

**January 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>		
<b>HAPPY NEW YEAR!</b>	<b>CLOSED FOR HOLIDAY</b>	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a  SROP 60 ~ 1030a-1130a SROP 90 ~ 1030a-12p SROP 120 ~ 1030a-1p		
		<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
		SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a  SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 1030a-1p
		<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a  SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 1030a-1p		
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>		
SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a  SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 1030a-1p		
<b>29</b>	<b>30</b>	<b>31</b>	<p><b>Notes:</b></p> <p><b><u>Try-it-Out (TIO) program</u></b> ~ Are scheduled for the Early Session(s) at pools and dryland sessions are the first 30-, 45-, or 60-minute session (coach's discretion).</p> <p><b><u>TEAM DIVERS</u></b> ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&amp;E, and Masters) have specific and pre-scribed session configurations for both quantity of sessions AND length of sessions. For submitting your calendar requests, <b>ONLY CIRCLE</b> whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.</p>					
SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p						

**February 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>30</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>31</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>1</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>2</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>3</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>4</b>  SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a  SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 1030a-1p  MIWOK Tower ~ 230-5pm
<b>5</b> Miwok Tower ~ 130-4pm	<b>6</b> BEGINNING OF HIGH SCHOOL DIVING	<b>7</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>8</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>9</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>10</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>11</b>  SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a  SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srdl only) SROP ~ 1030a-1p
<b>12</b>	<b>13</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>14</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>15</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>16</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>17</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>18</b>  SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a  SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srdl only) SROP ~ 1030a-1p
<b>19</b>	<b>20</b>  <p align="center"><b>CLOSED FOR HOLIDAY</b></p>	<b>21</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>22</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>23</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>24</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>25</b>  SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a  SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srdl only) SROP ~ 1030a-1p
<b>26</b> Miwok Tower ~ 130-4pm	<b>27</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>28</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>Notes:</b>  <p><b>Try-it-Out (TIO) program</b> ~ Are scheduled for the Early Session(s) at pools and dryland sessions are the first 30-, 45-, or 60-minute session (coach's discretion).</p> <p><b>TEAM DIVERS</b> ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&amp;E, and Masters) have specific and pre-scribed session configurations for both quantity of sessions AND length of sessions per week. When submitting your calendar requests, <b>ONLY CIRCLE</b> whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.</p>			

**March 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Notes:</b>  <b>Try-it-Out (TIO) program</b> ~ Are scheduled for the Early Session(s) at pools and dryland sessions are the first 30-, 45-, or 60-minute session (coach's discretion).  <b>TEAM DIVERS</b> ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and pre-scribed session configurations for both quantity of sessions AND length of sessions per week. When submitting your calendar requests, <b>ONLY CIRCLE</b> whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.			<b>1</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>2</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>3</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>4</b>  SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a  SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srdl only) SROP ~ 1030a-1p
<b>5</b>	<b>6</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>7</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>8</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>9</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>10</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>11</b> <span style="background-color: #ffffcc;">hs23all NCS QUALIFIER - LasPositas</span>  SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a  SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srdl only) SROP ~ 1030a-1p
<span style="background-color: #90ee90;">Miwok Tower ~ 130-4pm</span>	<b>13</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>14</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>15</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>16</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>17</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>18</b>  SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a  SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srdl only) SROP ~ 1030a-1p
<b>19</b>	<b>20</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>21</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>22</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>23</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<span style="background-color: #ffffcc;">AAU RWB Red North ~ Miwok</span>	<span style="background-color: #ffffcc;">AAU RWB Red North ~ Miwok</span>  SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a  SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srdl only) SROP ~ 1030a-1p
