



April  
2024 (rev033124)



| SUNDAY               | MONDAY                                                                                                              | TUESDAY                                                                           | WEDNESDAY                                                                                                                                      | THURSDAY                                                                                            | FRIDAY                                                                                        | SATURDAY                                                                                      |
|----------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
|                      | <b>1</b><br><u>TAG 2 - 5:15-6:15pm</u><br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NATIONAL/STATE 2:<br>7:15-8:30pm  | <b>2</b><br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm  | <b>3-ISCA MEET FL</b><br>TAG 1 - 4:30-5:15pm<br><u>TAG 2 - 5:15-6:15pm</u><br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NAT'L/STATE 2-7:15-8:30p | <b>4-ISCA MEET FL</b><br><u>STATE - 5:30-6:45am</u><br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p | <b>5-ISCA MEET FL</b><br>NATIONAL - 3:30-5:00pm<br>TAG 1 - 5:00-6:00pm<br>TAG 2 - 6:00-7:00pm | <b>6-ISCA MEET FL</b><br>NATIONAL - 5:30-7:00am<br>STATE - 7:00-8:15am<br>TAG 3 - 8:15-9:00am |
| <b>7</b><br><br>OFF  | <b>8</b><br><u>TAG 2 - 5:15-6:15pm</u><br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NATIONAL/STATE 2:<br>7:15-8:30pm  | <b>9</b><br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm  | <b>10</b><br>TAG 1 - 4:30-5:15pm<br><u>TAG 2 - 5:15-6:15pm</u><br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NAT'L/STATE 2-7:15-8:30p             | <b>11</b><br><u>STATE - 5:30-6:45am</u><br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p             | <b>12</b><br>NATIONAL - 3:30-5:00pm<br>TAG 1 - 5:00-6:00pm<br>TAG 2 - 6:00-7:00pm             | <b>13</b><br>NATIONAL - 5:30-7:00am<br>STATE - 7:00-8:15am<br>TAG 3 - 8:15-9:00am             |
| <b>14</b><br><br>OFF | <b>15</b><br><u>TAG 2 - 5:15-6:15pm</u><br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NATIONAL/STATE 2:<br>7:15-8:30pm | <b>16</b><br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm | <b>17</b><br>TAG 1 - 4:30-5:15pm<br><u>TAG 2 - 5:15-6:15pm</u><br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NAT'L/STATE 2-7:15-8:30p             | <b>18</b><br><u>STATE - 5:30-6:45am</u><br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p             | <b>19</b><br>NATIONAL - 3:30-5:00pm<br>TAG 1 - 5:00-6:00pm<br>TAG 2 - 6:00-7:00pm             | <b>20</b><br>NATIONAL - 5:30-7:00am<br>STATE - 7:00-8:15am<br>TAG 3 - 8:15-9:00am             |
| <b>21</b><br><br>OFF | <b>22</b><br><u>TAG 2 - 5:15-6:15pm</u><br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NATIONAL/STATE 2:<br>7:15-8:30pm | <b>23</b><br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm | <b>24</b><br>TAG 1 - 4:30-5:15pm<br><u>TAG 2 - 5:15-6:15pm</u><br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NAT'L/STATE 2-7:15-8:30p             | <b>24</b><br><u>STATE - 5:30-6:45am</u><br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p             | <b>26</b><br>NATIONAL - 3:30-5:00pm<br>TAG 1 - 5:00-6:00pm<br>TAG 2 - 6:00-7:00pm             | <b>27</b><br>NATIONAL - 5:30-7:00am<br>STATE - 7:00-8:15am<br>TAG 3 - 8:15-9:00am             |
| <b>28</b><br><br>OFF | <b>29</b><br><u>TAG 2 - 5:15-6:15pm</u><br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NATIONAL/STATE 2:<br>7:15-8:30pm | <b>30</b><br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm |                                                                                                                                                |                                                                                                     |                                                                                               |                                                                                               |
|                      |                                                                                                                     |                                                                                   |                                                                                                                                                |                                                                                                     |                                                                                               |                                                                                               |



