



January, 2023

revised & corrected 01.02.23



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 OFF	2 OFF	3 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	4 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3 - 6:15-7:15pm STATE - 7:15-8:30pm at GHS-NAT'L-7:00-8:30pm	5 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL DERBY DAY: 6:15-8:15PM	6 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	7 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
8 OFF	9 TAG 2-5:15-6:15pm TAG 3+STATE DERBY DAY: 6:15-8:15pm at YW AT GHS NAT-7:00-8:30p	10 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	11 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3 - 6:15-7:15pm STATE - 7:15-8:30pm at GHS-NAT'L-7:00-8:30pm	12 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	13 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	14-corrected NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
15 OFF	16-corrected MLK DAY OFF	17 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	18 TAG 1 - 4:30-5:15pm GP #5- FR+BK FT, 8u, 13+-5:15-6:30 9-10-11-12'S: 6:30-8:00pm	19 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	20 CPAC Q MEET SIGNUP REQ'D-DETAILS TBA NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	21 CPAC Q MEET SIGNUP REQ'D-DETAILS TBA FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
22 CPAC Q MEET SIGNUP REQ'D-DETAILS TBA	23 TAG 2-5:15-6:15pm TAG 3-6:15-7:15pm STATE-715-8:30pm at GHS NATIONAL-7:00-8:30pm	24 AT GYWD ONE STOP MEET #1 SIGN-UP REQD DETAIL TBA	25 TAG 1+2 DERBY DAY: 4:30-6:15pm TAG 3 - 6:15-7:15pm STATE - 7:15-8:30pm at GHS-NAT'L-7:00-8:30pm	26 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	27 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	28-corrected NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am FUTURE+FT56 DERBY DAY: 1:30-3:15PM
29 OFF	30 TAG 2-5:15-6:15pm TAG 3-6:15-7:15pm STATE-715-8:30pm at GHS NATIONAL-7:00-8:30pm	31 AT GYWD ONE STOP MEET #2 SIGN-UP REQD DETAIL TBA	The Dolphins Derby is Coming! Jan 27-29 -USA Swimming Eastern IMX Meet at U of Maryland - Details TBA			



February 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3 - 6:15-7:15pm STATE - 7:15-8:30pm at GHS-NAT'L-7:00-8:30pm	2 <u>STATE - 5:30-6:45am</u> TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	3 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	4 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
5 OFF	6 TAG 2-5:15-6:15pm TAG 3-6:15-7:15pm STATE-7:15-8:30pm at GHS NATIONAL-7:00-8:30pm	7 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	8 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3 - 6:15-7:15pm STATE - 7:15-8:30pm at GHS-NAT'L-7:00-8:30pm	9 <u>STATE - 5:30-6:45am</u> TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	10 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	11 CPAC Q MEET SIGNUP REQ'D-DETAILS TBA FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
12 CPAC Q MEET SIGNUP REQ'D-DETAILS TBA NOTE-FEB 13-20 FALL PRACTICE SCHEDULE ----->	13-GPS VACATION WEEK <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: 6:15-7:15pm NATIONAL/STATE 2: 7:15-8:30pm	14 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	15 TAG 1 - 4:30-5:15pm <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: 6:15-7:15pm NAT'L/STATE 2-7:15-8:30p	16 CT SR CHAMPS DETAILS TBA <u>STATE - 5:30-6:45am</u> TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	17- CT SR CHAMPS DETAILS TBA NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	18-CT SR CHAMPS NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
19 CT SR CHAMPS DETAILS TBA	20 PRESIDENTS DAY OFF	21 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	22 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3 - 6:15-7:15pm STATE - 7:15-8:30pm at GHS-NAT'L-7:00-8:30pm	23 <u>STATE - 5:30-6:45am</u> TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	24 CT REGIONAL CHAMPS DETAILS TBA NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	25 CT REGIONAL CHAMPS DETAILS TBA PRACTICES TBA FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
26 CT REGIONAL CHAMPS DETAILS TBA	27 TAG 2-5:15-6:15pm TAG 3-6:15-7:15pm STATE-7:15-8:30pm at GHS NATIONAL-7:00-8:30pm	28 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm				
						



