

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1	2	3	4	5	6	7		
HAPPY NEW YEAR!	CLOSED FOR HOLIDAY	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p	SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP 60 ~ 1030a-1130a SROP 90 ~ 1030a-12p SROP 120 ~ 1030a-1p	
		SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	
		8	9	10	11	12	13	14
		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
15	16	17	18	19	20	21		
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		
22	23	24	25	26	27	28		
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		
29	30	31	<p>Notes:</p> <p><u>Try-it-Out (TIO) program</u> ~ 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><u>TEAM DIVERS</u> ~ 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. For 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>					
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
	30 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)	31 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)	1 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)	2 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)	3 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)	4 SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 1030a-1p MIWOK Tower ~ 230-5pm
5 Miwok Tower ~ 130-4pm	6 BEGINNING OF HIGH SCHOOL DIVING	7 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)	8 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)	9 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)	10 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)	11 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
12	13 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)	14 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)	15 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)	16 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)	17 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)	18 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
19	20 <p align="center">CLOSED FOR HOLIDAY</p>	21 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)	22 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)	23 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)	24 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)	25 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
26 Miwok Tower ~ 130-4pm	27 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)	28 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)	Notes: <p><u>Try-it-Out (TIO) program</u> ~ 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><u>TEAM DIVERS</u> ~ 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, 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>			

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes: 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). TEAM DIVERS ~ 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, 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.			1 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)	2 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)	3 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)	4 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
5	6 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)	7 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)	8 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)	9 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)	10 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)	11 hs23aif NCS QUALIFIER ~ LasPositas 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
12 Miwok Tower ~ 130-4pm	13 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)	14 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)	15 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)	16 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)	17 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)	18 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
19	20 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)	21 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)	22 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)	23 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)	24 AAU RWB Red North ~ Miwok 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)	25 AAU RWB Red North ~ Miwok 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
26 AAU RWB Red North ~ Miwok	27 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)	28 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)	29 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)	30 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)	31 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>Notes:</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&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>1</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>
2	<p>3</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>4</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>5</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>6</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>7</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>8</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>
9	<p>10</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>11 DVHS</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>12</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>13 DVHS</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>14</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>15</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>
16 Miwok Tower ~ 130-4pm	<p>17</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>18 DVHS</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>19</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>20 DVHS</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>21 USAD Region 10 ~ Miwok @8a</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>22 USAD Region 10 ~ Miwok @6a</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>
23 USA Diving Region 10 Miwok @6a	<p>24</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>25</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>26</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>27 V/JV WACCs @BHS WU 3pm</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>28 V-only EBALs @Amador WU 8am</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>29 V&JV DAL's @SODA WU 2pm</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>
30	Notes:					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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. 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.		DIVER'S NAME: DIVER'S TEAM (circle one): DT, RT, ZT, NT, S&E, Masters TEAM LEVEL (circle): 1, 2, 3, 4, 5 INCLUDED HOURS: _____ CDA "ExtraHours" (if any): ____	With (w/) and Without (w/o) dryland (SRDL) NOTES: 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.	1 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)	2 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)	3 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)

4	5	6	7	8	9	10	
	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, 1130-1p 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)	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, 1130-1p 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)	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, 1130-1p 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)	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, 1130-1p 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)	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, 1130-1p 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)	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, 1130-1p 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)	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)
	SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	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)	

11	12	13	14	15	16	17
Miwok Tower Session ~ 130-5pm Circle this session to attend. Cost is \$30 to the coach on the deck.	Private SRDL Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p 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)	Private SRDL Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p 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)	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)	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)	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)	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
	SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	

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		DIVER'S NAME: _____ DIVER'S TEAM (circle one): DT, RT, ZT, NT, S&E, Masters TEAM LEVEL (circle): 1, 2, 3, 4, 5 INCLUDED HOURS: _____ CDA "ExtraHours" (if any): ____					

18	USAD Zone-E Champs	19	20	21	22	23	24
	Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p 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)	Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p 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)	Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p @SROP ~ NO DVHS TODAY 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)	Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p 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)	Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p 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)	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)	

