

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24	Oct 25
Senior Elite	3:45-5:15pm	3:45-5:00pm		3:45-5:00pm	3:45-5:15pm	Intrasquad Meet 8:30-10:30am	
Senior	5:15-6:15pm	6:00-7:00pm		6:00-7:00pm	5:15-6:15pm	Intrasquad Meet 8:30-10:30am	
Pre Senior		5:00-6:00pm	6:05-7:00pm	5:00-6:00pm		Intrasquad Meet 10:30-11:30am	
Junior	3:45-4:45pm		3:45-4:30pm		3:45-4:45pm	Intrasquad Meet 8:30-10:30am	
Gold	6:15-7:00pm		5:00-6:00pm		6:15-7:00pm	Intrasquad Meet 8:30-10:30am	
Silver		4:15-5:00pm	4:15-5:00pm	4:15-5:00pm		Intrasquad Meet 10:30-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:15pm	3:45-4:15pm		Intrasquad Meet 10:30-11:30am	
Bronze 10U	4:45-5:15pm		4:30-5:00pm		4:45-5:15pm	Intrasquad Meet 10:30-11:30am	

SAFE SPORT - Please find time this week to complete the course. If you have issues logging in, reach out to your coach.

SAVE THE DATE - October 24, Time Trial Intrasquad Meet. All swimmers attending. Discuss with your coach if you are unable to attend.