



# July 2023 revised (07.23.23)



| SUNDAY                                                                            | MONDAY                                                                 | TUESDAY                                                                   | WEDNESDAY                                                              | THURSDAY                                                                                       | FRIDAY                                                                                     | SATURDAY                                                          |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
|  |                                                                        |                                                                           |                                                                        |                                                                                                |                                                                                            | 1                                                                 |
| 2                                                                                 | 3<br>TAG 2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:30pm  | 4<br><u>Happy July 4th!</u><br>NATIONAL - 6:00-7:30am                     | 5<br>TAG 2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:30pm  | 6<br><u>CT SR CHAMPS</u><br>STATE - 5:30-6:45am<br>TAG 3 -5:15-6:15pm<br>NATIONAL - 6:15-8:15p | 7<br>CT SR CHAMPS<br>ALL DAY<br>WESLEYAN<br>No Practices                                   | 8<br>CT SR CHAMPS<br>ALL DAY<br>WESLEYAN<br>No Practices          |
| 9<br>CT SR CHAMPS<br>ALL DAY<br>WESLEYAN<br>No Practices                          | 10<br>TAG 2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:30pm | 11<br>TAG 1 -5:15-6:15pm<br>STATE - 6:15-7:15pm<br>NATIONAL - 6:15-8:15pm | 12<br>TAG 2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:30pm | 13<br>STATE - 5:30-6:45am<br>TAG 3 -5:15-6:15pm<br>NATIONAL - 6:15-8:15p                       | 14<br>CT REGIONAL<br>CHAMPS SITE& DETAILS<br>TBA<br>PRACTICE TBA                           | 15<br>CT REGIONAL<br>CHAMPS SITE& DETAILS<br>TBA<br>PRACTICE TBA  |
| 16<br>CT REGIONAL<br>CHAMPS SITE & DETAILS<br>TBA                                 | 17<br>TAG 2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:30pm | 18<br>TAG 1 -5:15-6:15pm<br>STATE - 6:15-7:15pm<br>NATIONAL - 6:15-8:15pm | 19<br>TAG 2+3-5:30-6:30pm<br>STATE-6:30-7:30pm<br>NATIONAL-6:30-8:30pm | 20<br>CT AGE GROUP<br>CHAMPS ALL DAY<br>WESLEYAN<br>Practices TBD                              | 21<br>CT AGE GROUP<br>CHAMPS ALL DAY<br>WESLEYAN<br>Practices TBD                          | 22<br>CT AGE GROUP<br>CHAMPS ALL DAY<br>WESLEYAN<br>Practices TBD |
| 23<br>CT AGE GROUP<br>CHAMPS ALL DAY<br>WESLEYAN                                  | 24<br>ZONE, NCSA<br>NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm           | 25<br>ZONE, NCSA<br>NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm              | 26<br>ZONE, NCSA<br>NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm           | 27<br>NCSA CHAMPS<br><u>INDIANAPOLIS</u><br>ZONE, NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm     | 28<br>NCSA CHAMPS<br><u>INDIANAPOLIS</u><br>ZONE, NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm | 29<br>NCSA CHAMPS<br>INDIANAPOLIS                                 |
| 30<br>NCSA CHAMPS                                                                 | 31<br>ZONE, NCSA<br>NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm           | AUGUST 1<br>ZONE, NCSA<br>NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm        | 2<br>ZONE, NCSA<br>NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm            | 3<br>ZONE CHAMPS<br>VIRGINIA                                                                   | 4<br>ZONE CHAMPS<br>VIRGINIA                                                               | 5<br>ZONE CHAMPS<br>VIRGINIA                                      |