25	26	27	28	29	30	Notes:
	San Ramon City LTD Camp ~ 8-11a @SROP	San Ramon City LTD Camp ~ 8-11a @SROP	San Ramon City LTD Camp ~ 8-11a @SROP	San Ramon City LTD Camp ~ 8-11a @SROP	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)	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)	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 @SROP ~ NO DVHS TODAY 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)	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)	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:

Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at the pool either (60- or 90-minutes). Dryland sessions are the first 30- 45- or 60-minute session. Coach's discretion for all/any sessions assigned.

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			DIVER'S NAME: DIVER'S TEAM (circle one): DT, RT, ZT, NT, S&E, Masters TEAM LEVEL (circle): 1, 2, 3, 4, 5 INCLUDED HOURS: _____ CDA "ExtraHours" (if any): _____	With (w/) and Without (w/o) dryland (SRDL) NOTES: For pool slots (SRDP/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.		1 TX Diving Camp w/Coach Eric NO SRDL TODAY SRDP ~ 830-930a (60min) SRDP ~ 9-10a (60min) SRDP ~ 830-10a (90min) SRDP ~ 9-1030a (90min) SRDP ~ 10-1130a (90min) SRDP ~ 9-11a (2hr) SRDP ~ 10a-12p (2hr) SRDP ~ 9a-12p (3hr)

2 Texas Diving Camp w/Coach Eric	3 TX Diving Camp w/Coach Eric	4 TX Diving Camp w/Coach Eric	5 TX Diving Camp w/Coach Eric	6 TX Diving Camp w/Coach Eric	7 Santa Clara Invitational ~ ALL	8 Santa Clara Invitational ~ ALL
	CLOSED FOR HOLIDAY	CLOSED FOR HOLIDAY	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)	ALL REGULAR PRACTICE SESSIONS (WET & DRY) ARE CANCELLED FOR THIS LOCAL DIVING MEET (no make-ups will be offered) ALL LEVELS OF CDA DIVERS SHOULD PARTICIPATE IN THE SANTA CLARA EVENT REGISTRATION WILL BE ON DIVEMEETS.COM (USAD)

9 Santa Clara Invitational ~ ALL AAU Nationals, Riverside, CA	10 AAU Nationals, Riverside, CA San Ramon City LTD Camp ~ 4-5p @DVHS	11 AAU Nationals, Riverside, CA San Ramon City LTD Camp ~ 4-5p @DVHS	12 AAU Nationals, Riverside, CA NO CITY LTD CAMP TODAY	13 AAU Nationals, Riverside, CA Group-B San Ramon City LTD Camp ~ 4-5p @DVHS	14 AAU Nationals, Riverside, CA Group-B San Ramon City LTD Camp ~ 4-5p @DVHS	15 AAU Nationals, Riverside, CA Groups-AB
SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p @SRDP ~ NO DVHS TODAY SRDP 60 ~ 330-430p (w/o SRDL) SRDP 60 ~ 4-5p (with SRDL) SRDP 90 ~ 330-5p (w/o SRDL) SRDP 90 ~ 4-530p (with SRDL) SRDP 90 ~ 430-6p (with SRDL) SRDP 2hr ~ 4-6p (w/ or w/o SRDL) SRDP 2hr ~ 5-7p (w/ or w/o SRDL) SRDP 3hr ~ 4-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p SRDP 60 ~ 330-430p (w/o SRDL) SRDP 60 ~ 4-5p (with SRDL) SRDP 90 ~ 330-5p (w/o SRDL) SRDP 90 ~ 4-530p (with SRDL) SRDP 90 ~ 430-6p (with SRDL) SRDP 2hr ~ 4-6p (w/ or w/o SRDL) SRDP 2hr ~ 5-7p (w/ or w/o SRDL) SRDP 3hr ~ 4-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)	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) SRDP ~ 930-1030a (only 60min slot) SRDP ~ 930-11a (90min w/o SRDL) SRDP ~ 10a-1130a (90min w/SRDL) SRDP ~ 10a-12p (2hr w/SRDL) Private Dryland Options ~ 1230-4pm (by appointment)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Notes:</p> <p>Try-it-Out (TIO) program - Are scheduled for the Early Session(s) at the pool either (60- or 90-minutes). Dryland sessions are the first 30- 45- or 60-minute session. Coach's discretion for all/any sessions as ordered.</p> <p>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.</p>			<p>DIVER'S NAME: _____</p> <p>DIVER'S TEAM (circle one): DT, RT, ZT, NT, S&E, Masters</p> <p>TEAM LEVEL (circle): 1, 2, 3, 4, 5</p> <p>INCLUDED HOURS: _____</p> <p>CDA "ExtraHours" (if any): _____</p>	<p>With (w/) and Without (w/o) dryland (SRDL) NOTES:</p> <p>For pool slots (SROP/DVHS):</p> <p>1) if you were at dryland (SRDL) that day, then you MAY attend the "with" or "without" sessions</p> <p>2) If you did NOT attend dryland that day, you MUST attend the "without" session.</p>	<p>1 TX Diving Camp w/Coach Eric</p> <p>NO SRDL TODAY</p> <p>SROP - 830-930a (60min) SROP - 9-10a (60min) SROP - 830-10a (90min) SROP - 9-1030a (90min) SROP - 10-1130a (90min) SROP - 9-11a (2hr) SROP - 10a-12p (2hr) SROP - 9a-12p (3hr)</p>	

