	October 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4	5	
	1/	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 7-8 + 2-7p	
	1				·		
	A	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	
				SRDL 30 ~ 4-430, 5-530, 6-630		SRDL 30 ~ 8-830, 9-930	
			SRDL 60 ~ 4-5, 5-6	SRDL 60 ~ 4-5, 5-6		SRDL 60 ~ 8-9, 830-930, 9-10	
				SRDL 90 ~ 4-530, 430-6, 5-630		SRDL 90 ~ 8-930, 9-1030	
1	1	SRDL 2hr ~ 430-630, 5-7, 530-730	SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 2hr ~ 4-6	SRDL 2hr ~ 8-10, 830-1030	
	1						
	A	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730		WATER WITHOUT DRYLAND TODAY SROP 30 ~ 11-1130 (w/dry OR w/o dry)	
				SROP 30 ~ 7-730 SROP 30 ~ 730-8		SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 30 ~ 1130-12 (w/dry OR w/o dry)	
						SROP 30 ~ 1130-12 (w/dry OR w/o dry) SROP 60 ~ 1030-1130 (w/o dry)	
			SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)		SROP 90 ~ 1030-1130 (w/o dry) SROP 90 ~ 1030-12 (w/o dry)	
	(/			SROP 20 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)		SROP 2hr ~ 1030-1230 (w/o dry)	
1	1	4	SROP 211 ~ 030-030 (w/0 dry)	SRUP 2117 ~ 030-030 (w/o ury)	SROP 2117 ~ 630-630 (w/o ury)	SROP 211 ~ 1030-1230 (w/o dry)	
1		WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	
	A			SROP 60 ~ 7-8 (w/dry)		SROP 60 ~ 11-12 (w/dry)	
1				SROP 90 ~ 7-830 (w/dry)		SROP 60 ~ 1130-1230 (w/dry)	
	(/		SROP 90 ~ 730-9 (w/dry)	SROP 90 ~ 730-9 (w/dry)		SROP 90 ~ 11-1230 (w/dry)	
	(/			SROP 2hr ~ 7-9 (w/dry)		SROP 90 ~ 1130-1 (w/dry)	
	(/	4				SROP 2hr ~ 11-1 (w/dry)	
		4			·   · · · · · · · · · · · · · · · · · ·		
6	7	8	9	10		12	
1	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 7-8 + 2-7p	
1	/'						
1	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	
						SRDL 30 ~ 8-830, 9-930	
		SRDL 60 ~ 4-5, 5-6	SRDL 60 ~ 4-5, 5-6	SRDL 60 ~ 4-5, 5-6		SRDL 60 ~ 8-9, 830-930, 9-10	
				SRDL 90 ~ 4-530, 430-6, 5-630		SRDL 90 ~ 8-930, 9-1030	
1	SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 2hr ~ 4-6	SRDL 2hr ~ 8-10, 830-1030	
1	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER WITHOUT DRYLAND TODAY	
1		SROP 30 ~ 7-730	SROP 30 ~ 7-730	SROP 30 ~ 7-730		SROP 30 ~ 11-1130 (w/dry OR w/o dry)	
				SROP 30 ~ 7-730 SROP 30 ~ 730-8		SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 30 ~ 1130-12 (w/dry OR w/o dry)	
			SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry)		SROP 50 ~ 1130-12 (w/dry OR w/o dry) SROP 60 ~ 1030-1130 (w/o dry)	
				SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)		SROP 90 ~ 1030-1130 (w/o dry) SROP 90 ~ 1030-12 (w/o dry)	
				SROP 20 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)		SROP 90 ~ 1030-12 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry)	
1	SRUP 211 ~ 030-030 (w/0 di y)	SROP 211 ~ 050-050 (w/o diy)	SROP 2111 ~ 050-050 (w/o di y)	SRUP 2111 ~ 030-030 (w/0 di y)	SRUP 2111 ~ 050-050 (w/0 ury)	SROP 2117 ~ 1030-1230 (w/o ury)	
	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	
1				SROP 60 ~ 7-8 (w/dry)		SROP 60 ~ 11-12 (w/dry)	
1	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)		SROP 90 ~ 7-830 (w/dry)		SROP 60 ~ 1130-1230 (w/dry)	
				SROP 90 ~ 730-9 (w/dry)		SROP 90 ~ 11-1230 (w/dry)	
				SROP 2hr ~ 7-9 (w/dry)		SROP 90 ~ 1130-1 (w/dry)	
1						SROP 2hr ~ 11-1 (w/dry)	
1	4	1			·   · · · · · · · · · · · · · · · · · ·		

