

## ERAU Athletic Practice Times – Fall 2020

<b>BASEBALL</b>				
Mon - Fri 3:30pm – 6:00pm				
<b>BASKETBALL</b>				
Men's	Mon/Wed/Fri: 2:30pm-5:30pm   Tues/Thur: 11:30am-2:00pm			
Women's	Mon/Wed/Fri 7:00 – 10:00am   Tues/Thur 8:30am-10:45am			
<b>CHEERLEADING</b>				
Mon/Wed/Fri 8:15am-9:45am & Wed: 5:30-7:00 pm. Tues/Thur 6 – 7 pm				
<b>GOLF</b>				
Men's	Mon - Fri: 2:30pm-6:00pm   Tues/Thur: 8:00 am-9:00am			
Women's	Mon - Fri: 2:45pm-6:00pm   Tues/Thur: 7:45am-8:45am			
<b>SOCCER</b>				
Men's	Mon - Fri: 7:30am-9:00am			
Women's	Mon/Wed/Fri: 8:30am-10:30am   Tues/Thur: 2:15 – 4:30pm			
<b>SOFTBALL</b>				
Mondays 2:30 – 3:30pm			Tues – Fri 2:30 – 6:30pm	
<b>TENNIS - MEN &amp; WOMEN'S</b>				
Mon/Wed/Fri: 3:30pm – 6:00pm			Tues/Thur: 7:00am – 10:00am	
<b>VOLLEYBALL</b>				
Mon – Fri 2:00pm-5:00pm				
<b>LACROSSE</b>				
Men's	Mon/Wed/Thur/Fri 1:00-4:00pm / Tuesday Off			
Women's	Mon/Wed./Fri: 7:00am – 8:00am	Tues/Thur 1:00 – 3:00pm, Mon/Wed/Fri: 4:00pm – 6:00pm		
<b>ROWING</b>				
<b>MEN W/ROWING EXPERIENCE</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
6:00am-8:00am 11 am -12pm Freshmen Only	6:00am-8:00am 11 am - 12 pm	No Activity	6:00am-8:00am 11 am – 12pm	6:00am-8:00am 11:05a – 12:35p
<b>WOMEN W/ROWING EXPERIENCE</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
6:00am-8:00am 11 am -12pm Freshmen Only	6:00am-8:00am 12 pm - 1 pm	No Activity	6:00am-8:00am 12pm – 1pm	6:00am-8:00am 12:35p – 2:05p
<b>NOVICE MEN AND WOMEN</b>				
11 am – 12 pm	6:00am – 8:00am	6:00am – 8:00am 12:05 – 1:05pm	No Activity	6:00am – 8:00am
<b>TRACK/CROSS COUNTRY</b>				
Sprinters/Jumpers			Mon-Fri: 3:00 – 5:00 pm	
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	