<p>16 AAU Nationals, Riverside, CA Groups-AB</p> <p>SRDL 30 - 1130a-12p SRDL 60 - 1130a-1230p, 12-1p SRDL 90 - 1130a-1p, 12-130p SRDL 2hr - 12-2p</p> <p>DVHS 60 - 130-230p (w/o SRDL) DVHS 90 - 130-3p (w/o SRDL) DVHS 90 - 2-330p (with SRDL) DVHS 2hr - 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 - 530-630p (w/o SRDL) SROP 90 - 530-7p (w/ or w/o SRDL)</p>	<p>17 AAU Nationals, Riverside, CA Groups-AB</p> <p>SRDL 30 - 1130a-12p SRDL 60 - 1130a-1230p, 12-1p SRDL 90 - 1130a-1p, 12-130p SRDL 2hr - 12-2p</p> <p>DVHS 60 - 130-230p (w/o SRDL) DVHS 90 - 130-3p (w/o SRDL) DVHS 90 - 2-330p (with SRDL) DVHS 2hr - 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 - 530-630p (w/o SRDL) SROP 90 - 530-7p (w/ or w/o SRDL)</p>	<p>18 AAU Nationals, Riverside, CA College Showcase-Groups-AB</p> <p>SRDL 30 - 1130a-12p SRDL 60 - 1130a-1230p, 12-1p SRDL 90 - 1130a-1p, 12-130p SRDL 2hr - 12-2p</p> <p>DVHS 60 - 130-230p (w/o SRDL) DVHS 90 - 130-3p (w/o SRDL) DVHS 90 - 2-330p (with SRDL) DVHS 2hr - 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 - 530-630p (w/o SRDL) SROP 90 - 530-7p (w/ or w/o SRDL)</p>	<p>19 AAU Nationals, Riverside, CA Poss USAD Nat Training @Mission</p> <p>SRDL 30 - 1130a-12p SRDL 60 - 1130a-1230p, 12-1p SRDL 90 - 1130a-1p, 12-130p SRDL 2hr - 12-2p</p> <p>@SROP - NO DVHS TODAY</p> <p>SROP 60 - 330-430p (w/o SRDL) SROP 60 - 4-5p (with SRDL) SROP 90 - 330-5p (w/o SRDL) SROP 90 - 4-530p (with SRDL) SROP 90 - 430-6p (with SRDL) SROP 2hr - 4-6p (w/ or w/o SRDL) SROP 3hr - 5-7p (w/ or w/o SRDL) SROP 3hr - 4-7p (w/ or w/o SRDL)</p>	<p>20 Private Dryland Options ~ 7-930a</p> <p>SRDL 30 - 10-1030a, 1230-1p SRDL 60 - 10-11a, 11a-12p, 12-1p SRDL 90 - 10-1130a, 1130-1p SRDL 2hr - 10-12p, 11-1p SRDL 3hr - 930a-1230p, 10a-1p SRDL 4hr - 9a-1p</p> <p>DVHS 60 - 130-230p (w/o SRDL) DVHS 90 - 130-3p (w/o SRDL) DVHS 90 - 2-330p (with SRDL) DVHS 2hr - 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 - 530-630p (w/o SRDL) SROP 90 - 530-7p (w/ or w/o SRDL)</p>	<p>21 Private Dryland Options ~ 7-930a</p> <p>SRDL 30 - 10-1030a, 1230-1p SRDL 60 - 10-11a, 11a-12p, 12-1p SRDL 90 - 10-1130a, 1130-1p SRDL 2hr - 10-12p, 11-1p SRDL 3hr - 930a-1230p, 10a-1p SRDL 4hr - 9a-1p</p> <p>DVHS 60 - 130-230p (w/o SRDL) DVHS 90 - 130-3p (w/o SRDL) DVHS 90 - 2-330p (with SRDL) DVHS 2hr - 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 - 530-630p (w/o SRDL) SROP 90 - 530-7p (w/ or w/o SRDL)</p>	<p>22 USA Nationals, Mission Viejo</p> <p>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)</p> <p>SROP - 930-1030a (only 60min slot) SROP - 930-11a (90min w/SRDL) SROP - 10a-1130a (90min w/SRDL) SROP - 10a-12p (2hr w/SRDL)</p> <p>Private Dryland Options ~ 1230-4pm (by appointment)</p>
