

	Sunday 1/18 Classic	Monday 1/19	Tuesday 1/20	Wed 1/21	Thursday 1/22	Friday 1/23	Sat 1/24 JV Invite ECC MS Champs
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		DL 6-6:30 pm SW 6:30-7:45 pm		DL 6-6:30 pm SW 6:30-7:45 pm	SW 6:30-7:45 pm	SW 6-7:15 pm	
Green Squad		DL 6-6:30 pm SW 6:30-8 pm	SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	SW 5-7 pm	
Pre-Senior Squad		SW 4:15-6:30 pm DL 6:30-7:30 pm	See PM Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 4:15-6:30 pm NO DL	SW 5:30-7 am SW 4-5:30 pm	
Senior Squad		SW 4:15-6:30 pm DL 6:30-7:30 pm	See PM Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 5:30-7 am SW 4-6 pm	
Distance Squad			DL 4:15-5:30 SW 5:30-7 pm				
Stroke Specialty			SW 4-6 pm No DL				

	Sunday 1/25 CAC Invite	Monday 1/26	Tuesday 1/27 SUA/Turpin	Wed 1/28	Thursday 1/29 SUA Senior Night 6pm	Friday 1/30 Anderson Senior Night 5pm	Saturday 1/31
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		DL 6-6:30 pm SW 6:30-7:45 pm		DL 6-6:30 pm SW 6:30-7:45 pm	NO Practice	SW 6:30-7:30 pm	
Green Squad		DL 6-6:30 pm SW 6:30-8 pm	SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	NO Practice	SW 6:30-7:30 pm	
Pre-Senior Squad		SW 4:15-6:30 pm DL 6:30-7:30 pm	See PM Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 3:30 -4:45 pm	5:30-7 am NO PM	
Senior Squad		SW 4:15-6:30 pm DL 6:30-7:30 pm	See PM Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 3:30 -4:45 pm	5:30-7 am NO PM	
Distance Squad			DL 4:15-5:30 SW 5:30-7 pm				

	Sunday 2/1	Monday 2/2	Tuesday 2/3	Wed 2/4 Girls GCL	Thursday 2/5	Friday 2/6	Saturday 2/7
Sea Pups	SW 2:30-3:30 pm		SW 6:15-7:15 pm	SW 6:15-7:15 pm			
Super Squad	SW 2:30-3:30 pm	SW 6:15-7:15 pm		SW 6:15-7:15 pm			
Blue Squad		DL 6-6:30 pm SW 6:30-7:45 pm		DL 6-6:30 pm SW 6:30-7:45 pm	SW 6:30-7:45 pm	SW 6-7:15 pm	
Green Squad		DL 6-6:30 pm SW 6:30-8 pm	SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	SW 5-7 pm	
Pre-Senior Squad		SW 4:15-6:30 pm DL 6:30-7:30 pm	See PM Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 4:15-6:30 pm NO DL	SW 5:30-7 am SW 4-6 pm	
Senior Squad		SW 4:15-6:30 pm DL 6:30-7:30 pm	See PM Assignment	SW 4:15-6:30 pm DL 6:30-7:30 pm	SW 4:15-6:30 pm NO DL	SW 5:30-7 am SW 4-6 pm	
Distance Squad			NO DL SW 5:30-7 pm				
Stroke Specialty			SW 4-6 pm NO DL				

	Sunday 2/8	Monday 2/9	Tuesday 2/10	Wed 2/11	Thursday 2/12	Friday 2/13 HS Sect Boys	Saturday 2/14 HS Sect Girls
Sea Pups	SW 2:30-3:30 pm		SW 6:15-7:15 pm	SW 6:15-7:15 pm			
Super Squad	SW 2:30-3:30	SW 6:15-7:15 pm		SW 6:15-7:15 pm			
Blue Squad		DL 6-6:30 pm SW 6:30-7:45 pm		DL 6-6:30 pm SW 6:30-7:45 pm	SW 6:30-7:45 pm	SW 6-7:15 pm	
Green Squad		DL 6-6:30 pm SW 6:30-8 pm	SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	DL 6-6:30 pm SW 6:30-8 pm	SW 5-7 pm	
13-14 Regional		SW 4:30-6:30 pm DL 6:30-7:30 pm	SW 4:30-6:30 pm NO DL	SW 4:30-6:30 pm DL 6:30-7:30 pm	SW 4:30-6:30 pm NO DL	NO AM SW 4-6 pm	
HS Swimmers Taper/rest		SW 4:30-6:30 pm DL 6:30-7:30 pm	SW 4:30-6:30 pm NO DL	SW 4:30-6:30 pm DL 6:30-7:30 pm	SW 4:30-6:30 pm NO DL	NO AM SW 4-6 pm	

Updated 1/3	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	SW 2:30-3:30 pm		SW 6:15-7:15 pm	SW 6:15-7:15 pm			
Super Squad	SW 2:30-3:30 pm	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 Julie, Ron, Ocean	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	