# August, 2023 July 31-Sept 9



| SUNDAY    | MONDAY                                                                                                               | TUESDAY                                                                                                              | WEDNESDAY                                                                                                            | THURSDAY                                                                                                             | FRIDAY                                                                                                               | SATURDAY                                                               |
|-----------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
|           | <b>JULY 31</b><br><br>ZONE, NCSA<br>NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm                                         | <b>August 01</b><br><br>ZONE, NCSA<br>NATIONAL<br>SWIMMERS ONLY<br>6:00-7:30pm                                       | <b>2</b><br><br>EASTERN<br>ZONE CHAMPS<br>RICHMOND, VA<br>NO PRACTICES                                               | <b>3</b><br><br>EASTERN<br>ZONE CHAMPS<br>RICHMOND, VA<br>NO PRACTICES                                               | <b>4</b><br><br>EASTERN<br>ZONE CHAMPS<br>RICHMOND, VA<br>NO PRACTICES                                               | <b>5</b><br><br>EASTERN<br>ZONE CHAMPS<br>RICHMOND, VA<br>NO PRACTICES |
| <b>6</b>  | <b>7</b><br><br><u>OPEN EVALUATIONS</u><br>8/u 5:30-6:00pm<br>9/ov - 6:00-6:30pm<br>NAT SWIMMERS ONLY<br>6:30-8:00pm | <b>8</b><br><br><u>OPEN EVALUATIONS</u><br>8/u 5:30-6:00pm<br>9/ov - 6:00-6:30pm<br>NAT SWIMMERS ONLY<br>6:30-8:00pm | <b>9</b><br><br><u>OPEN EVALUATIONS</u><br>8/u 5:30-6:00pm<br>9/ov - 6:00-6:30pm<br>NAT SWIMMERS ONLY<br>6:30-8:00pm | <b>10</b>                                                                                                            | <b>11</b>                                                                                                            | <b>12</b>                                                              |
| <b>13</b> | <b>14</b>                                                                                                            | <b>15</b>                                                                                                            | <b>16</b>                                                                                                            | <b>17</b>                                                                                                            | <b>18</b>                                                                                                            | <b>19</b>                                                              |
|           | <b>21</b>                                                                                                            | <b>22</b>                                                                                                            | <b>23</b>                                                                                                            | <b>24</b>                                                                                                            | <b>25</b>                                                                                                            | <b>26</b>                                                              |
| <b>27</b> | <b>28</b>                                                                                                            | <b>29</b>                                                                                                            | <b>30</b>                                                                                                            | <b>31</b>                                                                                                            | <b>Sept 1</b>                                                                                                        | <b>2</b>                                                               |
| <b>3</b>  | <b>4</b><br><br>LABOR DAY<br>OFF                                                                                     | <b>5</b><br><br><u>OPEN EVALUATIONS</u><br>8/u 5:30-6:00pm<br>9/ov - 6:00-6:30pm<br>NAT SWIMMERS ONLY<br>6:30-8:00pm | <b>6</b><br><br><u>OPEN EVALUATIONS</u><br>8/u 5:30-6:00pm<br>9/ov - 6:00-6:30pm<br>NAT SWIMMERS ONLY<br>6:30-8:00pm | <b>7</b><br><br><u>OPEN EVALUATIONS</u><br>8/u 5:30-6:00pm<br>9/ov - 6:00-6:30pm<br>NAT SWIMMERS ONLY<br>6:30-8:00pm | <b>8</b><br><br>NAT SWIMMERS ONLY<br>4:00-5:30pm<br><u>OPEN EVALUATIONS</u><br>8/u 5:30-6:00pm<br>9/ov - 6:00-6:30pm | <b>9</b><br><br>OFF                                                    |



