

2023 Meet and Practice Schedule



Coaches assume swimmers will attend all meets. Signout by declaration deadline for each meet.
Reminders and meet info are emailed out one week in advance..

Date	Meet	Location
10-12-23	Training Meet @ 6:30 pm	Sidney
10-20/21/22-23	KEY Fall Invitational	Kettering, OH
11-3/4/5-23	Great White North Invitational	Auglaize Mercer Family YMCA- Celina, OH
11-11-23	Pentathlon	Sidney, OH
11-18-23	Annual High School Format Meet* 13+ swimmers only 6:00 pm	Sidney, OH
12-2/3-23	CFY Polar Bear Invite	Countryside YMCA Lebanon, OH
12-9-23	Dual Meet *	Sidney, OH*
12-16-23	Dual Meet *	TBD*
1-6/7/8-24	PCY Winter invitational	Miami University Oxford, OH
1-20-24	SPY Winter Mini-meet	Springfield, OH
2-2/3-24	Marlin Madness Invitational*	Troy, OH
2-10-24	SIDY vs KZY	Sidney, OH
2-24-24	Last chance meet*	Auglaize Mercer Family YMCA Celina, OH
3-1/2/3-24	A Championships	Trotwood-Madison High School Trotwood, OH
3-8/9/10-24	AA Championships	Miami University Oxford, OH
3-15/16/17-24	ZONE Championships	Canton, OH

- *Tentative
- Additional meets may be added as they become available.

Team:	White	Gold	Silver 1	Silver 2	Black
Coach:	Karen	Karen	Brittany	Jim	Jim
Monday	X	6:30-7:15	DL 5:45-6:15 6:30-7:30	DL 6:30-7:00 W 7:15-8:30	DL 6:30-7:00 W 7:15-8:30
Tuesday	5:30-6:15	6:30-7:15	6:30-7:30	6:30-7:30	6:30-8:00
Wednesday	X	6:30-7:15	6:30-7:30	6:30-8:00	6:30-8:00
Thursday	5:30-6:15	6:30-7:15	6:30-7:30	6:30-7:30	6:30-8:00
Sunday	N/A	N/A	6:00-7:00	6:00-7:00	6:00-7:00

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Practice groups:

Maturity level is considered.

White 9& under (first year)

Gold 9-12 (intermediate) 75% skills/ 25% workout

Silver 1 9-12 (Moderate) 40% skills/60% endurance workout”

Silver 2 11-14 (Moderate/Advanced) 30% skill/ 70% workout

Black 13& over (Advanced) 20% skill/80% workout