

ERAU Athletic Practice Times – Fall 2019

BASEBALL				
Mon/Wed/Fri 3:30pm – 6:00pm				
BASKETBALL				
Men's	Mon/Wed/Fri: 2:30pm-5:30pm Tues/Thurs: 11:30am-2:00pm			
Women's	Mon 11:30am-2:00pm*, Wed/Fri 7:30am – 10am Tues/Thurs 9:30am-12:00pm			
CHEERLEADING				
Mon/Wed/Fri 8:15am-9:45am & Wed: 5:30-7:00 pm				
GOLF				
Men's	Mon - Fri: 2:30pm-6:00pm Tues/Thurs: 8:00 am-9:00am (Workouts)			
Women's	Mon - Fri: 2:45pm-6:00pm Tues/Thurs: 7:45am-8:45am (Workouts)			
SOCCER				
Men's	Mon - Fri: 7:30am-9:00am			
Women's	Mon/Wed/Fri: 8:30am-10:30am Tues/Thurs: 2:15pm - 4:15pm, 6:45pm - 8:45pm			
SOFTBALL				
Tues – Fri 1:30pm -5:30pm			Sat 8:00am – 12:00pm	
TENNIS - MEN & WOMEN'S				
Mon/Wed/Fri: 3:30pm – 6:00pm			Tues/Thurs: 7:00am – 10:00am	
VOLLEYBALL				
Mon – Fri 2:00pm-5:00pm				
LACROSSE				
Men's	Mon – Fri: 1:00pm - 4:15pm			
Women's	Mon/Wed./Fri: 7:00am – 8:00am		Mon-Fri: 4:00pm – 6:30pm	
ROWING				
MEN W/ROWING EXPERIENCE				
Monday	Tuesday	Thursday	Friday	Saturday
6:00am-8:00am	6:00am-8:00am & 12:00pm-1:00pm	6:00am-8:00am & 12:00pm-1:00pm	6:00am-8:00am & 12:00pm-1:30pm	7:00am-10:00am
WOMEN W/ROWING EXPERIENCE				
Monday	Tuesday	Thursday	Friday	Saturday
6:00am-8:00am	6:00am-8:00am & 1:00pm-2:00pm	6:00am-8:00am & 1:00pm-2:00pm	6:00am-8:00am & 1:30pm-3:00pm	7:00am-10:00am
MEN & WOMEN W/O ROWING EXPERIENCE				
Monday	Tuesday	Wednesday	Friday	Saturday
1:00pm-2:30pm	6:00-8:00am	6:00-8:00am	6:00-8:00am	7:00-10:00am
TRACK/CROSS COUNTRY				
Sprinters/Jumpers			Mon-Fri: 7:00am-8:30am	
Throwers			Mon-Fri: 3:00pm-5:30pm	
Pole Vaulters			Mon-Fri: 4:00pm-6:00pm	
Distance/Middle/CC			Mon-Fri: 3:45pm-5:30pm & Tue/Thur 7:30am-9:00am	

*TBD. May be flexible, if needed for class scheduling.