<span style="background-color: #ffffcc;">AAU RWB Red North ~ Miwok</span>	<b>27</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>28</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>29</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>30</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	<b>31</b>  SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Notes:</b></p> <p>Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at pools and dryland sessions are the first 30-, 45-, or 60-minute session (coach's discretion).</p> <p>TEAM DIVERS ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&amp;E, and Masters) have specific and pre-scribed session configurations for both quantity of sessions AND length of sessions per week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.</p>						<p><b>1</b></p> <p>SRDL ~ 8-830, 830-9a (30min slots)                      SRDL ~ 8-9a (only 60min slot)                      SRDL ~ 8-930a, 830-10a (90min slots)                      SRDL ~ 8-10a (2hr session)</p> <p>SROP ~ 930-1030a (only 60min slot)                      SROP ~ 930a-12p (90min w/o SRDL)                      SROP ~ 10a-1230p (90min w/SRDL)                      SROP ~ 1030a-1230p (2hr w/SRDL)</p>
<b>2</b>	<p><b>3</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>4</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>5</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>6</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>7</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p                      SRDL 120 ~ 4-6p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>8</b></p> <p>SRDL ~ 8-830, 830-9a (30min slots)                      SRDL ~ 8-9a (only 60min slot)                      SRDL ~ 8-930a, 830-10a (90min slots)                      SRDL ~ 8-10a (2hr session)</p> <p>SROP ~ 930-1030a (only 60min slot)                      SROP ~ 930a-12p (90min w/o SRDL)                      SROP ~ 10a-1230p (90min w/SRDL)                      SROP ~ 1030a-1230p (2hr w/SRDL)</p>
<b>9</b>	<p><b>10</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      DVHS ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>11 DVHS</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>DVHS ~ 630-730p                      DVHS ~ 630-8p (without SRDL)                      DVHS ~ 7-830p (with SRDL)                      DVHS ~ 730-9p (wih SRDL)                      DVHS ~ 7-9p (restricted)</p>	<p><b>12</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>13 DVHS</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>DVHS ~ 630-730p                      DVHS ~ 630-8p (without SRDL)                      DVHS ~ 7-830p (with SRDL)                      DVHS ~ 730-9p (wih SRDL)                      DVHS ~ 7-9p (restricted)</p>	<p><b>14</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p                      SRDL 120 ~ 4-6p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>15</b></p> <p>SRDL ~ 8-830, 830-9a (30min slots)                      SRDL ~ 8-9a (only 60min slot)                      SRDL ~ 8-930a, 830-10a (90min slots)                      SRDL ~ 8-10a (2hr session)</p> <p>SROP ~ 930-1030a (only 60min slot)                      SROP ~ 930a-12p (90min w/o SRDL)                      SROP ~ 10a-1230p (90min w/SRDL)                      SROP ~ 1030a-1230p (2hr w/SRDL)</p>
<b>16</b> <b>Miwok Tower ~ 130-4pm</b>	<p><b>17</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      DVHS ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>18 DVHS</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>DVHS ~ 630-730p                      DVHS ~ 630-8p (without SRDL)                      DVHS ~ 7-830p (with SRDL)                      DVHS ~ 730-9p (wih SRDL)                      DVHS ~ 7-9p (restricted)</p>	<p><b>19</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>20 DVHS</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>DVHS ~ 630-730p                      DVHS ~ 630-8p (without SRDL)                      DVHS ~ 7-830p (with SRDL)                      DVHS ~ 730-9p (wih SRDL)                      DVHS ~ 7-9p (restricted)</p>	<p><b>21 USAD Region 10 ~ Miwok @8a</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p                      SRDL 120 ~ 4-6p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>22 USAD Region 10 ~ Miwok @6a</b></p> <p>SRDL ~ 8-830, 830-9a (30min slots)                      SRDL ~ 8-9a (only 60min slot)                      SRDL ~ 8-930a, 830-10a (90min slots)                      SRDL ~ 8-10a (2hr session)</p> <p>SROP ~ 1030-1130a (only 60min slot)                      SROP ~ 1030a-12p (90min w/o SRDL)                      SROP ~ 11a-1230p (90min w/SRDL)                      SROP ~ 11a-1p (2hr w/SRDL)</p>
<b>23</b> <b>USA Diving Region 10 Miwok @6a</b>	<p><b>24</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>25</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>26</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>27 V/JV WACCs @BHS WU 3pm</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p, 5-630p                      SRDL 120 ~ 4-6p, 5-7p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>28 V-only EBALs @Amador WU 8am</b></p> <p>SRDL 30/60 ~ 4-430p, 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p                      SRDL 120 ~ 4-6p</p> <p>SROP ~ 630-730p                      SROP ~ 630-8p (without SRDL)                      SROP ~ 7-830p (with SRDL)                      SROP ~ 730-9p (wih SRDL)                      SROP ~ 7-9p (restricted)</p>	<p><b>29 V&amp;JV DAL's @SODA WU 2pm</b></p> <p>SRDL ~ 8-830, 830-9a (30min slots)                      SRDL ~ 8-9a (only 60min slot)                      SRDL ~ 8-930a, 830-10a (90min slots)                      SRDL ~ 8-10a (2hr session)</p> <p>SROP ~ 1030-1130a (only 60min slot)                      SROP ~ 1030a-12p (90min w/o SRDL)                      SROP ~ 11a-1230p (90min w/SRDL)                      SROP ~ 11a-1p (2hr w/SRDL)</p>
<b>30</b>	<p><b>Notes:</b></p>					

