

ALA HGS TYPICAL DAILY SCHEDULE

7 am: Breakfast

8 am: Flag Raising

9 am: City/County Meetings or Band/Choir

11 am: State Meetings

12 pm: Lunch

1 pm: Recharge Time

2 pm: City/County/State Meetings

4 pm: Flag Retreat

5 pm: Dinner

6 pm: Recharge Time

7 pm: Program

9 pm: Committee Meetings or Band/Choir

10 pm: Back in Cities to get ready for lights out

11 pm Lights out