# September 2023



| SUNDAY                                                                                                | MONDAY                                                                                                       | TUESDAY                                                                                                          | WEDNESDAY                                                                                                                   | THURSDAY                                                                                                         | FRIDAY                                                                                                           | SATURDAY                                                                                                                          |
|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <b>August 27</b><br> | <b>28</b>                                                                                                    | <b>29</b>                                                                                                        | <b>30</b>                                                                                                                   | <b>31</b>                                                                                                        | <b>1</b><br><br>OFF                                                                                              | <b>2</b><br><br>OFF                                                                                                               |
| <b>3</b>                                                                                              | <b>4</b><br><br>LABOR DAY<br>OFF                                                                             | <b>5</b><br><u>OPEN EVALUATIONS</u><br>8/u 5:30-6:00pm<br>9/ov - 6:00-6:30pm<br>NAT SWIMMERS ONLY<br>6:30-8:00pm | <b>6</b><br><u>OPEN EVALUATIONS</u><br>8/u 5:30-6:00pm<br>9/ov - 6:00-6:30pm<br>NAT SWIMMERS ONLY<br>6:30-8:00pm            | <b>7</b><br><u>OPEN EVALUATIONS</u><br>8/u 5:30-6:00pm<br>9/ov - 6:00-6:30pm<br>NAT SWIMMERS ONLY<br>6:30-8:00pm | <b>8</b><br>NAT SWIMMERS ONLY<br>4:00-5:30pm<br><u>OPEN EVALUATIONS</u><br>8/u 5:30-6:00pm<br>9/ov - 6:00-6:30pm | <b>9</b><br><br>OFF                                                                                                               |
| <b>10</b><br><br>OFF                                                                                  | <b>11</b><br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NATIONAL/STATE 2:<br>7:15-8:30pm | <b>12</b><br>TEAM GEAR SALES -3:45-7:00p<br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm | <b>13</b><br>TAG 1 - 4:30-5:15pm<br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NAT'L/STATE 2-7:15-8:30p | <b>14</b><br>TEAM GEAR SALES -3:45-7:00p<br>STATE - 5:30-6:45am<br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p  | <b>15</b><br>NATIONAL - 3:30-5:00pm<br>TAG 1 - 5:00-6:00pm<br>TAG 2 - 6:00-7:00pm                                | <b>16</b><br>NATIONAL - 5:30-7:00am<br>STATE - 7:00-8:15am<br>TAG 3 - 8:15-9:00am<br>FUTURE -1:30-2:30pm<br>FUTURE 56-2:30-3:15pm |
| <b>17</b><br><br>OFF                                                                                  | <b>18</b><br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NATIONAL/STATE 2:<br>7:15-8:30pm | <b>19</b><br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm                                | <b>20</b><br>TAG 1 - 4:30-5:15pm<br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NAT'L/STATE 2-7:15-8:30p | <b>21</b><br>STATE - 5:30-6:45am<br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p                                 | <b>22</b><br>NATIONAL - 3:30-5:00pm<br>TAG 1 - 5:00-6:00pm<br>TAG 2 - 6:00-7:00pm                                | <b>23</b><br>NATIONAL - 5:30-7:00am<br>STATE - 7:00-8:15am<br>TAG 3 - 8:15-9:00am<br>FUTURE -1:30-2:30pm<br>FUTURE 56-2:30-3:15pm |
| <b>24</b><br><br>OFF                                                                                  | <b>25</b><br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NATIONAL/STATE 2:<br>7:15-8:30pm | <b>26</b><br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm                                | <b>27</b><br>TAG 1 - 4:30-5:15pm<br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NAT'L/STATE 2-7:15-8:30p | <b>28</b><br>STATE - 5:30-6:45am<br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p                                 | <b>29</b><br>NATIONAL - 3:30-5:00pm<br>TAG 1 - 5:00-6:00pm<br>TAG 2 - 6:00-7:00pm                                | <b>30</b><br>NATIONAL - 5:30-7:00am<br>STATE - 7:00-8:15am<br>TAG 3 - 8:15-9:00am<br>FUTURE -1:30-2:30pm<br>FUTURE 56-2:30-3:15pm |
| <b>October 1</b><br><br>OFF                                                                           | <b>2</b><br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NATIONAL/STATE 2:<br>7:15-8:30pm  | <b>3</b><br>TAG 1 - 4:30-5:15pm<br>STATE - 5:15-6:15pm<br>NATIONAL - 6:15-8:15pm                                 | <b>4</b><br>TAG 1 - 4:30-5:15pm<br>TAG 2 - 5:15-6:15pm<br>TAG 3/STATE 1:<br><u>6:15-7:15pm</u><br>NAT'L/STATE 2-7:15-8:30p  | <b>5</b><br>STATE - 5:30-6:45am<br>TAG 3 - 5:15-6:15pm<br>NATIONAL - 6:15-8:15p                                  | <b>6</b><br>NATIONAL - 3:30-5:00pm<br>TAG 1 - 5:00-6:00pm<br>TAG 2 - 6:00-7:00pm                                 | <b>7</b><br>NATIONAL - 5:30-7:00am<br>STATE - 7:00-8:15am<br>TAG 3 - 8:15-9:00am<br>FUTURE -1:30-2:30pm<br>FUTURE 56-2:30-3:15pm  |