



2024
Long Course Training Schedule
Starts Tuesday, May 28th, 2024 – Friday, August 5th, 2024

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masters	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
Elite	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
Elite Evenings 5/29 – 6/8	3:30 – 5:00 PM Westminster		3:30 – 5:00 PM Westminster		3:30 – 5:00 PM Westminster	
Senior	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
Senior II	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
Varsity	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
Junior Varsity	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
Age Group	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
Advanced Stroke	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 – 9:30 AM Maplewood	8:00 – 9:00 AM Maplewood
Developmental	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
Beginner I		5:45 – 6:30 PM Villa	5:45 – 6:30 PM Villa	5:45 – 6:30 PM Villa		
Beginner II		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 11th.

Please use Group Calendar at www.cspswim.com for daily schedule.