## PAGE 1of3 ~ 01-12oct OCTOBER'24

From October until possibly March, high school water use, in addition to new construction at SROP, will have an impact on our schedule. There will be a significant shift to DVHS starting in Mid-November running until possibly mid-March. We may also receive reduced water time during these periods. If this happens, we will adjust the posted schedule for known changes and notify you ASAP for any last-minute changes made by the pool gods.

	Levels, Calendar Notes:	SLOT NOTES & EXPLANATIONS ~	"TRY-IT-OUT" (TIO)
	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot	For pool slots ~ SROP/DVHS	PROGRAM OFFERING
	limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that corespond to your Level. You may not write-in your own session		
	times or request more time than allotted. Levels ARE NOT teams.	1) If you were at dryland (dry) that day, then you	Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland)
	TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar	MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions	Taken in order as: Water-Dryland-Water
"ExtraHours" (if any):	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.	2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend	WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions
DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	lf you are not sure what your program includes: Please email us:admin@CALdiving.org	sessions marked (w/o).	(coach's discretion for completion of any session)

October 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14 Private dryland appts ~ 12-4p	15 Private dryland appts ~ 12-4p	<sup>16</sup> Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	<sup>18</sup> Private dryland appts ~ 12-4p	19 DiveLab Invite - Novato, CA NOT LIVE on DiveLive a/o 15sept AAU/USAD not determined
	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	AAU/USAD not determined
		SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6	SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 5-6	
		SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	NO CLUB PRACTICE
	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	ALL beginner/intermediate divers
		SROP 30 ~ 7-730 SROP 30 ~ 730-8	SROP 30 ~ 7-730 SROP 30 ~ 730-8	SROP 30 ~ 7-730 SROP 30 ~ 730-8	SROP 30 ~ 7-730 SROP 30 ~ 730-8	(FC1-8) are expected to particpate
	SROP 60 ~ 630-730 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	in this event.
		SROP 30 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	JO's should participate.
	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	
	SROP 90 ~ 7-830 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry)	The event: 1m, 3m, Tower
	SROP 2hr ~ 7-9 (w/dry)	SROP 2hr ~ 7-9 (w/dry)	SROP 2hr ~ 7-9 (w/dry)	SROP 2hr ~ 7-9 (w/dry)	SROP 2hr ~ 7-9 (w/dry)	
20 DiveLab Invite - Novato, CA	21	22	23	24	25	26
NOT LIVE a/o 15sept will be on DiveLive	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 7-8 + 2-7p
AAU/USAD not determined	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS
		SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6, 6-7	SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 5-6	SRDL 30 ~ 8-830, 9-930 SRDL 60 ~ 8-9, 830-930, 9-10
	-	SRDL 90 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 60 ~ 4-5, 430-530, 5-6, 6-7 SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6	SRDL 60 ~ 8-9, 850-950, 9-10 SRDL 90 ~ 8-930, 9-1030
		SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 2hr ~ 430-630, 5-7, 530-730	SRDL 2hr ~ 4-6	SRDL 2hr ~ 8-10, 830-1030
	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730	WATER W/O DRYLAND TODAY DVHS 30 ~ 745-815	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730	WATER WITHOUT DRYLAND TODAY SROP 30 ~ 11-1130 (w/dry OR w/o dry)
		SROP 30 ~ 730-8	SROP 30 ~ 730-8	DVHS 60 ~ 715-815 (w/o dry)	SROP 30 ~ 730-8	SROP 30 ~ 1130-12 (w/dry OR w/o dry)
		SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	DVHS 90 ~ 715-845 (w/o dry) DVHS 105 ~ 715-9 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 1030-1130 (w/o dry) SROP 90 ~ 1030-12 (w/o dry)
		SROP 2hr ~ 630-830 (w/o dry)	SROP 2hr ~ 630-830 (w/o dry)		SROP 2hr ~ 630-830 (w/o dry)	SROP 2hr ~ 1030-1230 (w/o dry)
		WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY DVHS 60 ~ 745-845 (w/dry) DVHS 75 ~ 745-9 (w/dry)	WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 60 ~ 11-12 (w/dry) SROP 60 ~ 1130-1230 (w/dry)
	SROP 90 ~ 730-9 (w/dry)	SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	No 90min or 2hr water slots	SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	SROP 90 ~ 11-1230 (w/dry) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/dry)
	PAGE 2of3 ~ 13-26oct OCTOBER'24 From October until possibly March, high school water use, in addition to new construction at SROP, will have an impact on our schedule. There will be a significant shift to DVHS starting in Mid-November running until possibly mid-March. We may also receive reduced water time during these periods. If this happens, we will adjust the posted schedule for known changes and potify you ASAP for any last minute changes made by the pool gode					
	OCIOBER 24       happens, we will adjust the posted schedule for known changes and notify you ASAP for any last-minute changes made by the pool gods.					

