28<sup>th</sup>, 2024 – Friday, August 5<sup>th</sup>, 2024**



Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Masters</b>	5:15 - 6:30 AM Shaw Park Aquatic	5:15 - 6:30 AM Shaw Park Aquatic	5:15 - 6:30 AM Shaw Park Aquatic	5:15 - 6:30 AM Shaw Park Aquatic	5:15 - 6:30 AM Shaw Park Aquatic	6:00 – 7:00 AM Shaw Park Aquatic
<b>Elite</b>	6:00 - 8:00 AM Maplewood & 5:00 – 6:30 PM MICDS	6:00 - 8:00 AM Maplewood	6:00 - 8:00 AM Maplewood & 5:00 – 6:30 PM MICDS	6:00 - 8:00 AM Maplewood	6:00 - 8:00 AM Maplewood & 5:00 – 6:30 PM MICDS	6:00 - 8:00 AM Maplewood
<b>Elite Evenings 5/29 – 6/8</b>	<b>3:30 – 5:00 PM Westminster</b>		<b>3:30 – 5:00 PM Westminster</b>		<b>3:30 – 5:00 PM Westminster</b>	
<b>Senior</b>	6:30 - 8:30 AM Shaw Park Aquatic	6:30 – 8:30 AM Shaw Park Aquatic & 5:00 – 6:30 PM MICDS**	6:30 - 8:30 AM Shaw Park Aquatic	6:30 – 8:30 AM Shaw Park Aquatic & 5:00 – 6:30 PM MICDS**	6:30 - 8:30 AM Shaw Park Aquatic	7:00 – 9:00 AM Shaw Park Aquatic
<b>Senior II</b>	5:15 – 7:15 PM John Burroughs	5:15 – 7:15 PM John Burroughs	5:15 – 7:15 PM John Burroughs	5:15 – 7:15 PM John Burroughs	8:00 – 9:30 AM Maplewood	8:00 – 10:00 AM Maplewood
<b>Varsity</b>	5:15 – 6:45 PM John Burroughs	6:30 - 8:30 AM Shaw Park Aquatic	5:15 – 6:45 PM John Burroughs	6:30 - 8:30 AM Shaw Park Aquatic	6:30 – 8:00 AM Shaw Park Aquatic	7:00 – 8:30 AM Shaw Park Aquatic
<b>Junior Varsity</b>	7:00 – 8:30 AM Shaw Park Aquatic	5:00 – 6:30 PM MICDS (7:00 – 8:30 AM Shaw Park Aquatic after 7/11)	7:00 – 8:30 AM Shaw Park Aquatic	5:00 – 6:30 PM MICDS (7:00 – 8:30 AM Shaw Park Aquatic after 7/11)	7:00 – 8:30 AM Shaw Park Aquatic	7:30 – 9:00 AM Shaw Park Aquatic
<b>Age Group</b>	6:00 – 7:15 PM Westminster	6:00 – 7:15 PM Westminster	6:00 – 7:15 PM Westminster	6:00 – 7:15 PM Westminster	OFF	9:00 – 10:00 AM Maplewood
<b>Advanced Stroke</b>	6:00 – 7:15 PM Westminster	6:00 – 7:15 PM Westminster	6:00 – 7:15 PM Westminster	6:00 – 7:15 PM Westminster	6:00 – 7:15 PM Westminster	8:00 – 9:00 AM Maplewood
<b>Developmental</b>	5:15 – 6:00 PM Westminster	5:15 – 6:00 PM Westminster	5:15 – 6:00 PM Westminster	5:15 – 6:00 PM Westminster	OFF	OFF
<b>Beginner I</b>		5:45 – 6:30 PM Villa	5:45 – 6:30 PM Villa	5:45 – 6:30 PM Villa		
<b>Beginner II</b>		6:30 – 7:15 PM Villa	6:30 – 7:15 PM Villa	6:30 – 7:15 PM Villa		

Practices may be changed or cancelled due to inclement weather, pool malfunctions, or school events.

Please log in to your CSP account and verify your e-mail and add your cell phone (SMS) to receive text or e-mail alerts in cases of last minute cancellations.

\*\*Last day of doubles will for Senior will be July 11<sup>th</sup>.

**Please use Group Calendar at [www.cspswim.com](http://www.cspswim.com) for daily schedule.**