

YBAC Hurricanes

June 12th – July 30th

Time	Practices / week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tech & Fitness 1	2 + Saturday	4:30 – 5:15 at YMCA	7:30 – 8:15 at MAC	4:30 – 5:15 at YMCA	7:30 – 8:15 at MAC		9:00 – 10:00 at MAC
Comp 1 & T & F 2	3 + Saturday	4:30 – 5:30 at YMCA	7:30 – 8:30 at MAC	4:30 – 5:30 at YMCA	7:30 – 8:30 at MAC		9:00 – 10:00 at MAC
HP 1 & Comp 2&3	4+ Saturday	7:00 – 8:30 at MAC 4:00 – 5:30 at YMCA	7:00 – 8:30 at MAC	7:00 – 8:30 at MAC 4:00 – 5:30 at YMCA	7:00 – 8:30 at MAC	7:00 – 8:30 at MAC	8:00 – 10:00 at MAC
HP 2 & HP High School	Gold: 6 + Saturday H.S.: 3 + Saturday	6:30 – 8:30 at MAC 4:00 – 5:30 at YMCA	6:30 – 8:30 at MAC	6:30 – 8:30 at MAC 4:00 – 5:30 at YMCA	6:30 – 8:30 at MAC 4:00 – 5:30 at YMCA	6:30 – 8:30 at MAC	8:00 – 10:00 at MAC
HP 3	All	6:30 – 8:30 at MAC 4:00 – 5:30 at YMCA	6:30 – 8:30 at MAC	6:30 – 8:30 at MAC 4:00 – 5:30 at YMCA	6:30 – 8:30 at MAC 4:00 – 5:30 at YMCA	6:30 – 8:30 at MAC	8:00 – 10:00 at MAC

Only High Performance 3 groups may practice twice per day, High Performance 2 can practice twice per day once per week!

All AM practices are at the MAC, All PM practices are at the YMCA

2017 Long Course Meet Schedule

<i>Date</i>	<i>Meet</i>	<i>Location</i>	<i>Meet Type</i>
4/28-30	Gold LC Invite	Goldsboro	USAS
5/19-21	YBAC LC Invite	Greensboro	USAS
6/3	NC Open Water	Seven Lakes, NC	USAS
6/9-11	BSC Model Meet	Kingsport, TN	USAS
6/17-18	NC State Games	Greensboro	All
7/7-9	USY Regionals	Hickory ?	All
7/13-16	<i>NCS Age Groups (JOs)</i>	<i>Cary</i>	Qualifiers
7/28-30	<i>Tar Heel States</i>	<i>UNC Chapel Hill</i>	USAS
7/31-8/4	<i>YMCA Nationals</i>	<i>Greensboro</i>	Qualifiers

* *Italics – Championship Meet – All Qualifiers expected to participate*