

# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:15 - 7:45p	30 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p <b>Black Group DL 6:30 - 7:15</b>	1 Black/Senior Group 4:30 - 5:45p Red Group 6:00 - 7:45 White Group 6:15 - 7:45	2 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p <b>Black Group DL 6:30 - 7:15</b>	3 Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:15 - 7:45p	4 Black / Senior: 7:45 - 10:00 Red Group: 10:00 - 11:30 White Group: 10:00 - 11:30
5	6 Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:15 - 7:45p	7 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p <b>Black Group DL 6:30 - 7:15</b> <b>Parent Meetings / 8 and Under 6:15 - 6:55 / 9 and Over 7:00 - 7:45</b>	8 Black/Senior Group 4:30 - 5:45p Red Group 6:00 - 7:45 White Group 6:15 - 7:45	9 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45 White Group 6:15 - 7:45 <b>NO SUMMER SWIM PRACTICE</b>	10 Panama City Long Course	
12 Panama City Long Course	13 Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:15 - 7:45p	14 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p <b>Black Group DL 6:30 - 7:15</b> <b>8 and Under 6:15 - 6:55 / 9 and Over 7:00 - 7:45</b>	15 Black/Senior Group 4:30 - 5:45p Red Group 6:00 - 7:45 White Group 6:15 - 7:45	16 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p <b>Black Group DL 6:30 - 7:15</b> <b>8 and Under 6:15 - 6:55 / 9 and Over 7:00 - 7:45</b>	17 Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:15 - 7:45p	18 Black / Senior: 7:45 - 10:00 Red Group: 10:00 - 11:30 White Group: 10:00 - 11:30
19	20 Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:15 - 7:45p	21 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p <b>Black Group DL 6:30 - 7:15</b> <b>8 and Under 6:15 - 6:55 / 9 and Over 7:00 - 7:45</b>	22 Black/Senior Group 4:30 - 5:45p Red Group 6:00 - 7:45 White Group 6:15 - 7:45	23 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p <b>Black Group DL 6:30 - 7:15</b> <b>8 and Under 6:15 - 6:55 / 9 and Over 7:00 - 7:45</b>	24 Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 9:00 - 10:30a	25 Black / Senior: 7:45 - 10:00 Red Group: 10:00 - 11:30 White Group: 10:00 - 11:30
26	27 Memorial Day NO PRACTICE	28 Black/Senior DL: 6:00 - 7:00a Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 5:30 - 7:00p <b>8 and Under 5:45 - 6:45 / 9 and Over 5:45 - 7:00</b>	29 Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p <b>8 and Under 5:45 - 6:45 / 9 and Over 5:45 - 7:00</b>	30 Black/Senior DL: 6:00 - 7:00a Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 5:30 - 7:00p <b>8 and Under 5:45 - 6:45 / 9 and Over 5:45 - 7:00</b>	31 OST TEST LC TIME TRIAL?	1 Black / Senior: 7:45 - 10:00 Red Group: 10:00 - 11:30 White Group: 10:00 - 11:30

# June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Memorial Day NO PRACTICE	28 Black/Senior DL: 6:00 - 7:00a Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	29 Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	30 Black/Senior DL: 6:00 - 7:00a Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	31 OST TEST LC TIME TRIAL?	1 Black / Senior: 7:45 - 10:00 Red Group: 10:00 - 11:30 White Group: 10:00 - 11:30
2	3 Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	4 Black/Senior DL: 6:00 - 7:00a Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	5 Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	6 Black/Senior DL: 6:00 - 7:00a Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Summer Swim Meet (Home)	7 Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 9:00 - 10:30a	8 Black / Senior: 7:45 - 10:00 Red Group: 10:00 - 11:30 White Group: 10:00 - 11:30
9	10 Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	11 Black/Senior DL: 6:00 - 7:00a Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	12 Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	13 Black/Senior DL: 6:00 - 7:00a Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Summer Swim Meet (Home)	14 Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 9:00 - 10:30a	15 Black / Senior: 7:45 - 10:00 Red Group: 10:00 - 11:30 White Group: 10:00 - 11:30
16	17 Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p Summer Swim Meet (@ Prattville)	18 Black/Senior DL: 6:00 - 7:00a Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	19 Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	20 Black/Senior DL: 6:00 - 7:00a Black/Senior Group 7:00 - 9:00a  White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	21 Columbus Long Course Prelim/Final	22 Columbus Long Course Prelim/Final
23 Columbus Long Course Prelim/Final	24 Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	25 Black/Senior DL: 6:00 - 7:00a Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	26 Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p 8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00	27 Black/Senior DL: 6:00 - 7:00a Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Summer Swim Meet (Home)	28 Black/Senior Group 7:00 - 9:00a Red/White Group 9:00 - 10:30a	29 Black / Senior: 7:45 - 10:00 Red Group: 10:00 - 11:30 White Group: 10:00 - 11:30