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<p>23 USA Nationals, Mission Viejo</p> <p>Private Dryland Options ~ 7-930a</p> <p>SRDL 30 - 10-1030a, 1230-1p SRDL 60 - 10-11a, 11a-12p, 12-1p SRDL 90 - 10-1130a, 1130-1p SRDL 2hr - 10-12p, 11-1p SRDL 3hr - 930a-1230p, 10a-1p SRDL 4hr - 9a-1p</p> <p>DVHS 60 - 130-230p (w/o SRDL) DVHS 90 - 130-3p (w/o SRDL) DVHS 90 - 2-330p (with SRDL) DVHS 2hr - 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 - 530-630p (w/o SRDL) SROP 90 - 530-7p (w/ or w/o SRDL)</p>	<p>24 USA Nationals, Mission Viejo</p> <p>Private Dryland Options ~ 7-930a</p> <p>SRDL 30 - 10-1030a, 1230-1p SRDL 60 - 10-11a, 11a-12p, 12-1p SRDL 90 - 10-1130a, 1130-1p SRDL 2hr - 10-12p, 11-1p SRDL 3hr - 930a-1230p, 10a-1p SRDL 4hr - 9a-1p</p> <p>DVHS 60 - 130-230p (w/o SRDL) DVHS 90 - 130-3p (w/o SRDL) DVHS 90 - 2-330p (with SRDL) DVHS 2hr - 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 - 530-630p (w/o SRDL) SROP 90 - 530-7p (w/ or w/o SRDL)</p>	<p>25 USA Nationals, Mission Viejo</p> <p>Private Dryland Options ~ 7-930a</p> <p>SRDL 30 - 10-1030a, 1230-1p SRDL 60 - 10-11a, 11a-12p, 12-1p SRDL 90 - 10-1130a, 1130-1p SRDL 2hr - 10-12p, 11-1p SRDL 3hr - 930a-1230p, 10a-1p SRDL 4hr - 9a-1p</p> <p>DVHS 60 - 130-230p (w/o SRDL) DVHS 90 - 130-3p (w/o SRDL) DVHS 90 - 2-330p (with SRDL) DVHS 2hr - 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 - 530-630p (w/o SRDL) SROP 90 - 530-7p (w/ or w/o SRDL)</p>	<p>26 USA Nationals, Mission Viejo</p> <p>Private Dryland Options ~ 7-930a</p> <p>SRDL 30 - 10-1030a, 1230-1p SRDL 60 - 10-11a, 11a-12p, 12-1p SRDL 90 - 10-1130a, 1130-1p SRDL 2hr - 10-12p, 11-1p SRDL 3hr - 930a-1230p, 10a-1p SRDL 4hr - 9a-1p</p> <p>DVHS 60 - 130-230p (w/o SRDL) DVHS 90 - 130-3p (w/o SRDL) DVHS 90 - 2-330p (with SRDL) DVHS 2hr - 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 - 530-630p (w/o SRDL) SROP 90 - 530-7p (w/ or w/o SRDL)</p>	<p>27 USA Nationals, Mission Viejo Groups-AB</p> <p>SRDL 30 - 1130a-12p SRDL 60 - 1130a-1230p, 12-1p SRDL 90 - 1130a-1p, 12-130p SRDL 2hr - 12-2p</p> <p>DVHS 60 - 130-230p (w/o SRDL) DVHS 90 - 130-3p (w/o SRDL) DVHS 90 - 2-330p (with SRDL) DVHS 2hr - 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 - 530-630p (w/o SRDL) SROP 90 - 530-7p (w/ or w/o SRDL)</p>	<p>28 USA Nationals, Mission Viejo Groups-AB Synchro</p> <p>SRDL 30 - 1130a-12p SRDL 60 - 1130a-1230p, 12-1p SRDL 90 - 1130a-1p, 12-130p SRDL 2hr - 12-2p</p> <p>DVHS 60 - 130-230p (w/o SRDL) DVHS 90 - 130-3p (w/o SRDL) DVHS 90 - 2-330p (with SRDL) DVHS 2hr - 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 - 530-630p (w/o SRDL) SROP 90 - 530-7p (w/ or w/o SRDL)</p>	<p>29 USA Nationals, Mission Viejo Groups-AB</p> <p>SRDL 30min - 8-830a, 830-9a SRDL 60min - 8-9a SRDL 90min - 8-930a</p> <p>SROP 60min - 10-11a SROP 90min - 10-1130a SROP 2hr - 10a-12p</p>