May  
2024 (REV 033124)



| SUNDAY                                                                                      | MONDAY                                                                                         | TUESDAY                                                                    | WEDNESDAY                                                                                                     | THURSDAY                                                                  | FRIDAY                                                                                   | SATURDAY                                                                                    |
|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| OFF                                                                                         |                                                                                                |                                                                            | 1<br>TAG 1 - 4:30-5:15pm<br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br>6:15-7:15pm<br>NAT'L/STATE 2-7:15-8:30p  | 2<br>STATE - 5:30-6:45am<br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p  | 3<br>NO PRACTICES<br>CHELSEA PIERS<br>LONG COURSE MEET<br>SIGNUP NEEDED<br>DETAILS TBA   | 4<br>NO PRACTICES<br>CHELSEA PIERS<br>LONG COURSE MEET<br>SIGNUP NEEDED<br>DETAILS TBA      |
| 5<br>NO PRACTICES<br>CHELSEA PIERS<br>LONG COURSE MEET<br>SIGNUP NEEDED<br>DETAILS TBA      | 6<br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br>6:15-7:15pm<br>NATIONAL/STATE 2:<br>7:15-8:30pm  | 7<br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm  | 8<br>TAG 1 - 4:30-5:15pm<br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br>6:15-7:15pm<br>NAT'L/STATE 2-7:15-8:30p  | 9<br>STATE - 5:30-6:45am<br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p  | 10<br>NATIONAL - 3:30-5:00pm<br>TAG 1 - 5:00-6:00pm<br>TAG 2 - 6:00-7:00pm               | 11<br>NATIONAL - 5:30-7:00am<br>STATE - 7:00-8:15am<br>TAG 3 - 8:15-9:00am                  |
| 12<br>OFF                                                                                   | 13<br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br>6:15-7:15pm<br>NATIONAL/STATE 2:<br>7:15-8:30pm | 14<br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm | 15<br>TAG 1 - 4:30-5:15pm<br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br>6:15-7:15pm<br>NAT'L/STATE 2-7:15-8:30p | 16<br>STATE - 5:30-6:45am<br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p | 17<br>NO PRACTICES<br>GREENWICH YMCA<br>LONG COURSE MEET<br>SIGNUP NEEDED<br>DETAILS TBA | 18<br>NO PRACTICES<br>GREENWICH YMCA<br>LONG COURSE MEET<br>SIGNUP NEEDED<br>DETAILS TBA    |
| 19<br>NO PRACTICES<br>GREENWICH YMCA<br>LONG COURSE MEET<br>SIGNUP NEEDED<br>DETAILS TBA    | 20<br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br>6:15-7:15pm<br>NATIONAL/STATE 2:<br>7:15-8:30pm | 21<br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm | 22<br>TAG 1 - 4:30-5:15pm<br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br>6:15-7:15pm<br>NAT'L/STATE 2-7:15-8:30p | 23<br>STATE - 5:30-6:45am<br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p | 24<br>NATIONAL - 3:30-5:00pm<br>TAG 1 - 5:00-6:00pm<br>TAG 2 - 6:00-7:00pm               | 25<br>NATIONAL - 5:30-7:00am<br>STATE - 7:00-8:15am                                         |
| 26<br>OFF                                                                                   | 27<br>MEMORIAL DAY<br>ALL OFF                                                                  | 28<br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm | 29<br>TAG 1 - 4:30-5:15pm<br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br>6:15-7:15pm<br>NAT'L/STATE 2-7:15-8:30p | 30<br>STATE - 5:30-6:45am<br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p | 31<br>NO PRACTICES<br>CHELSEA PIERS<br>LONG COURSE MEET<br>SIGNUP NEEDED<br>DETAILS TBA  | Jun 01<br>NO PRACTICES<br>CHELSEA PIERS<br>LONG COURSE MEET<br>SIGNUP NEEDED<br>DETAILS TBA |
| Jun 02<br>NO PRACTICES<br>CHELSEA PIERS<br>LONG COURSE MEET<br>SIGNUP NEEDED<br>DETAILS TBA |                                                                                                |                                                                            |                                                                                                               |                                                                           |                                                                                          |                                                                                             |



June  
2024 (REV 033124)



