

ERAU Athletic Practice Times – Spring 2021

BASEBALL				
Mon - Fri 11:00am – 2:00pm				
BASKETBALL				
Men's	Mon/Wed/Fri: 2:30pm-5:30pm Tues/Thur: 11:30am-2:00pm			
Women's	Mon/Wed/Fri 11:00am – 2:00pm Tues/Thur 7:30am-10:45am			
CHEERLEADING				
Mon/Wed/Fri 8:15am-9:45am & Wed: 5:30-7:00 pm. Tues/Thur 6 – 7 pm				
GOLF				
Men's	Mon - Fri: 2:30pm-6:00pm Tues/Thur: 8:00 am-9:00am			
Women's	Mon/Wed/Fri: 2:45pm-6:00pm Tues/Thur: 7:45am-8:45am			
SOCCER				
Men's	Mon - Fri: 7:30am-9:15am			
Women's	Mon/Wed/Fri: 8:30am-10:30am Tues/Thur: 2:15 – 4:30pm			
SOFTBALL				
Mon/Wed/Fri: 1:30pm – 4:30pm			Tues/Thur: 8:00am – 12:30pm	
TENNIS - MEN & WOMEN'S				
Mon/Wed/Fri: 3:30pm – 6:00pm			Tues/Thur: 7:00am – 10:00am	
VOLLEYBALL				
Mon – Fri 2:00pm-5:00pm				
LACROSSE				
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		
ROWING				
MEN W/ROWING EXPERIENCE				
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
WOMEN W/ROWING EXPERIENCE				
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
NOVICE MEN AND WOMEN				
11 am – 12 pm	6:00am – 8:00am	6:00am – 8:00am 12:05 – 1:05pm	No Activity	6:00am – 8:00am
TRACK/CROSS COUNTRY				
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	