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<p>30 USA Nationals, Mission Viejo</p> <p>SRDL 30 - 10-1030a, 1230-1p SRDL 60 - 10-11a, 11a-12p, 12-1p SRDL 90 - 10-1130a, 1130-1p SRDL 2hr - 10-12p, 11-1p</p> <p>DVHS 60 - 130-230p (w/o SRDL) DVHS 90 - 130-3p (w/o SRDL) DVHS 90 - 2-330p (with SRDL) DVHS 2hr - 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 - 530-630p (w/o SRDL) SROP 90 - 530-7p (w/ or w/o SRDL)</p>	<p>31 USA Nat's, Mission Viejo - GrpB San Ramon City LTD Camp - 9a-12p @SROP</p> <p>SRDL 30 - 10-1030a, 1230-1p SRDL 60 - 10-11a, 11a-12p, 12-1p SRDL 90 - 10-1130a, 1130-1p SRDL 2hr - 10-12p, 11-1p</p> <p>DVHS 60 - 130-230p (w/o SRDL) DVHS 90 - 130-3p (w/o SRDL) DVHS 90 - 2-330p (with SRDL) DVHS 2hr - 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 - 530-630p (w/o SRDL) SROP 90 - 530-7p (w/ or w/o SRDL)</p>	<p>Notes:</p>	<p>This is PAGE-2 of July 2023 (16-31jul23)</p>
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August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
NOTE/EXPLANATION: With and without SRDL designations:	DIVER'S NAME: _____ DIVER'S TEAM (circle one): DT, RT, ZT, NT, S&E, Masters TEAM LEVEL (circle): 1, 2, 3, 4, 5 INCLUDED HOURS: _____ CDA "ExtraHours" (if any): _____	1 USA Nat's, Mission Viejo – GrpA San Ramon City LTD Camp – 9a-12p @SRDP	2 San Ramon City LTD Camp – 9a-12pa @SRDP	3 San Ramon City LTD Camp – 9a-12pa @SRDP	4	5	
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 "w/o" sessions.		SRDL 30 – 10-1030a, 1230-1p SRDL 60 – 10-11a, 11a-12p, 12-1p SRDL 90 – 11a-1230p, 1130a-1p SRDL 2hr – 10-12p, 11-1p SRDL 3hr – 930a-1230p, 10a-1p SRDL 4hr – 9a-1p DVHS 60 – 130-230p (only 60min) 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 / w/o SRDL)	SRDL 30 – 10-1030a, 1230-1p SRDL 60 – 10-11a, 11a-12p, 12-1p SRDL 90 – 11a-1230p, 1130a-1p SRDL 2hr – 10-12p, 11-1p SRDL 3hr – 930a-1230p, 10a-1p SRDL 4hr – 9a-1p DVHS 60 – 130-230p (only 60min) 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 / w/o SRDL)	SRDL 30 – 10-1030a, 1230-1p SRDL 60 – 10-11a, 11a-12p, 12-1p SRDL 90 – 11a-1230p, 1130a-1p SRDL 2hr – 10-12p, 11-1p SRDL 3hr – 930a-1230p, 10a-1p SRDL 4hr – 9a-1p DVHS 60 – 130-230p (only 60min) 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 / w/o SRDL)	SRDL 30 – 10-1030a, 1230-1p SRDL 60 – 10-11a, 11a-12p, 12-1p SRDL 90 – 11a-1230p, 1130a-1p SRDL 2hr – 10-12p, 11-1p SRDL 3hr – 930a-1230p, 10a-1p SRDL 4hr – 9a-1p DVHS 60 – 130-230p (only 60min) 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 / w/o SRDL)	Private Dryland Options – 7-930a SRDL 30 – 10-1030a, 1230-1p SRDL 60 – 10-11a, 11a-12p, 12-1p SRDL 90 – 11a-1230p, 1130a-1p SRDL 2hr – 10-12p, 11-1p SRDL 3hr – 930a-1230p, 10a-1p SRDL 4hr – 9a-1p DVHS 60 – 130-230p (only 60min) 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 / w/o SRDL)	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) Private Dryland Options – 1230-4pm (by appointment)