| SUNDAY                                                                                                                          | MONDAY                                                                                                                                                                                                                                                                                                   | TUESDAY                                                                           | WEDNESDAY                                                                                                            | THURSDAY                                                                              | FRIDAY                                                                                                           | SATURDAY                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                 |                                                                                                                                                                                                                                                                                                          |                                                                                   |                                                                                                                      |                                                                                       | <b>May 31</b><br>NO PRACTICES<br><b>CHELSEA PIERS</b><br><b>LONG COURSE MEET</b><br>SIGNUP NEEDED<br>DETAILS TBA | <b>1</b><br>NO PRACTICES<br><b>CHELSEA PIERS</b><br><b>LONG COURSE MEET</b><br>SIGNUP NEEDED<br>DETAILS TBA                     |
| <b>2</b><br>AT YWCA<br>DOLPHINS RECOGNITION<br>DAY<br>DETAILS TBA                                                               | <b>3</b><br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br>6:15-7:15pm<br>NATIONAL/STATE 2:<br>7:15-8:30pm                                                                                                                                                                                                     | <b>4</b><br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm  | <b>5</b><br>TAG 1 - 4:30-5:15pm<br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br>6:15-7:15pm<br>NAT'L/STATE 2-7:15-8:30p  | <b>6</b><br>DIST/STATE - 5:30-6:45am<br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p  | <b>7</b><br>NO PRACTICES<br><b>GREENWICH YMCA</b><br><b>LONG COURSE MEET</b><br>SIGNUP NEEDED<br>DETAILS TBA     | <b>8</b><br>NO PRACTICES<br><b>GREENWICH YMCA</b><br><b>LONG COURSE MEET</b><br>SIGNUP NEEDED<br>DETAILS TBA                    |
| <b>9</b><br>NO PRACTICES<br><b>GREENWICH YMCA</b><br><b>LONG COURSE MEET</b><br>SIGNUP NEEDED<br>DETAILS TBA                    | <b>10</b><br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br>6:15-7:15pm<br>NATIONAL/STATE 2:<br>7:15-8:30pm                                                                                                                                                                                                    | <b>11</b><br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm | <b>12</b><br>TAG 1 - 4:30-5:15pm<br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br>6:15-7:15pm<br>NAT'L/STATE 2-7:15-8:30p | <b>13</b><br>DIST/STATE - 5:30-6:45am<br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p | <b>14</b><br>NATIONAL - 3:30-5:00pm<br>TAG 1 - 5:00-6:00pm<br>TAG 2 - 6:00-7:00pm                                | <b>15-OT/INDY</b><br>NATIONAL - 5:30-7:00am<br>STATE - 7:00-8:15am<br>TAG 3 - 8:15-9:00am                                       |
| <b>16-OT/INDY</b><br>SUMMER<br>SCHEDULE<br>BEGINS-->                                                                            | <b>17-OT/INDY</b><br>TAG 1+2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:00pm                                                                                                                                                                                                                  | <b>18-OT/INDY</b><br>STATE+TAG 3-5:15-6:15pm<br>NATIONAL - 6:15-7:45pm            | <b>19-OT/INDY</b><br>TAG 1+2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:00pm                              | <b>20-OT/INDY</b><br>STATE+TAG 3-5:15-6:15pm<br>NATIONAL - 6:15-7:45pm                | <b>21-OT/INDY</b><br>TAG 3+STATE -4:00-5:00p<br>NATIONAL-5:00-6:30p                                              | <b>22-OT/INDY</b><br>NO PRACTICES<br><b>EASTERN ZONE</b><br><b>OPEN WATER CHAMPS</b><br>SIGNUP NEEDED<br>NEW JERSEY-DETAILS TBA |
| <b>23-OT/INDY</b><br>NO PRACTICES<br><b>EASTERN ZONE</b><br><b>OPEN WATER CHAMPS</b><br>SIGNUP NEEDED<br>NEW JERSEY-DETAILS TBA | <b>24</b><br>TAG 1+2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:00pm                                                                                                                                                                                                                          | <b>25</b><br>STATE+TAG 3-5:15-6:15pm<br>NATIONAL - 6:15-7:45pm                    | <b>26</b><br>TAG 1+2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:00pm                                      | <b>27</b><br>STATE+TAG 3-5:15-6:15pm<br>NATIONAL - 6:15-7:45pm                        | <b>28</b><br>TAG 3+STATE -4:00-5:00p<br>NATIONAL-5:00-6:30p                                                      | <b>29</b><br>NO PRACTICES<br><b>CT OPEN WATER</b><br><b>CHAMPS-LAKE QUASSY</b><br>SIGNUP NEEDED<br>DETAILS TBA                  |
| <b>30</b><br>OFF                                                                                                                | <div>June 15-23 -USA OLYMPIC TRAILS - INDIANAPOLIS</div> <div>June 23-24 -EASTERN ZONE OPEN WATER CHAMPS-BEASLEY PT, MAMORA, NJ</div> <div>June 29 -CT SWIMMING OPEN WATER CHAMPS-LAKE QUASSY, CT</div> <div></div> |                                                                                   |                                                                                                                      |                                                                                       |                                                                                                                  |                                                                                                                                 |