March 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 TAG 1 - 4:30-5:15pm <u>GP #6-BR+FLY</u> FT, 8u, 13+-5:15-6:30 <u>9-10-11-12'S:</u> 6:30-8:00pm	2 <u>STATE - 5:30-6:45am</u> TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	3 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	4 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
5 OFF	6 TAG 2-5:15-6:15pm TAG 3-6:15-7:15pm STATE-7:15-8:30pm at GHS NATIONAL-7:00-8:30pm	7 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	8 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3 - 6:15-7:15pm STATE - 7:15-8:30pm at GHS-NAT'L-7:00-8:30pm	9 CT STATE AGE GROUP CHAMPS DETAILS TBA <u>STATE - 5:30-6:45am</u> TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	10 CT STATE AGE GROUP CHAMPS DETAILS TBA NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	11 - AG CHAMPS PRACTICES TBA STATE - 7:00-8:15am TAG 3 - 8:15-9:00am FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
12 CT STATE AGE GROUP CHAMPS DETAILS TBA	13 - GHS CLOSED <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NATIONAL/STATE 2: 7:15-8:30pm	14 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	15 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3 - 6:15-7:15pm STATE - 7:15-8:30pm at GHS-NAT'L-7:00-8:30pm	16 <u>STATE - 5:30-6:45am</u> TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	17 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	18 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
19 OFF	20 TAG 2-5:15-6:15pm TAG 3-6:15-7:15pm STATE-7:15-8:30pm at GHS NATIONAL-7:00-8:30pm	21 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	22 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3 - 6:15-7:15pm STATE - 7:15-8:30pm at GHS-NAT'L-7:00-8:30pm	23 <u>STATE - 5:30-6:45am</u> TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	24 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	25 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
26 OFF	27 TAG 2-5:15-6:15pm TAG 3-6:15-7:15pm STATE-7:15-8:30pm at GHS NATIONAL-7:00-8:30pm	28 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	29 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3 - 6:15-7:15pm STATE - 7:15-8:30pm at GHS-NAT'L-7:00-8:30pm	30 SUNKISSED JR-SR CHAMPS IN CHARLOTTE DAY 1	31 SUNKISSED JR-SR CHAMPS IN CHARLOTTE DAY 2	APR 1 SUNKISSED JR-SR CHAMPS IN CHARLOTTE DAY 3
APR 2 SUNKISSED JR-SR CHAMPS IN CHARLOTTE DAY 4	MAR 29-APR 1 EASTERN ZONE AGE GROUP CHAMPS - DETAILS TBA APR 5-8 ISCA AGE GROUP CHAMPS ST. PETERSBURG, FLA - DETAILS TBA					





April
2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 SUNKISSED JR-SR CHAMPS IN CHARLOTTE DAY 3 FINAL FT SESSIONS
2 SUNKISSED JR-SR CHAMPS IN CHARLOTTE DAY 3 SPRING SCHED BEGINS----->	3 TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NATIONAL/STATE 2: 7:15-8:30pm	4 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	5-ISCA FL TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NAT'L/STATE 2-7:15-8:30p	6-ISCA FL STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	7-ISCA FL OFF	8-ISCA FL OFF
9 EASTER	10 TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NATIONAL/STATE 2: 7:15-8:30pm	11 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	12 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NAT'L/STATE 2-7:15-8:30p	13 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	14 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	15 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am
16 OFF	17 TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NATIONAL/STATE 2: 7:15-8:30pm	18 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	19 TAG 1 - 4:30-5:15pm GP #7-FREE FT, 8u, 13+-5:15-6:30 9-10-11-12'S: 6:30-8:00pm	20 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	21 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	22 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am
23 OFF	24 TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NATIONAL/STATE 2: 7:15-8:30pm	25 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	26 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NAT'L/STATE 2-7:15-8:30p	27 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	28 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	29 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am
30 OFF						



May
2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OFF	1 TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NATIONAL/STATE 2: 7:15-8:30pm	2 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	3 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NAT'L/STATE 2-7:15-8:30p	4 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	5 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	6 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am
7 OFF	8 TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NATIONAL/STATE 2: 7:15-8:30pm	9 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	10 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NAT'L/STATE 2-7:15-8:30p	11 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	12 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	13 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am
14 OFF	15 TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NATIONAL/STATE 2: 7:15-8:30pm	16 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	17 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NAT'L/STATE 2-7:15-8:30p	18 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	19 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	20 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am
21 OFF	22 TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NATIONAL/STATE 2: 7:15-8:30pm	23 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	24 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NAT'L/STATE 2-7:15-8:30p	25 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	26 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	27 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am
28 OFF	29 MEMORIAL DAY OFF	30 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	31 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NAT'L/STATE 2-7:15-8:30p			



June
2023



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