# July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	<b>1</b> Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p <b>8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00</b>	<b>2</b> <b>Black/Senior DL: 6:00 - 7:00a</b> Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  White Group 5:30 - 7:00p <b>8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00</b>	<b>3</b> Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p <b>8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00</b>	<b>4</b>  <b>HAPPY 4th! NO PRACTICE</b>	<b>5</b> Black/Senior Group 7:00 - 9:00a Red/White Group 9:00 - 10:30a	<b>6</b> Black / Senior: 7:45 - 10:00 Red Group: 10:00 - 11:30 White Group: 10:00 - 11:30
7	<b>8</b> Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p <b>8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00</b>	<b>9</b> <b>Black/Senior DL: 6:00 - 7:00a</b> Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  White Group 5:30 - 7:00p <b>8 and Under 5:45 - 6:45 / and Over 5:45 - 7:00</b>	<b>10</b> Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p <b>Summer Swim Team 5:45 - 7:00p (DISTRICT TEAM ONLY)</b>	<b>11</b> <b>Black/Senior DL: 6:00 - 7:00a</b> Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  White Group 5:30 - 7:00p <b>Summer Swim Team 5:45 - 7:00p (DISTRICT TEAM ONLY)</b>	<b>12</b> <b>ARPA DISTRICT SWIM MEET (HOME)</b>	<b>13</b> <b>ARPA DISTRICT SWIM MEET (HOME)</b>
14	<b>15</b> Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p <b>Summer Swim Team 5:45 - 7:00p (State Team ONLY)</b>	<b>16</b> <b>Black/Senior DL: 6:00 - 7:00a</b> Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  White Group 5:30 - 7:00p <b>Summer Swim Team 5:45 - 7:00p (State Team ONLY)</b>	<b>17</b> Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p <b>Summer Swim Team 5:45 - 7:00p (State Team ONLY)</b>	<b>18</b> <b>19</b> <b>20</b> Southeastern LSC Long Course Championships (Huntsville)		
<b>21</b> Southeastern LSC Long Course Championships (Huntsville)	<b>22</b> Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p <b>Summer Swim Team 5:45 - 7:00p (State Team ONLY)</b>	<b>23</b> <b>Black/Senior DL: 6:00 - 7:00a</b> Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  White Group 5:30 - 7:00p <b>Summer Swim Team 5:45 - 7:00p (State Team ONLY)</b>	<b>24</b> Black/Senior Group 7:00 - 9:00a Red Group 9:00 - 10:30a  Senior Doubles: 4:00 - 5:30p White Group 5:30 - 7:00p <b>Summer Swim Team 5:45 - 7:00p (State Team ONLY)</b>	<b>25</b> <b>Black/Senior DL: 6:00 - 7:00a</b> Black/Senior Group 7:00 - 9:00a  White Group 5:30 - 7:00p <b>Summer Swim Team 5:45 - 7:00p (State Team ONLY)</b>	<b>26</b> <b>ARPA STATE SWIM MEET (HOME)</b>	<b>27</b> <b>ARPA STATE SWIM MEET (HOME)</b>
28	29	30	31	1	2	3