6 END OF SUMMER		7 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)	8 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)	9 SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p 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)	10 SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p 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)	11 SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p 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)	12 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 – 1030-1130a (only 60min slot) SROP – 1030a-12p (90min w/o SRDL) SROP – 11a-1230p (90min w/SRDL) SROP – 11a-1p (2hr w/SRDL) Private Dryland Options – 130-4pm (by appointment)
13		14 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)	15 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)	16 SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p 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)	17 SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p 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)	18 SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p 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)	19 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 – 1030-1130a (only 60min slot) SROP – 1030a-12p (90min w/o SRDL) SROP – 11a-1230p (90min w/SRDL) SROP – 11a-1p (2hr w/SRDL) Private Dryland Options – 130-4pm (by appointment)
20	21 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)	22 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)	23 SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p 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)	24 SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p 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)	25 SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p 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)	26 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 – 1030-1130a (only 60min slot) SROP – 1030a-12p (90min w/o SRDL) SROP – 11a-1230p (90min w/SRDL) SROP – 11a-1p (2hr w/SRDL) Private Dryland Options – 130-4pm (by appointment)	
27	28 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)	29 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)	30 SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p 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)	31 SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p 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)	Notes: Try-it-Out (TIO) program – Are scheduled for the Early Session(s) at the pool either (60- or 90-minutes). Dryland sessions are the first 30-45- or 60-minute sessions. Coach's discretion for all any sessions assigned. 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.		