

July 2019 (subject to verification 7/1/19)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10 & Under 8:00-8:45am 11 & Up 8:45-9:30am JUMPERS 5:30-6pm 10 & Under 6:00pm-	2 Home Meet v Stingrays	3	4 NO PRACTICE Independence Day	5 10 & Under 8:00-8:45am 11 & Up 8:45-9:30am	6
7 (This week's schedule is Independent Swim when you can)	8 10 & Under 8:00-8:45am 11 & Up 8:45-9:30am JUMPERS 5:30-6pm 10 & Under 6:00pm-6:45pm 11 & Up 6:45pm-	9	10 10 & Under 5:30pm-6:15pm 11 & Up 6:30-7:30pm	11 10 & Under 8:00-8:45am 11 & Up 8:45-9:30am JUMPERS 5:30-6pm 10 & Under 6:00pm-6:45pm 11 & Up 6:45pm-7:30pm	12 10 & Under 8:00-8:45am 11 & Up 8:45-9:30am	13 Meet entries due no later than 5pm
14 Swim For Cancer 7:15pm-9:15pm	15 10 & Under 8:00-8:45am 11 & Up 8:45-9:30am JUMPERS 5:30-6pm 10 & Under 6:00pm-	16 Home Meet v Waterdawgs (raindate 7/18)	17 10 & Under 5:30pm-6:15pm 11 & Up 6:30-7:30pm Champ meet entries due no later than 5pm	18 10 & Under 8:00-8:45am 11 & Up 8:45-9:30am 10 & Under 6:00pm-6:45pm 11 & Up 6:45pm-7:30pm	19 10 & Under 8:00-8:45am 11 & Up 8:45-9:30am	20
21	22 10 & Under 8:00-8:45am 11 & Up 8:45-9:30am	23 Championship Meet @ Greensboro Aquatic Center	24	25	26	27
28 Season End/Awards Cook-Out TBD	29	30	31			