



JULY

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VU = Villanova University

MD = Martin's Dam

PCC = Philadelphia Country Club

CSC = Conestoga Swim Club

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUP	30	01	02	03	04	05	06
BLUE		6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	OFF	7:00 - 9:00 AM @ PCC
BRONZE		6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	OFF	7:00 - 9:00 AM @ PCC
EVENTS							
GROUP	07	08	09	10	11	12	13
BLUE	OFF	6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	6:30 - 8:30 AM @ VU	7:00 - 9:00 AM @ PCC
BRONZE	OFF	6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	6:30 - 8:30 AM @ VU	7:00 - 9:00 AM @ PCC
EVENTS					Senior Champs	Senior Champs	Senior Champs
GROUP	14	15	16	17	18	19	20
BLUE	OFF	6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	6:30 - 8:30 AM @ VU	7:00 - 9:00 AM @ PCC
BRONZE	OFF	6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	6:30 - 8:30 AM @ VU	7:00 - 9:00 AM @ PCC
EVENTS	Senior Champs					Junior Champs	Junior Champs
GROUP	21	22	23	24	25	26	27
BLUE	OFF	6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	6:30 - 8:30 AM @ VU	OFF
BRONZE	OFF	6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	6:30 - 8:30 AM @ VU	6:30 - 8:00 AM @ MD	6:30 - 8:30 AM @ VU	OFF
EVENTS	Junior Champs					Final Summer Practice	
						Silver Champs	Silver Champs
GROUP	28	29	30	31	01	02	03
BLUE	OFF						
BRONZE	OFF						
EVENTS	Silver Champs						