

	Sunday 2/15 Cooper Meet	Monday 2/16	Tuesday 2/17	Wed 2/18	Thursday 2/19 Regionals	Friday 2/20 Regionals HS Dist	Saturday 2/21 Regionals HS Dist
Sea Pups	No Practice		SW 6:15-7:15 pm	SW 6:15-7:15 pm			
Super Squad	No Practice	SW 6:15-7:15 pm		SW 6:15-7:15 pm			
Blue Squad Green Squad		SW 6-7:30 pm	SW 6-7:30 pm	SW 6-7:30 pm	SW 6-7:30 pm	NO PRACTICE	
Regionals PS Taper		SW 5-6:30 pm DL 6:30-7:30 pm	SW 5-6:30 pm NO DL	SW 5-6:30 pm DL 6:30-7:30 pm	SW 5-6 pm NO DL	NO PRACTICE	
HS Swimmers Taper		SW 5-6:30 pm DL 6:30-7:30 pm	SW 5-6:30 pm NO DL	SW 5-6:30 pm DL 6:30-7:30 pm	SW 5-6 pm NO DL	NO PRACTICE	

Updated 1/3	Sunday 2/22	Monday 2/23	Tuesday 2/24	Wed 2/25	Thursday 2/26	Friday 2/27	Saturday 2/28 Mary Lou
Mary Lou Sea Pups/Super	SW 2:30-3:30 pm	SW 6:15-7:15 pm		SW 6:15-7:15 pm	SW 6:15-7:15 pm		
Mary Lou Blue/Green		SW 6:30-7:45 pm	SW 6:30-7:45 pm	SW 6:30-7:45 pm	SW 6:30-7:45 pm	SW 6:30-7:45 pm	
Junior Champs		SW 5-6:30 pm DL 6:30-7:00 pm	SW 5-6:30 pm	SW 5-6:30 pm DL 6:30-7:00 pm	SW 5-6:30 pm	SW 5-6:30 pm	
Senior Meet		SW 5-6:30 pm DL 6:30-7:30 pm	SW 5-6:30 pm NO DL	SW 5-6:30 pm DL 6:30-7:30 pm	SW 5-6 pm NO DL	SW 5-6:30 pm	

Updated 1/3	Sunday 3/1 Mary Lou	Monday 3/2	Tuesday 3/3	Wed 3/4	Thursday 3/4 Senior Meet	Friday 3/6 Senior Meet	Saturday 3/7 Senior Meet
Evaluations				6-7pm			
Junior Champs		SW 5-6:30 pm DL 6:30-7:00 pm	SW 5-6:30 pm	SW 5-6:30 pm DL 6:30-7:00 pm	SW 5-6:30 pm	SW 5-6:30 pm	
Senior Meet		SW 5-6:30 pm DL 6:30-7:30 pm	SW 5-6:30 pm NO DL	SW 5-6:30 pm DL 6:30-7:30 pm	SW 5-6 pm NO DL	NO PRACTICE	
Off Season DL		DL 6:30-7:30 pm		DL 6:30-7:30 pm			

Updated 1/3	Sunday 3/8 Senior Meet	Monday 3/9	Tuesday 3/10	Wed 3/11	Thursday 3/12 JR Champs	Friday 3/13 JR Champs	Saturday 3/14 JR Champs
Evaluations		6-7pm		6-7pm			
Junior Champs		SW 5-6:30 pm	SW 5-6:30 pm	SW 5-6 pm	TBD		
Off Season DL		DL 6:30-7:30 pm		DL 6:30-7:30 pm			