

Rose Bowl Aquatics

April 13-21, 2026 PRACTICE SCHEDULE

Practice times subject to change

SENIOR DIVISION									
	Monday, April 13	Tuesday, April 14	Wednesday, April 15	Thursday, April 16	Friday, April 17	Saturday, April 18	Sunday, April 19	Monday, April 20	Tuesday, April 21
NATIONAL	5:45-7:30AM Caltech Braun Pool	5:45-7:30AM Caltech Braun Pool	5:45-7:30AM Caltech Braun Pool	5:45-7:30AM Caltech Braun Pool	5:45-7:30AM Caltech Braun Pool	6:45-9:00AM Occidental College	7:00-9:00AM La Cañada High School	5:45-7:30AM Caltech Braun Pool	5:45-7:30AM Caltech Braun Pool
SENIOR 3	5:45-7:30AM Caltech Braun Pool	5:45-7:30AM Caltech Braun Pool	5:45-7:30AM Caltech Braun Pool	5:45-7:30AM Caltech Braun Pool	5:45-7:30AM Caltech Braun Pool	6:45-9:00AM Occidental College	7:00-9:00AM La Cañada High School	5:45-7:30AM Caltech Braun Pool	5:45-7:30AM Caltech Braun Pool
SENIOR 2	5:30-7:15AM Occidental College	5:30-7:15AM Occidental College	5:30-7:15AM Occidental College	5:30-7:15AM Occidental College	5:30-7:15AM Occidental College	7:15-9:00AM San Marino High School	7:00-8:45AM Occidental College	5:30-7:15AM Occidental College	5:30-7:15AM Occidental College
SENIOR 1	5:30-7:15AM Occidental College	5:30-7:15AM Occidental College	5:30-7:15AM Occidental College	5:30-7:15AM Occidental College	5:30-7:15AM Occidental College	7:15-9:00AM San Marino High School	7:00-8:45AM Occidental College	5:30-7:15AM Occidental College	5:30-7:15AM Occidental College
13-14 DIVISION									
	Monday, April 13	Tuesday, April 14	Wednesday, April 15	Thursday, April 16	Friday, April 17	Saturday, April 18	Sunday, April 19	Monday, April 20	Tuesday, April 21
13-14 GOLD	3:15-5:00PM Rosemead Aquatic Center	3:15-5:00PM Rosemead Aquatic Center	3:15-5:00PM Rosemead Aquatic Center	3:15-5:00PM Rosemead Aquatic Center	3:15-5:00PM Rosemead Aquatic Center	8:45-10:00AM Occidental College	8:30-10:00AM East LA College (ELAC)	3:15-5:30PM Occidental College	3:15-5:30PM Occidental College
13-14 SILVER	5:45-7:30AM San Marino High School	5:45-7:30AM San Marino High School	5:45-7:30AM San Marino High School	5:45-7:30AM San Marino High School	5:45-7:30AM San Marino High School	8:45-10:00AM Occidental College	8:30-10:00AM East LA College (ELAC)	5:45-7:30AM San Marino High School	5:45-7:30AM San Marino High School
13-14 BRONZE	5:45-7:30AM San Marino High School	5:45-7:30AM San Marino High School	5:45-7:30AM San Marino High School	5:45-7:30AM San Marino High School	5:45-7:30AM San Marino High School	8:45-10:00AM Occidental College	8:30-10:00AM East LA College (ELAC)	5:45-7:30AM San Marino High School	5:45-7:30AM San Marino High School
13&O RED	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center		8:30-10:00AM East LA College (ELAC)	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center
11-12 DIVISION									
	Monday, April 13	Tuesday, April 14	Wednesday, April 15	Thursday, April 16	Friday, April 17	Saturday, April 18	Sunday, April 19	Monday, April 20	Tuesday, April 21
11-12 GOLD	4:15-5:45PM Belvedere Aquatic Center	4:15-5:45PM Belvedere Aquatic Center	4:15-5:45PM Belvedere Aquatic Center	4:15-5:45PM Belvedere Aquatic Center	4:15-5:45PM Belvedere Aquatic Center	9:45-11:00AM San Marino High School	8:30-10:00AM East LA College (ELAC)	4:15-5:45PM Belvedere Aquatic Center	4:15-5:45PM Belvedere Aquatic Center
11-12 SILVER	5:30-7:00PM Belvedere Aquatic Center	5:30-7:00PM Belvedere Aquatic Center	5:30-7:00PM Belvedere Aquatic Center	5:30-7:00PM Belvedere Aquatic Center	5:30-7:00PM Belvedere Aquatic Center	8:45-10:00AM San Marino High School	8:30-10:00AM East LA College (ELAC)	5:30-7:00PM Belvedere Aquatic Center	5:30-7:00PM Belvedere Aquatic Center
11-12 BRONZE	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center	8:45-10:00AM San Marino High School	8:30-10:00AM East LA College (ELAC)	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center
