



SUMMER SWIM TEAM 2025

Instruction for any MSC member athlete between the ages of 5-18. Qualifying athletes must be capable of swimming the length of the pool or approved by the coaching staff.

SPRING PRACTICE SCHEDULE

Beginning May 19, 2025

11&12, 13+:	4:00 – 4:45 Mon-Fri
9&10:	4:45 – 5:30 Mon-Fri
8&U:	5:30 – 6:00 Mon-Fri
Mini Mantas:	6:00 – 6:30 Tues & Thurs



SUMMER PRACTICE SCHEDULE

Beginning June 23, 2025

9 & 10:	8:30 – 9:15 Mon-Fri
11&12:	9:15 – 10:15 Mon-Fri
13+:	10:15 – 11:15 Mon-Fri
Mini Mantas:	10:15 – 10:45 Mon-Fri
8&U:	11:15 – 12:00 Mon-Fri

2025 TEAM CALENDAR

All Dates are Tentative

All meet times & locations subject to change

May 4	Cinco de Mayo Summer Programming Meet & Greet 3 – 5pm
May 20	Mandatory Parent Meeting (Option 1) 5:00 – 5:45pm
June 5	Mandatory Parent Meeting (Option 2) 5:30 – 6:15pm
June 9	Time Trials @ MSC, 5:00 (4:00 check-in, 4:15 warm-up)
June 17	“B” Meet <u>HOME</u> vs. Snoqualmie Ridge
June 19	“A” Meet <u>AWAY</u> @ Snoqualmie Ridge
June 24	“B” Meet <u>AWAY</u> @ Samena
June 26	“A” Meet <u>HOME</u> vs. Samena
July 1	Combined “A” & “B” Meet <u>HOME</u> vs. MICC
July 8	“B” Meet <u>AWAY</u> @ Somerset
July 10	“A” Meet <u>HOME</u> vs. Somerset
July 13	Coaches’ Party
July 15	“B” Meet <u>HOME</u> vs. Klahanie
July 17	“A” Meet <u>AWAY</u> @ Klahanie
July 20	Division (“B”) Champs @ Samena
July 27	League (“A”) Champs @ KCAC
July 28	Awards Celebration @ MSC, 6:30pm

Home Meets

MSC Check-in: 4:30
MSC Warm-up: 4:45
Meet Start: 6:00

(check-in /warm-up 30 minutes earlier for combined meets, 5:30pm meet start)



Away Meets

MSC Check-in: 5:00
MSC Warm-up: 5:15
Meet Start: 6:00