# July, 2024

(w/Aug 01-10 as of 03.31.24)



| SUNDAY                                                                                                       | MONDAY                                                                          | TUESDAY                                                                        | WEDNESDAY                                                                              | THURSDAY                                                                                                               | FRIDAY                                                                                                                 | SATURDAY                                                                                                               |
|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
|                             | <b>1</b><br>TAG 1+2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:00pm  | <b>2</b><br>STATE+TAG 3-5:15-6:15pm<br>NATIONAL - 6:15-7:45pm                  | <b>3</b><br>TAG 1+2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:00pm         | <b>4</b><br><u>Happy July 4th!</u><br>NATIONAL - 6:00-7:30am                                                           | <b>5</b><br>OFF                                                                                                        | <b>6</b><br>NATIONAL-6:00-7:30am<br>STATE-7:00-8:00am                                                                  |
| <b>7</b><br>OFF                                                                                              | <b>8</b><br>TAG 1+2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:00pm  | <b>9</b><br>STATE+TAG 3-5:15-6:15pm<br>NATIONAL - 6:15-7:45pm                  | <b>10</b><br>TAG 1+2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:00pm        | <b>11</b><br>NO PRACTICES<br>CT SR CHAMPS-ALL DAY<br>LONG COURSE MEET<br>QUAL ONLY AT WESLEYAN<br>DETAILS TBA          | <b>12</b><br>NO PRACTICES<br>CT SR CHAMPS-ALL DAY<br>LONG COURSE MEET<br>QUAL ONLY AT WESLEYAN<br>DETAILS TBA          | <b>13</b><br>NO PRACTICES<br>CT SR CHAMPS-ALL DAY<br>LONG COURSE MEET<br>QUAL ONLY AT WESLEYAN<br>DETAILS TBA          |
| <b>14</b><br>NO PRACTICES<br>CT SR CHAMPS-ALL DAY<br>LONG COURSE MEET<br>QUAL RQD AT WESLEYAN<br>DETAILS TBA | <b>15</b><br>TAG 1+2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:00pm | <b>16</b><br>STATE+TAG 3-5:15-6:15pm<br>NATIONAL - 6:15-7:45pm                 | <b>17</b><br>TAG 1+2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:00pm        | <b>18</b><br>TAG 1 -5:15-6:15pm<br>STATE - 6:15-7:15pm<br>NATIONAL - 6:15-7:45pm                                       | <b>19</b><br>PRACTICES TBD<br>CT REGIONAL CHAMPS<br>SITE & DETAILS TBA<br>QUAL & SIGNUP REQD                           | <b>20</b><br>PRACTICES TBD<br>CT REGIONAL CHAMPS<br>SITE & DETAILS TBA<br>QUAL & SIGNUP REQD                           |
| <b>21</b><br>CT REGIONAL CHAMPS<br>SITE & DETAILS TBA<br>QUAL & SIGNUP REQD                                  | <b>22</b><br>AGE GROUP QUALIFIERS<br>ONLY-5:30-6:30p<br>NATIONAL-6:30-8:00pm    | <b>23</b><br>AGE GROUP QUALIFIERS<br>ONLY-5:15-6:15p<br>NATIONAL - 6:15-7:45pm | <b>24-NCSA/INDY</b><br>AGE GROUP QUALIFIERS<br>ONLY-5:30-6:30p<br>NATIONAL-6:30-8:00pm | <b>25-NCSA/INDY</b><br>NO PRACTICES<br>CT AGE GROUP CHAMPS<br>LONG COURSE MEET<br>QUAL ONLY AT WESLEYAN<br>DETAILS TBA | <b>26-NCSA/INDY</b><br>NO PRACTICES<br>CT AGE GROUP CHAMPS<br>LONG COURSE MEET<br>QUAL ONLY AT WESLEYAN<br>DETAILS TBA | <b>27-NCSA/INDY</b><br>NO PRACTICES<br>CT AGE GROUP CHAMPS<br>LONG COURSE MEET<br>QUAL ONLY AT WESLEYAN<br>DETAILS TBA |
| <b>28</b><br>CT AGE GROUP CHAMPS<br>LONG COURSE MEET<br>QUAL RQD AT WESLEYAN<br>DETAILS TBA                  | <b>29</b><br>ZONE &<br>NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm                 | <b>30</b><br>ZONE &<br>NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm                | <b>31</b><br>ZONE &<br>NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm                        | <b>Aug 1</b><br>ZONE &<br>NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm                                                     | <b>Aug 2</b><br>ZONE &<br>NATIONAL<br>SWIMMERS ONLY<br>5:00-6:30pm                                                     | <b>Aug 3</b><br>ZONE &<br>NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30am                                                     |
| <b>Aug 4</b><br>OFF                                                                                          | <b>Aug 5</b><br>ZONE &<br>NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm              | <b>Aug 6</b><br>TRAVEL DAY<br>NO PRACTICES                                     | <b>Aug 7</b><br>ZONE CHAMPS<br>VIRGINIA                                                | <b>Aug 8</b><br>ZONE CHAMPS<br>VIRGINIA                                                                                | <b>Aug 9</b><br>ZONE CHAMPS<br>VIRGINIA                                                                                | <b>Aug 10</b><br>ZONE CHAMPS<br>VIRGINIA                                                                               |