**May 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>NOTE/EXPLANATION:</b> With and Without SRDL designations:  For pool slots (SROP/DVHS): 1) if you were at dryland (SRDL) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend the "without" session.	<b>1</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>2</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>3</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>4</b> High School NCS Championships SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>5</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>6</b> SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session)  SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
<b>7</b> Miwok Tower ~ 130-4pm	<b>8</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>9</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>10</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>11</b> High School NCS/ICF State Championships SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>12</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>13</b> SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session)  SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
<b>14</b>	<b>15</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>16</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>17</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>18</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>19</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>20</b> SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session)  SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
<b>21</b>	<b>22</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>23</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>24</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>25</b> AAU RWB Nationals ~ Orlando, FL SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>26</b> AAU RWB Nationals ~ Orlando, FL SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>27</b> AAU RWB Nationals ~ Orlando, FL SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session)  SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
<b>28</b> AAU RWB Nationals ~ Orlando, FL	<b>29</b> AAU RWB Nationals ~ Orlando, FL  <b>CLOSED FOR HOLIDAY</b>	<b>30</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>31</b> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p  SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<p>Notes: Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at the pool (60- or 90-minutes). Dryland sessions are the first 30- 45- or 60-minute session. Coach's discretion for all/any.</p> <p>TEAM DIVERS ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&amp;E, and Masters) have specific and prescribed session configurations for both quantity of sessions AND length of sessions per week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.</p>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Notes:</b> Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at the pool (60- or 90-minutes). Dryland sessions are the first 30- 45- or 60-minute session. Coach's discretion for all/any.  TEAM DIVERS ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and prescribed session configurations for both quantity of sessions AND length of sessions per week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.		<b>DIVER'S NAME:</b>  <b>DIVER'S TEAM (circle one):</b> DT, RT, ZT, NT, S&E, Masters  <b>TEAM LEVEL (circle):</b> 1, 2, 3, 4, 5  <b>INCLUDED HOURS:</b> ____  <b>CDA "ExtraHours" (if any):</b> ____	<b>With (w) and Without (w/o) dryland (SRDL) NOTES:</b>  <b>For pool slots (SROP/DVHS):</b> 1) if you were at dryland (SRDL) that day, then you MAY attend the "with" or "without" sessions 2) if you did NOT attend dryland that day, you MUST attend the "without" session.	<b>1</b> SRDL 30 ~ 4-430p, 430-5p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p (w/o SRDL) SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>2</b> SRDL 30 ~ 4-430p, 430-5p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p  SROP ~ 630-730p (w/o SRDL) SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	<b>3</b> SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session)  SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
<b>4</b>	<b>5</b> San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1230-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>6</b> San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1230-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>7</b> San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1230-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>8</b> San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1230-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>9</b> San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1230-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>10</b> SRDL ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session)  SROP ~ 930-1030a (only 60min slot) SROP ~ 930-11a (90min w/o SRDL) SROP ~ 10a-1130a (90min w/SRDL) SROP ~ 10a-12p (2hr w/SRDL)
<b>11</b>	<b>12</b> Private SRDL Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1230-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>13</b> Private SRDL Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1230-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>14</b> USAD Zone-E Champs SRDL 30 ~ 10-1030a, 11-1130a SRDL 60 ~ 10-11a, 11a-12p SRDL 90 ~ 10-1130a, 1030-12p SRDL 2hr ~ 10-12p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>15</b> USAD Zone-E Champs SRDL 30 ~ 10-1030a, 11-1130a SRDL 60 ~ 10-11a, 11a-12p SRDL 90 ~ 10-1130a, 1030-12p SRDL 2hr ~ 10-12p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>16</b> USAD Zone-E Champs SRDL 30 ~ 10-1030a, 11-1130a SRDL 60 ~ 10-11a, 11a-12p SRDL 90 ~ 10-1130a, 1030-12p SRDL 2hr ~ 10-12p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>17</b> USAD Zone-E Champs SRDL 30min ~ 8-830a, 830-9a SRDL 60min ~ 8-9a SRDL 90min ~ 8-930a  SROP 60min ~ 10-11a SROP 90min ~ 10-1130a SROP 2hr ~ 10a-12p
Miwok Tower Session ~ 130-4pm  Circle this session to attend.  Cost is \$30 to the coach on the deck.						

