

2011 HEAT Summer Schedule
Begins Thursday June 9th, 2011

****Follow spring schedule through Wednesday June 8th****

Elite/Senior/Gold

Monday 6:00 – 8:00am @ **University of Akron**

Tuesday 6:45 – 9:00am @ Redwood (Wts/DL 9:15-10:00am @ HHS) + 3:00-5:00pm @ East Woods

Wednesday 6:00 – 8:00am @ **University of Akron**

Thursday 6:45 – 9:00am @ Redwood (Wts/DL 9:15-10:00am @ HHS) + 3:00-5:00pm @ East Woods

Friday 6:00 – 8:00am @ **University of Akron**

**Saturday 7:00-10:00am @ East Woods

Silver

Monday 8:00 – 10:00am @ **University of Akron**

Tuesday 8:00 – 10:30am @ East Woods (includes dryland) + 3:00-5:00pm @ East Woods

Wednesday 8:00 – 10:00am @ **University of Akron**

Thursday 8:00 – 10:30am @ East Woods (includes dryland) + 3:00-5:00pm @ East Woods

Friday 8:00 – 10:30am @ East Woods (includes dryland)

**Saturday 7:00-10:00 am @ East Woods (includes dryland)

Bronze

Monday 8:00 – 10:00am @ **University of Akron**

Tuesday 8:00 – 10:30am @ East Woods (includes dryland) + 5:30-7:00pm @ Kent Roosevelt

Wednesday 8:00 – 10:00am @ **University of Akron**

Thursday 8:00 – 10:30am @ East Woods (includes dryland) + 5:30-7:00pm @ Kent Roosevelt

Friday 8:00 – 10:30am @ East Woods (includes dryland)

**Saturday 7:00-10:00 am @ East Woods (includes dryland)

Blue

Monday 8:00 – 10:00 @ **University of Akron**

Tuesday 8:00 – 10:30am @ East Woods (includes dryland) + 5:30-7:00pm @ Kent Roosevelt

Wednesday 8:00 – 10:00am @ **University of Akron**

Thursday 8:00 – 10:30am @ East Woods (includes dryland) + 5:30-7:00pm @ Kent Roosevelt

Friday 8:00 – 10:30am @ East Woods (includes dryland)

White

Monday 8:15 – 9:15am @ East Woods

Tuesday 9:00 – 10:00am @ East Woods + 5:30-6:30pm @ Kent Roosevelt

Wednesday 8:15 – 9:15am @ East Woods

Thursday 9:00 – 10:00am @ East Woods + 5:30-6:30pm @ Kent Roosevelt

Friday 9:00 – 10:00am @ East Woods

Red

Monday 8:15 – 9:15am @ East Woods

Tuesday 9:00 – 10:00am @ East Woods + 5:30-6:30pm @ Kent Roosevelt

Wednesday 8:15 – 9:15am @ East Woods

Thursday 9:00 – 10:00am @ East Woods + 5:30-6:30pm @ Kent Roosevelt

Friday 9:00 – 10:00am @ East Woods

**No Saturday practice during weekends we have USA Long Course Meets
NO Practice – Monday July 4th