	Levels, Calendar Notes:	SLOT NOTES & EXPLANATIONS ~	"TRY-IT-OUT" (TIO)
DIVER'S NAME:	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot		PROGRAM OFFERING
	limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that corespond to your Level. You may not write-in your own session	For pool slots ~ SROP/DVHS	
	times or request more time than allotted. Levels ARE NOT teams.	1) If you were at dryland (dry) that day, then you	Try-it-Out (TIO) Inclusive Sessions ~
	TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length	MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions	Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water
INCLUDED HOURS/WEEK:	of session(s) per slot/week. When submitting your calendar	(#01) 303310113	
"ExtraHours" (if any):	requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab	2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend	WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions
	of our website. If you are not sure what your program includes:	sessions marked (w/o).	
DT, RT, ZT, NT, S&E, M	Please email us:admin@CALdiving.org	Sessions marked (w/o).	(coach's discretion for completion of any session)

October 2024								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
27	28	29	30		Notes:			
	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p				
	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS				
	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6, 6-7				
		SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-530, 5-6, 6-7				
		SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 2hr ~ 430-630, 5-7, 530-730				
	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY				
	SROP 30 ~ 7-730	SROP 30 ~ 7-730	SROP 30 ~ 7-730	DVHS 30 ~ 745-815				
	SROP 30 ~ 730-8	SROP 30 ~ 730-8	SROP 30 ~ 730-8	DVHS 60 ~ 715-815 (w/o dry)				
		SROP 60 ~ 630-730 (w/o dry)	SROP 60 ~ 630-730 (w/o dry)	DVHS 90 ~ 715-845 (w/o dry)				
		SROP 90 ~ 630-8 (w/o dry)	SROP 90 ~ 630-8 (w/o dry)	DVHS 105 ~ 715-9 (w/o dry)				
	SROP 2hr ~ 630-830 (w/o dry)	SROP 2hr ~ 630-830 (w/o dry)	SROP 2hr ~ 630-830 (w/o dry)					
	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY				
	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	DVHS 60 ~ 745-845 (w/dry)				
	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	DVHS 75 ~ 745-9 (w/dry)				
			SROP 90 ~ 730-9 (w/dry)	No 90min or 2hr water slots				
	SROP 2hr ~ 7-9 (w/dry)		SROP 2hr ~ 7-9 (w/dry)					
	of3 ~ 27-31oct	From October until possib	bly March, high school water us	se, in addition to new construct	ion at SROP, will have an impa	ct on our schedule. There will be a		
						er time during these periods. If this		
OCT	OBER'24			nown changes and notify you				
		••						
	Levels, Calendar	Notes:	SLOT NOTES & EXPLANATIONS ~		"TRY-IT	-OUT" (TIO)		
DIVER'S NAME:						M OFFÈRIŃG		
	ALL DIVERS ~ each practice "LEV	EL (1-15) has specific timeslot			FRUGRA			
PROG LEVEL (circle one):	limitations. Please CIRCLE ONLY		For pool slots	~ SROP/DVHS				
1, 2, 4, 6, 8, 10, 12, 15	corespond to your Level. You may				True it Out (TIO)	Inclusive Cossiens		
M1, M2, M3, M4, M5, M6	times or request more time than al	lotted. Levels ARE NOT teams.		d (dry) that day, then you		Inclusive Sessions ~		