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<b>Notes:</b> Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at the pool (60- or 90-minutes). Dryland sessions are the first 30- 45- or 60-minute session. Coach's discretion for all/any.  TEAM DIVERS ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and prescribed session configurations for both quantity of sessions AND length of sessions per week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.		<b>DIVER'S NAME:</b>  <b>DIVER'S TEAM</b> (circle one): DT, RT, ZT, NT, S&E, Masters  <b>TEAM LEVEL</b> (circle): 1, 2, 3, 4, 5  <b>INCLUDED HOURS:</b> _____  CDA "ExtraHours" (if any): ____	<b>With (w/) and Without (w/o) dryland (SRDL) NOTES:</b>  For pool slots (SROP/DVHS): 1) if you were at dryland (SRDL) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend the "without" session.	<b>This is PAGE-2 of June 2023 (18-30jun23)</b>			

<b>18</b> USAD Zone-E Champs	<b>19</b> Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1230-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>20</b> Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1230-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>21</b> Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1230-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p  <b>@SROP ~ NO DVHS TODAY</b> SROP 60 ~ 330-430p (w/o SRDL) SROP 90 ~ 330-5p (w/o SRDL) SROP 90 ~ 4-530p, 5-630p (w/SRDL) SROP 2hr ~ 4-6p, 5-7p (w/SRDL) SROP 3hr ~ 4-7p (with SRDL)	<b>22</b> Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1230-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>23</b> Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1230-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>24</b> Dryland ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session)  SROP ~ 930-1030a (only 60min slot) SROP ~ 930-11a (90min w/o SRDL) SROP ~ 10a-1130a (90min w/SRDL) SROP ~ 10a-12p (2hr w/SRDL)  Private Dryland Options ~ 1230-4pm (by appointment)
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<b>25</b>	<b>26</b> San Ramon City LTD Camp ~ 8-11a @SROP SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 11a-1230p, 1130a-1p SRDL 2hr ~ 11-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>27</b> San Ramon City LTD Camp ~ 8-11a @SROP SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 11a-1230p, 1130a-1p SRDL 2hr ~ 11-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>28</b> San Ramon City LTD Camp ~ 8-11a @SROP SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 1130a-130p, 12-2p SRDL 3hr ~ 12-3p  <b>@SROP ~ NO DVHS TODAY</b> SROP 60 ~ 330-430p (w/o SRDL) SROP 90 ~ 330-5p (w/o SRDL) SROP 90 ~ 4-530p, 5-630p (w/SRDL) SROP 2hr ~ 4-6p, 5-7p (w/SRDL)	<b>29</b> San Ramon City LTD Camp ~ 8-11a @SROP SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 11a-1230p, 1130a-1p SRDL 2hr ~ 11-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	<b>30</b> San Ramon City LTD Camp ~ 8-11a @SROP SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 11a-1230p, 1130a-1p SRDL 2hr ~ 11-1p  DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)  SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	Notes:
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