11-12 RED	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center		8:30-10:00AM East LA College (ELAC)	6:45-8:15PM Belvedere Aquatic Center	6:45-8:15PM Belvedere Aquatic Center
10&U DIVISION									
	Monday, April 13	Tuesday, April 14	Wednesday, April 15	Thursday, April 16	Friday, April 17	Saturday, April 18	Sunday, April 19	Monday, April 20	Tuesday, April 21
10&U GOLD	4:15-5:30PM Occidental College	4:15-5:30PM Occidental College	4:15-5:30PM Occidental College	4:15-5:30PM Occidental College	3:30-5:00PM Occidental College	9:45-11:00AM San Marino High School	8:30-10:00AM East LA College (ELAC)	4:15-5:30PM Occidental College	4:15-5:30PM Occidental College
10&U SILVER	4:15-5:30PM Occidental College	4:15-5:30PM Occidental College	4:15-5:30PM Occidental College	4:15-5:30PM Occidental College	3:30-5:00PM Occidental College		8:30-10:00AM East LA College (ELAC)	4:15-5:30PM Occidental College	4:15-5:30PM Occidental College
10&U BRONZE	4:15-5:30PM Occidental College	4:15-5:30PM Occidental College	4:15-5:30PM Occidental College	4:15-5:30PM Occidental College	3:30-5:00PM Occidental College			4:15-5:30PM Occidental College	4:15-5:30PM Occidental College
10&U RED	3:15-4:30PM Occidental College	3:15-4:30PM Occidental College	3:15-4:30PM Occidental College	3:15-4:30PM Occidental College				3:15-4:30PM Occidental College	3:15-4:30PM Occidental College
ROSE BUDS									
	Monday, April 13	Tuesday, April 14	Wednesday, April 15	Thursday, April 16	Friday, April 17	Saturday, April 18	Sunday, April 19	Monday, April 20	Tuesday, April 21
Rose 3A	3:30-4:30PM Occidental College	3:30-4:30PM Occidental College	3:30-4:15PM Occidental College	3:30-4:30PM Occidental College				3:30-4:30PM Occidental College	3:30-4:30PM Occidental College
Rose 3B	3:30-4:30PM Occidental College	3:30-4:30PM Occidental College	3:30-4:15PM Occidental College	3:30-4:30PM Occidental College				3:30-4:30PM Occidental College	3:30-4:30PM Occidental College
Rose 3C	3:30-4:30PM Occidental College	3:30-4:30PM Occidental College	3:30-4:15PM Occidental College	3:30-4:30PM Occidental College				3:30-4:30PM Occidental College	3:30-4:30PM Occidental College
Rose 2A	6:00-7:00PM Flintridge Sacred Heart Academy (FSHA)		6:15-7:00PM Flintridge Sacred Heart Academy (FSHA)		6:15-7:00PM Flintridge Sacred Heart Academy (FSHA)			6:00-7:00PM Flintridge Sacred Heart Academy (FSHA)	
Rose 2B	6:00-7:00PM Flintridge Sacred Heart Academy (FSHA)		6:15-7:00PM Flintridge Sacred Heart Academy (FSHA)		6:15-7:00PM Flintridge Sacred Heart Academy (FSHA)			6:00-7:00PM Flintridge Sacred Heart Academy (FSHA)	
Rose 2C		6:15-7:00PM Flintridge Sacred Heart Academy (FSHA)		6:15-7:00PM Flintridge Sacred Heart Academy (FSHA)					6:15-7:00PM Flintridge Sacred Heart Academy (FSHA)
Rose 2D		6:15-7:00PM Flintridge Sacred Heart Academy (FSHA)		6:15-7:00PM Flintridge Sacred Heart Academy (FSHA)					6:15-7:00PM Flintridge Sacred Heart Academy (FSHA)
Rose 1A		5:30-6:15PM Flintridge Sacred Heart Academy (FSHA)		5:30-6:15PM Flintridge Sacred Heart Academy (FSHA)					5:30-6:15PM Flintridge Sacred Heart Academy (FSHA)
Rose 1B		5:30-6:15PM Flintridge Sacred Heart Academy (FSHA)		5:30-6:15PM Flintridge Sacred Heart Academy (FSHA)					5:30-6:15PM Flintridge Sacred Heart Academy (FSHA)
Rose 1C			6:15-7:00PM Flintridge Sacred Heart Academy (FSHA)		6:15-7:00PM Flintridge Sacred Heart Academy (FSHA)				

Caltech Braun Pool 1200 E California Blvd, Pasadena, CA 91106
 Occidental College De Mandel Aquatic Center 1600 Campus Rd, Los Angeles, CA 90041
 La Cañada High School 4463 Oak Grove Dr, La Cañada Flintridge, CA 91011
 San Marino High School 2701 Huntington Dr, San Marino, CA 91108
 Rosemead Aquatic Center 9155 Mission Dr, Rosemead, CA 91770
 Belvedere Aquatic Center 5035 1st St, East Los Angeles, CA 90022
 Flintridge Sacred Heart Academy 448 St Katherine Dr, La Cañada Flintridge, CA 91011