

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
	Mandatory Parent Meeting Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00	Varsity Meet- Gold and silver groups- 5:30-7:30 Bronze- 6-7		Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00		No Practice
15	16	17	18	19	20	21
	Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00	Varsity Meet- Gold and silver groups- 5:30-7:30 Bronze- 6-7		Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00		Gold- 10:00-11:30 Silver- 10:00-11:30
22	23	24	25	26	27	28
	Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00	Swim Suit Fitting Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6-7		Varsity Meet- Gold and silver groups- 5:30-7:30 Bronze- 6-7		Silver and Gold- 11-12:30
29	30					
	Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00					

NOTES

Any questions-- Email Angela Middlebrook at Amiddlebrook15@gmail.com or you can call or text me at 315-521-5169

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00		Varsity Meet- Gold and silver groups- 5:30-7:30 Bronze- 6-7		Gold- 10:00-11:30 Silver- 10:00-11:30
6	7	8	9	10	11	12
	Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00	Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00		Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00		Silver and Gold- 11-12:30
13	14	15	16	17	18	19
	Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00	Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00		Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00		Silver and Gold- 11-12:30
20	21	22	23	24	25	26
	Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00	Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00		Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00		Away Meet at KenTon - Maryvale High School Warm up: 10:00 Meet Start: 10:30
27	28	29	30	31		
	Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00	Gold- 5:30-7:30 Silver- 5:30-7:30 Bronze- 6:00-7:00				

NOTES

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