

DASH – Winter Practice Schedule

November 9, 2009 – February 19, 2010

Practice times for State and Sectional meet qualifiers will be posted at a later date.

GOLD Group –

4:30 – 7:00 p.m., Monday – Thursday

4:30 – 6:30 p.m., Friday

TBA, Saturday

SILVER Group –

6:30 – 8:30 p.m., Monday – Thursday

4:30 – 6:30 p.m., Friday

TBA, Saturday

BRONZE Group –

6:30 – 8:00 p.m., Monday – Thursday

4:30 – 6:00 p.m., Friday

BLUE Group –

4:30 – 6:15 p.m., Monday – Thursday

4:30 – 6:00 p.m., Friday

GREEN Group –

6:00 – 7:00 p.m., Monday – Thursday

4:30 - 5:45 p.m., Friday