

# South Run Programs

DRAFT SCHEDULE– TIMES SUBJECT TO CHANGE

South Run Sept.14, 2023

Pool Coach: Jared Diallo

Program	Day(s)	Times	Coach
Masters	M T Th F Sat.	5:00-6:00 AM 6:00-7:00 AM	Jared Diallo
Select *Coaches Approval Required*	M W T Th Sat.	4 - 6 PM (Dryland 4-4:30) 5 - 6:30 AM 6:30-8:55 AM	Jared Diallo
Silver	M W Fr Sat.	4:30-6PM 6:30-8:55 AM	Emilee Hayward
HS Conditioning - Fall 9/9-10/29	M W Fr	4:30-6 PM	Emilee Hayward
Age Group 3 AM	T Th F	6:00-7:00 AM	Doug Kramer
Age Group 3 PM	T Th F	5:00-6:00 PM	Ricky Veatch
Age Group 2	T Th	5:00-6:00 PM	Doug Kramer
Age Group 1	M W	5:00-6:00 PM	Ricky Veatch

No swim dates will be posted as the 22-23 schedule is confirmed

\*\* Coaching assignments and schedules may be changed prior to the start of the season