

July 2022 USC Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 26 SR/SRU: 8-9:15a (C)	June 27 HS1/HS2: 3:30-5:30p JR: 3:30-5:30p SR/SRU: 6:30-8a (Q)	June 28 AG1/AG2: 4-5:30p HS2: 7-8:30p SR/SRU 6:30-8:30a (Q) SR/SRU: 7-8:30p	June 29 AG1/AG2: 4-5:30p HS1/HS2: 7:30-9p (Q) JR: 7:30-9p (Q) SR/SRU: 6:30-8:30a (Q)	June 30 HS1/HS2: 3:30-5:30p JR: 3:30-5:30p SR/SRU: 6:30-8:30a (Q)	1 AG1/AG2: 7:30-9a (Q) JR: 7:30-9a (Q)	2 HS1/HS2: 7-9a JR: 7-9a SR/SRU: 7-9a
3 AG1/AG2: 7:30-9a SR/SRU: 7-9a	4 HS2: 6:30-8:30a (Q) JR: 6:30-8:30a (Q) SR/SRU: 6:30-8:30a (Q)	5 AG1/AG2: 4-5:30p HS2: 7-8:30p SR/SRU 6:30-8:30a (Q) SR/SRU: 7-8:30p	6 AG1/AG2: 4-5:30p AG1/AG2: 7:30-9p (Q) JR: 7:30-9p (Q) SR/SRU: 6:30-8:30a (Q)	7 HS1/HS2: 3:30-5:30p JR: 3:30-5:30p SR/SRU: 6:30-8:30a (Q)	8 AG1/AG2: 7:30-9a (Q) JR: 7:30-9a (Q)	9 AG2: 9-11a HS1/HS2: 7-9a JR: 9-11a SR/SRU: 7-9a
10 SR/SRU: 7-9a	11 HS1/HS2: 3:30-5:30p JR: 3:30-5:30p SR/SRU: 6:30-8:30a (Q)	12 AG1/AG2: 4-5:30p HS2: 7-8:30p SR/SRU 6:30-8:30a (Q) SR/SRU: 7-8:30p	13 AG1/AG2: 4-5:30p HS1/HS2: 7:30-9p (Q) JR: 7:30-9p (Q) SR/SRU: 6:30-8:30a (Q)	14 NE SRs HS1/HS2: 3:30-5:30p JR: 3:30-5:30p SR/SRU: 6:30-8:30a (Q)	15 NE SRs AG1/AG2: 7:30-9a (Q) JR: 7:30-9a (Q)	16* NE SRs / 10U Champs AG2: 9-11a HS1/HS2: 7-9a JR: 9-11a SR/SRU: 7-9a
17* NE SRs / 10U Champs SR/SRU: 7-9a	18 HS1/HS2: 3:30-5:30p JR: 3:30-5:30p SR/SRU: 6:30-8:30a (Q)	19 AG1/AG2: 4-5:30p HS2: 7-8:30p SR/SRU 6:30-8:30a (Q) SR/SRU: 7-8:30p	20 AG1/AG2: 4-5:30p HS1/HS2: 7:30-9p (Q) JR: 7:30-9p (Q) SR/SRU: 6:30-8:30a (Q)	21 NE 11-14s HS1/HS2: 3:30-5:30p JR: 3:30-5:30p SR/SRU: 6:30-8:30a (Q)	22 NE 11-14s AG1/AG2: 7:30-9a (Q) JR: 7:30-9a (Q)	23* NE 11-14s AG2: 9-11a HS1/HS2: 7-9a JR: 9-11a SR/SRU: 7-9a
24* / 31* NE 11-14s SR/SRU: 7-9a	25 HS1/HS2: 3:30-5:30p JR: 3:30-5:30p SR/SRU: 6:30-8:30a (Q)	26 AG1/AG2: 4-5:30p HS2: 7-8:30p SR/SRU 6:30-8:30a (Q) SR/SRU: 7-8:30p	27 Futures AG1/AG2: 4-5:30p HS1/HS2: 7:30-9p (Q) JR: 7:30-9p (Q) SR/SRU: 6:30-8:30a (Q)	28 Futures HS1/HS2: 3:30-5:30p JR: 3:30-5:30p SR/SRU: 6:30-8:30a (Q)	29 Futures / NE Silvers AG1/AG2: 7:30-9a (Q) JR: 7:30-9a (Q)	30* Futures / NE Silvers AG2: 9-11a HS1/HS2: 7-9a JR: 9-11a SR/SRU: 7-9a

Practice Notes KEY (C) = dryland @ Cressey (Q) = Swim at Quail Ridge

* swim meet weekend practices are subject to adjustments