	TEAM DIVERS ~ each team (Dev1-	3, Region, Zone, National, S&E, and	MAY attend the "with" (w	/) or "without" (w/o) water		ns (2-water + 1-dryland)		
INCLUDED HOURS/WEEK:	Masters) have specific/prescribed	session configurations for length	(wet) sessions		Taken in order as	: Water-Dryland-Water		
INCLUDED HOURS/WEEK.	of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your							
"ExtraHours" (if any):		sions that are equal to your right-hand column on the Fees tab	2) If you did NOT attend	dryland that day AND you	WATER options are: (30	-, 60-, or 90-minute) sessions		
	of our website.	ingit-hand column on the Fees tab		at day, you MUST attend	DRYLAND sessions are	e (30- or 60-minute) sessions		
DIVER'S TEAM (if any, circle):	If you are not sure what your progr			arked (w/o).				
DT, RT, ZT, NT, S&E, M	Please email us:admir	@CALdiving.org			(coach's discretion for	completion of any session)		

November 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Private dryland appts ~ 12-4p	2 Sherman FallI Meet ~ Lafayette, CA NOT LIVE on DiveMeets a/o 10oct24
					DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 5-6	NO CLUB PRACTICE
					SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	ALL beginner/intermediate divers (FC1-8) are expected to particpate
					WATER W/O DRYLAND TODAY SROP 30 ~ 7-730	in this event.
					SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	JO's may participate.
					SROP 2hr ~ 630-830 (w/o dry)	The event is 1m only
					SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	
					SROP 90 ~ 730-9 (w/dry)	
					SROP 2hr ~ 7-9 (w/dry)	
3	4	5	6	7	8	9
	Private dryland appts ~ 12-4p	Private dryland appts ~ 7-8 + 2-7p				
	DRYLAND SLOTS	DRYLAND SLOTS				
	SRDL 30 ~ 4-430, 5-530, 6-630	SRDL 30 ~ 4-430, 5-530	SRDL 30 ~ 8-830, 9-930			
	SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6	SRDL 60 ~ 8-9, 830-930, 9-10 SRDL 90 ~ 8-930, 9-1030
	SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 90 ~ 4-530, 430-63, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 90 ~ 4-530, 430-63, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	SRDL 90 ~ 8-930, 9-1030 SRDL 2hr ~ 8-10, 830-1030
	WATER W/O DRYLAND TODAY	WATER WITHOUT DRYLAND TODAY				
	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 30 ~ 1130-12 (w/dry OR w/o dry) SROP 60 ~ 1030-1130 (w/o dry)
	SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 90 ~ 1030-12 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry)
	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY				
	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	SROP 60 ~ 11-12 (w/dry) SROP 60 ~ 1130-1230 (w/dry)
	SROP 90 ~ 730-9 (w/dry)	SROP 90 ~ 11-1230 (w/dry)				
	SROP 2hr ~ 7-9 (w/dry)	SROP 90 ~ 1130-1 (w/dry)				
		I.	1	1		SROP 2hr ~ 11-1 (w/dry)
		I				

## PAGE 1of3 ~ 01-09nov NOVEMBER'24

From October until possibly March, high school water use, in addition to new construction at SROP, will have an impact on our schedule. There will be a significant shift to DVHS starting in Mid-November running until possibly mid-March. We may also receive reduced water time during these periods. If this happens, we will adjust the posted schedule for known changes and notify you ASAP for any last-minute changes made by the pool gods.

