



September/October 2023

Olympic Prospects (OP)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 17	18 OPA 4-5pm OPB 5-6pm OPC 6-7pm Milliken	19 OPDEV 4-6pm Milliken	20 OPA 4-5pm OPD 5-6pm Milliken	21 OPAA 4-5:15pm MPAC	22 OPB 4:15-5:45pm OPC 5:45-7:15pm Milliken	23 OPDEV 6-7:30am OPA 7:30-9am Milliken
24	25 OPA 4-5pm OPB 5-6pm OPC 6-7pm Milliken	26 OPDEV 4-6pm Milliken	27 OPA 4-5pm OPD 5-6pm Milliken	28 OPAA 4-5:15pm MPAC OP parent mtg @ MPAC 5-6:30pm	29 OPB 4:15-5:45pm OPC 5:45-7:15pm Milliken	30 OPDEV 6-7:30am OPA 7:30-9am Milliken
October 1	2 OPA 4-5pm OPB 5-6pm OPC 6-7pm Milliken	3 OPDEV 4-6pm Milliken	4 OPA 4-5pm OPD 5-6pm Milliken	5 OPAA 4-5:15pm MPAC	6 OPB 4:15-5:45pm OPC 5:45-7:15pm Milliken	7 OFF
8	9 OFF Thanksgiving	10 OPDEV 4-6pm Milliken	11 OPA 4-5pm OPD 5-6pm Milliken	12 OPAA 4-5:15pm MPAC	13 OPB 4:15-5:45pm OPC 5:45-7:15pm Milliken	14 OPDEV 6-7:30am OPA 7:30-9am Milliken
15 MAC awards 11-2:30 Crystal Fountain	16 OPA 4-5pm OPB 5-6pm OPC 6-7pm Milliken	17 OPDEV 4-6pm Milliken	18 OPA 4-5pm OPD 5-6pm Milliken	19 OPAA 4-5:15pm MPAC	20 OPB 4:15-5:45pm OPC 5:45-7:15pm Milliken	21 OPDEV 6-7:30am OPA 7:30-9am Milliken
22	23 OPA 4-5pm OPB 5-6pm OPC 6-7pm Milliken	24 OPDEV 4-6pm Milliken	25 OPA 4-5pm OPD 5-6pm Milliken	26 OPAA 4-5:15pm MPAC	27 OPB 4:15-5:45pm OPC 5:45-7:15pm Milliken	28 OPDEV 6-7:30am OPA 7:30-9am Milliken

Notes:

- please be on deck 10 minutes before scheduled start time for activation/focusing
- OP parent meeting @ MPAC 5-6:30pm, Thursday September 28
- Rising Stars swim meet November 11 & 12 at MPAC
- starting January 2024 all practices on Monday, Friday and Saturday will move to the Thornlea Pool until the end of June