July 2024 Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul
		No Pre-Swim Pra	actices this week			
	Developmental	Developmental	Developmental			
	6:30-7:30pm HAC	6:30-7:30pm HAC	6:30-7:30pm HAC			
				No Pr	actice	
	Age Group 1 & 2	Age Group 1 & 2	Age Group 1 & 2	Independ	ence Day	
	6:30-8:00pm HAC	6:30-8:00pm HAC	6:30-8:00pm HAC	Br	eak	
	Age Group 2	Age Group 2	Age Group 2			
	7:15-8:45am South	7:15-8:45am South	7:15-8:45am South			
	Senior	Senior	Senior			
	6:45-8:45am South	6:45-8:45am South	6:45-8:45am South			
	6:30-8:30pm HAC	6:30-8:30pm HAC	6:30-8:30pm HAC			
7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul
	Pre-Swim Team	Pre-Swim Team	Pre-Swim Team	Pre-Swim Team		
	4:45-5:30pm Fercho YMCA	4:45-5:30pm Fercho YMCA	4:45-5:30pm Fercho YMCA	4:45-5:30pm Fercho YMCA		
	Developmental	Developmental	Developmental	Developmental	Developmental	AQST Summ
	6:30-7:30pm HAC	6:30-7:30pm HAC	6:30-7:30pm HAC	6:30-7:30pm HAC	7:45-8:45am South	Sizzler Invit
	Age Group 1 & 2	Age Group 1 & 2	Age Group 1 & 2	Age Group 1 & 2		
	6:30-8:00pm HAC	6:30-8:00pm HAC	6:30-8:00pm HAC	6:30-8:00pm HAC	Age Group	
	Age Group 2	Age Group 2	Age Group 2	Age Group 2	7:15-8:45am South	
	7:15-8:45am South	7:15-8:45am South	7:15-8:45am South	7:15-8:45am South		
	Senior	Senior	Senior	Senior	Senior	
	6:45-8:45am South	6:45-8:45am South	6:45-8:45am South	6:45-8:45am South	6:45-8:45am South	
	6:30-8:30pm HAC	6:30-8:30pm HAC	6:30-8:30pm HAC	6:30-8:30pm HAC		
14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul
1130.	Pre-Swim Team	Pre-Swim Team	Pre-Swim Team	Pre-Swim Team	15-301	20-341
	4:45-5:30pm Fercho YMCA	4:45-5:30pm Fercho YMCA	4:45-5:30pm Fercho YMCA	4:45-5:30pm Fercho YMCA		
	Developmental	Developmental	Developmental	Developmental		
AQST Summer		6:30-7:30pm HAC	6:30-7:30pm HAC	6:30-7:30pm HAC		
Sizzler Invite	6:30-7:30pm HAC	6.50-7.50pm nAC	6.50-7.50pm HAC	6.50-7.50pm nAC		
OILLIC: IIIVIC					ND Long Course	
	Ago Group 1 8, 2	Ago Group 1 9, 2	Ago Group 1 9, 2	Ago Group 1 9, 2		
	Age Group 1 & 2	Age Group 1 & 2	Age Group 1 & 2	Age Group 1 & 2	ND Long	Course
	Age Group 1 & 2 6:30-8:00pm HAC	Age Group 1 & 2 6:30-8:00pm HAC	Age Group 1 & 2 6:30-8:00pm HAC	Age Group 1 & 2 6:30-8:00pm HAC		
					State Chan	npionship
	6:30-8:00pm HAC	6:30-8:00pm HAC	6:30-8:00pm HAC	6:30-8:00pm HAC		npionship
	6:30-8:00pm HAC Age Group 2	6:30-8:00pm HAC Age Group 2	6:30-8:00pm HAC Age Group 2	6:30-8:00pm HAC Age Group 2	State Chan	npionship
	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South	State Chan	npionship
	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC	State Chan	npionship
	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week	State Char Bismarck Aq	npionship uatic Center
21-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC	State Chan	npionship
	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week	State Char Bismarck Aq	npionship uatic Center
ID Long Course	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 22-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 23-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 24-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 25-Jul	State Char Bismarck Aq	npionship uatic Center
ID Long Course te Championship	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 22-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 23-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 25-Jul	State Char Bismarck Aq	npionship uatic Center
ID Long Course	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 22-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 23-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 24-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 25-Jul	State Char Bismarck Aq	npionship uatic Center
ND Long Course te Championship	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 22-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 23-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 24-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 25-Jul	State Char Bismarck Aq	npionship uatic Center
ND Long Course te Championship	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 22-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 23-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 24-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 25-Jul	State Char Bismarck Aq	npionship uatic Center
ND Long Course te Championship	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 22-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 23-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 24-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 25-Jul	State Char Bismarck Aq	npionship uatic Center
ND Long Course te Championship	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 22-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 23-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 24-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 25-Jul	State Char Bismarck Aq	npionship uatic Center
ND Long Course ate Championship	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 22-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 23-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 24-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 25-Jul	State Char Bismarck Aq	npionship uatic Center
ND Long Course ate Championship	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 22-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 23-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 24-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 25-Jul	State Char Bismarck Aq	npionship uatic Center
ND Long Course ate Championship	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 22-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 23-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 24-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 25-Jul	State Char Bismarck Aq	npionship uatic Center
ND Long Course ate Championship	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 22-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 23-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 24-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 25-Jul	State Char Bismarck Aq	npionship uatic Center
ND Long Course te Championship	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 22-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 23-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 24-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 25-Jul	State Char Bismarck Aq	npionship uatic Center
ID Long Course te Championship	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 22-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 23-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 24-Jul	6:30-8:00pm HAC Age Group 2 7:15-8:45am South Senior 6:45-8:45am South 6:30-8:30pm HAC State Team Only This Week 25-Jul	State Char Bismarck Aq	npionship uatic Center

^{* 2-}A-Day practices are for AG II, Senior I, and Senior II