DIVER'S NAME:	Levels, Calendar Notes:	SLOT NOTES & EXPLANATIONS ~	"TRY-IT-OUT" (TIO) PROGRAM OFFERING
	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that	For pool slots ~ SROP/DVHS	
1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6	corespond to your Level. You may not write-in your own session times or request more time than allotted. Levels ARE NOT teams. TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and	1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water	Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water
INCLUDED HOURS/WEEK:	Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests,	(wet) sessions	
	ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website.	2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend	WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions
DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	If you are not sure what your program includes: Please email us:admin@CALdiving.org	sessions marked (w/o).	(coach's discretion for completion of any session)

November 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12 Private dryland appts ~ 12-4p	13 Private dryland appts ~ 12-4p	14 Private dryland appts ~ 12-4p	<sup>15</sup> Private dryland appts ~ 12-4p	16 Private dryland appts ~ 7-8 + 2-7p
		SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	DRYLAND SLOTS SRDL 30 - 8-830, 9-930 SRDL 60 - 8-9, 830-930, 9-10 SRDL 90 - 8-930, 9-1030 SRDL 90 - 8-930, 9-1030 SRDL 2hr - 8-10, 830-1030
	CLOSED FOR VETERAN'S DAY	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 630-830 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 91 ~ 630-830 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 630-830 (w/o dry)	WATER WITHOUT DRYLAND TODAY SROP 30 - 11-1130 (w/dry OR w/o dry) SROP 30 - 1130-12 (w/dry OR w/o dry) SROP 60 - 1030-1130 (w/o dry) SROP 90 - 1030-12 (w/o dry) SROP 2hr - 1030-1230 (w/o dry)
		SROP 90 ~ 730-9 (w/dry)	WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	WATER WITH DRYLAND TODAY SROP 60 - 11-12 (w/dry) SROP 60 - 1130-1230 (w/dry) SROP 90 - 11-1230 (w/dry) SROP 90 - 1130-1 (w/dry) SROP 91 - 11-1 (w/dry)
17 MIWOK TOWER 130-4pm	18 Drivete dadand ennts 12 4n	19 Drivete daviend ennte 12 4n	20 Private dryland appts ~ 12-4p	21 Drivete dayland annta 12 An	22 Private dryland appts ~ 12-4p	23
CIRCLE THIS SESSION	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 7-8 + 2-7p
AND	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS
Send a text to Coach Eric (925-586-0169) Fees \$30 per diver	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	SRDL 30 ~ 8-830, 9-930 SRDL 60 ~ 8-9, 830-930, 9-10 SRDL 90 ~ 8-930, 9-1030 SRDL 9n ~ 8-10, 830-1030
If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 91 ~ 630-830 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 91 ~ 630-830 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 91 ~ 630-830 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 91 ~ 630-830 (w/o dry)	WATER WITHOUT DRYLAND TODAY           SROP 30 ~ 11-1130 (w/dry OR w/o dry)           SROP 30 - 1130-12 (w/dry OR w/o dry)           SROP 60 - 1030-1130 (w/o dry)           SROP 90 - 1030-12 (w/o dry)           SROP 90 - 1030-12 (w/o dry)           SROP 90 - 1030-12 (w/o dry)
	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY
	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	SROP 90 ~ 730-9 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	SROP 60 - 11-12 (w/dry) SROP 60 - 1130-1230 (w/dry) SROP 90 - 11-1230 (w/dry) SROP 90 - 1130-1 (w/dry) SROP 91r - 11-1 (w/dry)
24	25 Private dayland aparts 12-4n	26 Brivato druland apote 12-4p	27	28	29	30
	Private dryland appts ~ 12-4p DRYLAND SLOTS	Private dryland appts ~ 12-4p DRYLAND SLOTS				
	SRDL 30 - 4-430, 5-530, 6-630 SRDL 60 - 4-5, 5-6, 6-7 SRDL 90 - 4-530, 430-6 SRDL 90 - 5-630, 530-7 SRDL 2hr - 4-6, 430-630 SRDL 2hr - 5-7, 530-730 SRDL 3hr - 3-6, 4-7, 5-8	SRDL 30 - 4-430, 5-530, 6-630 SRDL 60 - 4-5, 5-6, 6-7 SRDL 90 - 4-530, 430-6 SRDL 90 - 5-630, 530-7 SRDL 2hr - 4-6, 430-630 SRDL 2hr - 5-7, 530-730 SRDL 3hr - 3-6, 4-7, 5-8	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING
	NO WATER TODAY	NO WATER TODAY				
	1	1	1	1	1	

