

SD/ Junior/ Senior Late Summer Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 20	21 5:00-7:30 am Meet Prep 3:00-5:30 pm Meet Prep	22 5:00-7:30 am Meet Prep 3:00-5:30 pm Meet Prep	23 5:00-7:30 am Meet Prep 1:30-3:00 pm Weights	24 3:00-5:30 pm Meet Prep	25 NAC Summer Sizzler	26 NAC Summer Sizzler
27 NAC Summer Sizzler	28 5:00-7:30 am Meet Prep 3:00-5:30 pm Meet Prep	29 5:00-7:30 am Meet Prep 3:00-5:30 pm Meet Prep	30 5:00-7:30 am Meet Prep 1:30-3:00 pm Weights	July 1 3:00-5:30 pm Meet Prep	2 5:00-7:30 am Meet Prep	3 6:00-8:30 am Meet Prep No Weights
4	5 5:00-7:30 am Meet Prep No Practice (pool closing early)	6 5:00-7:30 am Meet Prep 3:00-5:30 pm Meet Prep	7 5:00-7:30 am Meet Prep 1:30-3:00 pm Weights	8 5:00-7:30 am Meet Prep No Practice due to RCSL	9 5:00-7:30 am Meet Prep	10 No Practice due to RCSL Championship Meet
11	12 5:45-7:30 am Meet Prep 4:00-5:30 pm Meet Prep	13 5:45-7:30 am Meet Prep 4:00-5:30 pm Meet Prep	14 5:30-7:30 am Meet Prep	15 3:30-5:30 pm Meet Prep	16 5:30-7:30 am Meet Prep	17 6:30-8:30 am Meet Prep
18 2000 on your own at any pool	19 6:00-7:30 am Meet Prep	20 6:00-7:30 am Meet Prep	21 6:15-7:30 am Meet Prep	22 6:30-7:30 am Warm-up for those not swimming at meet or until weekend Southeasterns!!!!	23 Southeasterns!!!!	24 Southeasterns!!!! Practice will continue after meet until Aug. 11th