

Riptide Practice Schedule

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 No Practice 	2 No Practice Holiday Bowling Social	3 RBAY 8:00 to 10:00 SR Winterfest
4 No Practice Winterfest	5 Piscataway 6:00-7:15 TT/TW 7:15-8:45 JR RBAY 6:30-8:30 SR	6 Piscataway 6:00-7:15 TT/TW 7:15-9:00 SR RBAY 6:30-8:00 JR	7 Piscataway 6:00-7:30 JR 6:45-9:00 SR RBAY 6:30-7:45 TT/TW	8 Piscataway 7:00-9:00 SR RBAY 6:30-8:00 JR	9 Piscataway 6:00-7:10 TT/TW 7:10-8:30 JR RBAY 6:30-8:00 Small groups	10 No Practice Girls Black – home vs. OCY Girls Purple at OCY Boys White at GSCY
11 NBTHS 8:45-10:30am - SR 10:30am-noon Small groups January Jamboree time trial	12 Piscataway 6:00-7:15 TT/TW 7:15-8:45 JR RBAY 6:30-8:30 SR	13 Piscataway 6:00-7:15 TT/TW 7:15-9:00 SR RBAY 6:30-8:00 JR	14 Piscataway 6:00-7:30 JR 6:45-9:00 SR RBAY 6:30-7:45 TT/TW	15 Piscataway 7:00-9:00 SR RBAY 6:30-8:00 JR	16 Piscataway 6:00-7:10 TT/TW 7:10-8:30 JR RBAY 6:30-8:00 Small groups	17 No Practice Stingray Splash
18 No Practice Stingray Splash	19 Piscataway 6:00-7:15 TT/TW 7:15-8:45 JR RBAY 6:30-8:30 SR	20 Piscataway 6:00-7:15 TT/TW 7:15-9:00 SR RBAY 6:30-8:00 JR	21 Piscataway 6:00-7:30 JR 6:45-9:00 SR RBAY 6:30-7:45 TT/TW	22 Piscataway 7:00-9:00 SR RBAY 6:30-8:00 JR	23 Piscataway 6:00-7:10 TT/TW 7:10-8:30 JR	24 No Practice
25 Piscataway Small-group 1:30-3:00 Quest to Qualify: last-chance time trial	26 Piscataway 6:00-7:15 TT/TW 7:15-8:45 JR RBAY 6:30-8:30 SR/Nats	27 Piscataway 6:00-7:15 TT/TW 7:15-9:00 SR/Nats RBAY 6:30-8:00 JR	28 Piscataway 6:00-7:30 JR 6:45-9:00 SR/Nats RBAY 6:30-7:45 TT/TW	29 Piscataway 7:00-9:00 SR/Nats RBAY 6:30-8:00 JR	30 Relay/pizza Night at Piscataway	31 RBAY 8:00 to 10:00 SR/Nats NOTE: February 6th is the last practice of the season for swimmers without Silvers or better qualifying times.