PAGE 2of3 ~ 10-23nov NOVEMBER'24

From October until possibly March, high school water use, in addition to new construction at SROP, will have an impact on our schedule. There will be a significant shift to DVHS starting in Mid-November running until possibly mid-March. We may also receive reduced water time during these periods. If this happens, we will adjust the posted schedule for known changes and notify you ASAP for any last-minute changes made by the pool gods.

	Levels, Calendar Notes:	SLOT NOTES & EXPLANATIONS ~	"TRY-IT-OUT" (TIO)
DIVER'S NAME: PROG LEVEL (circle one):	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that	For pool slots ~ SROP/DVHS	PROGRAM OFFÈRING
1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6	corespond to your Level. You may not write-in your own session times or request more time than allotted. Levels ARE NOT teams. TEAM DIVERS - each team (Dev1-3, Region, Zone, National, S&E,	1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water	Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland)
INCLUDED HOURS/WEEK:	and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar	(wet) sessions	Taken in order as: Water-Dryland-Water
"ExtraHours" (if any):	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.	2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend	WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions
DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	If you are not sure what your program includes: Please email us:admin@CALdiving.org	sessions marked (w/o).	(coach's discretion for completion of any session)

	November 2024							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
24	25 Private dryland appts ~ 12-4p	26 Private dryland appts ~ 12-4p	27	28	29	30		
	SRDL 60 ~ 4-5, 5-6, 6-7 SRDL 90 ~ 4-530, 430-6 SRDL 90 ~ 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630 SRDL 2hr ~ 5-7, 530-730	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6, 6-7 SRDL 90 ~ 4-530, 430-6 SRDL 90 ~ 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630 SRDL 2hr ~ 5-7, 530-730 SRDL 3hr ~ 3-6, 4-7, 5-8	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING		
	NO WATER TODAY	NO WATER TODAY						
significant shift to DVHS s		significant shift to DVHS s		g until possibly mid-March. We	may also receive reduced wat	ct on our schedule. There will be a er time during these periods. If this ges made by the pool gods.		
	Levels, Calendar	Notes:	SLOT NOTES & EXPLANATIONS ~		"TRY-IT	-OUT" (TIO)		
DIVER'S NAME:					PROGRAM OFFÈRING			
1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS/WEEK:	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that corespond to your Level. You may not write-in your own session times or request more time than allotted. Levels ARE NOT teams. TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/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.		of (wet) sessions		Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water WATER options are: (30-, 60-, or 90-minute) sessions			
	If you are not sure what your progra Please email us:admin	am includes:	want to attend water that day, you MUST attend sessions marked (w/o).		DRYLAND sessions are (30- or 60-minute) sessions (coach's discretion for completion of any session)			