| 4 Dec 2023 | January 2024 - Munster Masters |  |  |  |  | Feb 2024 - |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | $\begin{aligned} & 8 \\ & \text { 5:15-6:45am } \\ & \text { 6:45-8pm+ } \end{aligned}$ | $9$ <br> NO PM workout (home HS meet) | $\begin{aligned} & 10 \\ & 5: 15-6: 45 \mathrm{am} \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $\begin{aligned} & 11 \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $12$ <br> 5:15-6:45am (possibly cancelled) | $13$ <br> NO workout |
|  |  |  |  |  |  |  |
| 14 | $\begin{aligned} & 15 \\ & \text { NO AM workout } \\ & \text { 6:45-8pm+ } \end{aligned}$ | $\begin{aligned} & 16 \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $\begin{aligned} & 17 \\ & 5: 15-6: 45 \mathrm{am} \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $\begin{aligned} & 18 \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $19$ | $20$ <br> NO workout |
|  |  |  |  |  |  |  |
| 21 | $\begin{aligned} & 22 \\ & 5: 15-6: 45 \mathrm{am} \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | 23 <br> NO PM workout (home HS meet) | $\begin{aligned} & 24 \\ & 5: 15-6: 45 \mathrm{am} \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $\begin{aligned} & 25 \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $\begin{aligned} & 26 \\ & 5: 15-6: 45 \mathrm{am} \end{aligned}$ | $27$ <br> NO workout |
|  |  |  |  |  |  |  |
| 28 | $\begin{aligned} & 29 \\ & 5: 15-6: 45 \mathrm{am} \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $\begin{aligned} & 30 \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $\begin{aligned} & 31 \\ & \mathbf{5 : 1 5 - 6 : 4 5 \mathrm { am }} \\ & \text { NO PM workout } \end{aligned}$ |  |  |  |
|  |  |  |  |  |  |  |



| 4 Feb 2024 March 2024 - Munster Masters Apr 2024 |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|  |  |  |  |  | $\begin{aligned} & 1 \\ & 5: 15-6: 45 \mathrm{am} \end{aligned}$ | $\begin{array}{cc} 2 \\ \begin{array}{c} \text { 7-8:30am } \\ \text { (open lanes) } \end{array} \end{array}$ |
| 3 | $\begin{aligned} & 4 \\ & \text { 5:15-6:45am } \\ & \text { NO PM workout } \\ & \text { (MSC meet) } \end{aligned}$ | $\begin{aligned} & 5 \\ & 6: 30-7: 45 \mathrm{pm} \end{aligned}$ | $\begin{aligned} & 6 \\ & 5: 15-6: 45 \mathrm{am} \\ & 6: 30-7: 45 \mathrm{pm} \end{aligned}$ | $\begin{aligned} & 7 \\ & 6: 30-7: 45 \mathrm{pm} \end{aligned}$ | $\begin{aligned} & 8 \\ & 5: 15-6: 45 \mathrm{am} \end{aligned}$ | $\begin{array}{lr} 9 & \\ \begin{array}{r} \text { 7-8:30am } \\ \text { (open lanes) } \end{array} \end{array}$ |
| 10 | $\begin{aligned} & 11 \\ & 5: 15-6: 45 \mathrm{am} \\ & 6: 30-7: 45 \mathrm{pm} \end{aligned}$ | $\begin{aligned} & 12 \\ & 6: 30-7: 45 \mathrm{pm} \end{aligned}$ | $\begin{aligned} & 13 \\ & 5: 15-6: 45 \mathrm{am} \\ & 6: 30-7: 45 \mathrm{pm} \end{aligned}$ | $\begin{aligned} & 14 \\ & 6: 30-7: 45 \mathrm{pm} \end{aligned}$ | $15$ 5:15-6:45am | $16 \begin{aligned} & 16 \\ & \begin{array}{c} \text { 7-8:30am } \\ \text { (open lanes) } \end{array} \end{aligned}$ |
| 17 | $\begin{aligned} & 18 \\ & 5: 15-6: 45 \mathrm{am} \\ & 6: 30-7: 45 \mathrm{pm} \end{aligned}$ | $\begin{aligned} & 19 \\ & 6: 30-7: 45 \mathrm{pm} \end{aligned}$ | $\begin{aligned} & 20 \\ & \text { 5:15-6:45am } \\ & \text { 6:30-7:45pm } \end{aligned}$ | $21$ 6:30-7:45pm | $22$ <br> 5:15-6:45am | $23$ <br> NO workout |
| 24 <br> STM Spring Break workouts MAY be limited due to staffing | 25 <br> NO AM workout PM workout TBA | 26 <br> NO AM workout PM workout TBA | $27$ <br> NO AM workout PM workout TBA | 28 <br> NO AM workout PM workout TBA | 29 <br> NO Workouts | $\begin{aligned} & 30 \\ & \text { NO workout } \end{aligned}$ |
| 31 | **PM workouts need to be OUT | in late FEB and by 7:45pm | MARCH change | top a 6:30pm | ART time a | immers will |


| 4 Mar 2024 | April 2024 - Munster Masters |  |  |  |  | May 2024 - |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|  | 1 <br> NO AMM workout PM workout TBA | 2 <br> NO AM workout PM workout TBA |  | 4 <br> NO AM workout PM workout TBA | 5 <br> NO Workouts | $\begin{aligned} & 6 \\ & 100 \times 100 @ \\ & \text { MHS - Yards } \\ & \text { (possible) } \end{aligned}$ |
| 7 | $\begin{aligned} & 8 \\ & 5: 15-6: 45 \mathrm{am} \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $\begin{aligned} & 9 \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $\begin{aligned} & 10 \\ & \text { 5:15-6:45am } \\ & \text { 6:45-8pm+ } \end{aligned}$ | $\begin{aligned} & 11 \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $12$ | $13$ <br> NO workout |
| 14 | $\begin{aligned} & 15 \\ & \text { 5:15-6:45am } \\ & \text { 6:45-8pm+ } \end{aligned}$ | $\begin{aligned} & 16 \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $\begin{aligned} & 17 \\ & 5: 15-6: 45 \mathrm{am} \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $\begin{aligned} & 18 \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $19$ | 20 <br> GRIN State <br> Meet @ IU Natatorium |
| $21$ <br> GRIN State <br> Meet @ IU Natatorium | $\begin{aligned} & 22 \\ & 5: 15-6: 45 \mathrm{am} \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $\begin{aligned} & 23 \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $\begin{aligned} & 24 \\ & \text { 5:15-6:45am } \\ & \text { 6:45-8pm+ } \end{aligned}$ | $\begin{aligned} & 25 \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $26$ 5:15-6:45am | $\begin{aligned} & 27 \\ & \text { NO workout } \end{aligned}$ |
| 28 | $\begin{aligned} & 29 \\ & 5: 15-6: 45 \mathrm{am} \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ | $\begin{aligned} & 30 \\ & 6: 45-8 \mathrm{pm}+ \end{aligned}$ |  |  |  |  |



