



## November/December 2023

### Olympic Prospects (OP)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October 29</b>	<b>30</b> OPA 4-5pm OPB 5-6pm OPC 6-7pm Milliken	<b>31</b>  OFF	<b>November 1</b>  OPA 4-5pm OPD 5-6pm Milliken	<b>2</b>  OPAA 4-5:15pm MPAC	<b>3</b>  OPB 4:15-5:45pm OPC 5:45-7:15pm Milliken	<b>4</b> OPDEV 6-7:30am OPA 7:30-9am Milliken
<b>5</b>	<b>6</b> OPA 4-5pm OPB 5-6pm OPC 6-7pm Milliken	<b>7</b>  OPDEV 4-6pm Milliken	<b>8</b>  OPA 4-5pm OPD 5-6pm Milliken	<b>9</b>  OPAA 4-5:15pm MPAC	<b>10</b>  OPB 4:15-5:45pm OPC 5:45-7:15pm Milliken	<b>11</b> Rising Stars #1 MPAC 8am-1:30pm
<b>12</b> Rising Stars #1 MPAC 8am-1:30pm	<b>13</b> OPA 4-5pm OPB 5-6pm OPC 6-7pm Milliken	<b>14</b>  OPDEV 4-6pm Milliken	<b>15</b>  OPA 4-5pm OPD 5-6pm Milliken	<b>16</b>  OPAA 4-5:15pm MPAC	<b>17</b>  OPB 4:15-5:45pm OPC 5:45-7:15pm Milliken	<b>18</b> OPDEV 6-7:30am OPA 7:30-9am Milliken
<b>19</b>	<b>20</b> OPA 4-5pm OPB 5-6pm OPC 6-7pm Milliken	<b>21</b>  OPDEV 4-6pm Milliken	<b>22</b>  OPA 4-5pm OPD 5-6pm Milliken	<b>23</b>  OPAA 4-5:15pm MPAC	<b>24</b>  OPB 4:15-5:45pm OPC 5:45-7:15pm Milliken	<b>25</b> OPDEV 6-7:30am OPA 7:30-9am Milliken
<b>26</b>	<b>27</b> OPA 4-5pm OPB 5-6pm OPC 6-7pm Milliken	<b>28</b>  OPDEV 4-6pm Milliken	<b>29</b>  OPA 4-5pm OPD 5-6pm Milliken	<b>30</b>  OPAA 4-5:15pm MPAC	<b>December 1</b>  OPB 4:15-5:45pm OPC 5:45-7:15pm Milliken	<b>2</b> OPDEV 6-7:30am OPA 7:30-9am Milliken
<b>3</b>	<b>4</b> OPA 4-5pm OPB 5-6pm OPC 6-7pm Milliken	<b>5</b>  OPDEV 4-6pm Milliken	<b>6</b>  OPA 4-5pm OPD 5-6pm Milliken	<b>7</b>  OPAA 4-5:15pm MPAC	<b>8</b>  OPB 4:15-5:45pm OPC 5:45-7:15pm Milliken	<b>9</b> OPDEV 6-7:30am OPA 7:30-9am Centennial

**Notes:**

- please be on deck 10 minutes before scheduled start time for activation/focusing
- **OP swim meet #1** on December 16 9am - 1pm at Milliken
- starting January 2024 all practices on Monday, Friday and Saturday will move to the Thornlea Pool until the end of June
- last week of practice 2023 is week of December 11-16