

FAST Practice Times - Mid-November - Mid-May 2026 for High School Swim Season

Updated 11/7/25

		Monday	Tuesday	MEET TUES	Wednesday	Thursday	MEET THURS	Friday - SCY	Friday - LC	Saturday
Arete	AM		6:00 - 7:45 AM	6:00 - 7:45 AM		6:00 - 7:45 AM	6:00 - 7:45 AM	6:00 - 7:45 AM	6:00 - 7:45 AM	6:45 - 9:30 AM
	PM	4:45 - 7:00 PM	4:45 - 7:00 PM	5:15 - 7:30 PM	4:45 - 7:00 PM	4:45 - 7:00 PM	5:15 - 7:30 PM	4:45 - 7:00 PM	4:45 - 7:00 PM	
SR	AM		6:00 - 7:45 AM	6:00 - 7:45 AM		6:00 - 7:45 AM	6:00 - 7:45 AM	6:00 - 7:45 AM	6:00 - 7:45 AM	6:45 - 9:30 AM
	PM	6:30 - 8:30 PM	6:30 - 8:30 PM	6:30 - 8:30 PM	6:30 - 8:30 PM	6:30 - 8:30 PM		4:45 - 7:00 PM	4:45 - 7:00 PM	
HS	AM						6:00 - 7:45 AM	6:00 - 7:45 AM	6:00 - 7:45 AM	
	PM	6:30 - 8:30 PM	6:30 - 8:30 PM	6:30 - 8:30 PM	6:30 - 8:30 PM	6:30 - 8:30 PM				
Challenge	PM	6:15 - 8:15 PM	6:15 - 8:15 PM	6:30 - 8:30 PM	6:15 - 8:15 PM	6:15 - 8:15 PM	6:15 - 8:15 PM	5:15 - 7:15 PM	4:45 - 7:00 PM	6:45 - 9:00 AM
Ascend	PM	5:00 - 6:45 PM	5:00 - 6:45 PM	5:15 - 7:00 PM	5:00 - 6:45 PM	5:00 - 6:45 PM	5:15 - 6:45 PM	4:00 - 5:45 PM	4:00 - 5:45 PM	6:45 - 9:00 AM
Disc - A	PM	4:45 - 6:30 PM			4:45 - 6:30 PM			4:00 - 5:45 PM	4:00 - 5:45 PM	8:00 - 9:30 AM
Disc - B	PM		4:45 - 6:30 PM	5:15 - 7:00 PM		4:45 - 6:30 PM	5:00 - 6:45 PM	4:00 - 5:45 PM	4:00 - 5:45 PM	8:00 - 9:30 AM
TS	PM	6:00 - 7:45 PM	6:00 - 7:45 PM	6:15 - 8:00 PM	6:00 - 7:45 PM	6:00 - 7:45 PM	6:15 - 8:00 PM	5:15 - 7:00 PM	5:15 - 7:00 PM	8:00 - 9:30 AM
HH - A	PM	4:15 - 5:30 PM			4:15 - 5:30 PM			4:15 - 5:30 PM	5:15 - 7:00 PM	8:00 - 9:30 AM
HH - B	PM		4:15 - 5:30 PM	5:00 - 6:15 PM		4:15 - 5:30 PM	4:15 - 5:30 PM	4:15 - 5:30 PM	5:15 - 7:00 PM	8:00 - 9:30 AM
Fireball	PM	4:15 - 5:30 PM	4:15 - 5:30 PM	4:15 - 5:15 PM	4:15 - 5:30 PM	4:15 - 5:30 PM	5:30 - 6:30 PM			
Nova	PM	4:15 - 5:15 PM	4:15 - 5:15 PM	4:15 - 5:15 PM	4:15 - 5:15 PM	4:15 - 5:15 PM	5:30 - 6:30 PM			
Masters	AM	5:30-6:45			5:30-6:30			5:30-6:30	5:30-6:30	
Masters	Late AM	8:15-9:15	8:15-9:15		8:15-9:15			8:15-9:30	8:15-9:30	
Masters	Noon	11:30-12:30	11:30-12:45		11:30-12:30			11:30-12:45	11:30-12:45	

ALL PRACTICES AT EPIC

SCY = Short Course (25 yards)

LC = Long Course (50 meters)

Please note that Hammerhead (HH) and Discovery (Disc) are broken into two different sections, please stay within the section you signed up for.

Dates for High School Dual Meet Schedule Times that are shown above

THUR	12/4	THUR	1/8
THUR	12/11	TUES	1/13
TUES	12/16	THUR	1/15
TUES	1/6	TUES	1/20

Long Course Practice Dates

December 19 & 20
January 2 & 3
February 6 & 7
March 13 & 14

