JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DeNunzio	1 DeNunzio	2 DeNunzio	2 DeNunzio	4 DeNunzio	5 DeNunzio	6 JW
Grp 1 off	Grp 1 4:30-6:30	Grp 1 OFF	Grp 1 6:15-8:00	Grp 1	Grp 1 6:00-7:30PM	Grp 1
Grp 2 off	Grp 2	Grp 2 6:00-8:30	Grp 2 4:20-7:15	Grp 2	Grp 2 6:00-8:30	Grp 2
Grp 3	Grp 3 4:20-7:15	Grp 3 off	Grp 3 4:20-7:15	Grp 3	Grp 3 6:00-8:30	Grp 3 7:45-10:00AM
Senior	Senior 6:00-8:30	Senior 4:20-7:15	Senior 6:15-8:45	Senior	Senior 4:20-7:15	Senior 7:45-10:00AM
Elite	Elite 6:00-9:15	Elite 4:20-7:15	Elite 6:15-8:45	Elite	Elite 4:20-7:15	Elite 7:45-10:00AM
Summer Sizzle	Elite 6:15-8:30AM		Elite 8:15-8:30 AM	Holiday	Elite 6:15-8:30AM	Grp4&5
7 Dillon	**8 DeNunzio**	**9 DeNunzio**	**10 DeNunzio**	**11 DeNunzio**	**12** DeNunzio	**13 Dillon**
Grp 1 off	Grp 1 4:30-6:30	Grp 1 OFF	Grp 1 6:15-8:00	Grp 1 6:15-8:15	Grp 1 Silver/Bronze	Grp 1
Grp 2 off	Grp 2	Grp 2 6:00-8:30	Grp 2 4:20-7:15	Grp 2 6:15-8:45	Grp 2 Silver/Bronze	Grp 2
Grp 3 off	Grp 3 4:20-7:15	Grp 3 OFF	Grp 3 4:20-7:15	Grp 3 6:15-8:45	Grp 3 12:45-3:00	Grp 3
Senior off	Senior 6:00-8:30	Senior 4:20-7:15	Senior 6:15-8:45	Senior 4:20-7:15	Senior 12:45-3:00	Senior 12:00-2:15
Elite off	Elite 6:00-9:15	Elite 4:20-7:15	Elite 6:15-8:45	Elite 4:20-7:15	Elite 12:45-3:00	Elite 12:00-2:15
	Elite 6:15-8:30AM		Elite 8:15-8:30 AM		Elite 6:15-8:30AM	Silver meet
					Silver/Bronze	
14 Dillon	**15 DeNunzio**	**16 DeNunzio**	**17 DeNunzio**	**18 DeNunzio**	**19 DeNunzio**	**20 DeNunzio**
Grp 1	Grp 1 4:30-6:30	Grp 1 OFF	Grp 1 6:15-8:00	Grp 1 6:15-8:00	Grp 1 off	Grp 1 8:45-10:00
Grp 2	Grp 2	Grp 2 6:00-8:30	Grp 2 4:20-7:15	Grp 2 6:15-8:45	Grp 2 6:00-8:30	Grp 2 7:45-10:30
Grp 3 off	Grp 3 4:20-7:15	Grp 3 OFF	Grp 3 4:20-7:15	Grp 3 6:15-8:45	Grp 3 6:00-8:30	Grp 3 7:45-10:30
Senior off	Senior 6:00-8:30	Senior 4:20-7:15	Senior off	Senior 4:20-7:15	Senior 4:20-7:15	Senior 7:45-10:30
Elite off	Elite 6:00-9:15	Elite 4:20-7:15	Elite off	Elite 4:20-7:15	Elite 4:20-7:15	Elite 7:45-10:30
Silver meet	Elite 6:15-8:30AM		Tryout Elite 8:15-8:30 AM		Elite 6:15-8:30AM	
21 DeNunzio	**22 DeNunzio**	**23 DeNunzio**	**24 DeNunzio**	**25 DeNunzio**	**26 DeNunzio**	**27 DeNunzio**
Grp 1 off	Grp 1 4:30-6:30	Grp 1 OFF	Grp 1 6:15-8:00	Grp 1 off	Grp 1 off	Grp 1
Grp 2 off	Grp 2	Grp 2 6:00-8:30	Grp 2 4:20-7:15	Grp 2 4:30-6:30	Grp 2	Grp 2
Grp 3 7:45-10:30	Grp 3 4:20-7:15	Grp 3 OFF	Grp 3 4:20-7:15	Grp 3 4:30-6:30	Grp 3	Grp 3
Senior 7:45-10:30	Senior 6:00-8:30	Senior 4:20-7:15	Senior 6:15-8:45	Senior 4:30-6:30	Senior	Senior
Elite 7:45-10:30	Elite 6:00-9:15	Elite 4:20-7:15	Elite 6:15-8:45	Elite 4:30-6:30	Elite TBA	Elite TBA
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27 DeNunzio	**29 DeNunzio(TBA)**	**30 DeNunzio(TBA)**	**30 DeNunzio(TBA)**	**31 DeNunzio(TBA)**	**1 DeNunzio(TBA)**	**2 DeNunzio(TBA)**
Grp 1 off	Grp 1	Grp 1	Grp 1	Grp 1	Grp 1	Grp 1
Grp 2	Grp 2	Grp 2	Grp 2	Grp 2	Grp 2	Grp 2
Grp 3	Grp 3 4:30-6:30 Zone swimn	Grp 3 4:30-6:30 Zone swimn	Grp 3 4:30-6:30 Zone swimn	Grp 3 4:30-6:30 Zone swimn	Grp 3 4:30-6:30 Zone swimn	Grp 3 8:15-10:00 Zone swim
Senior	Senior 4:30-6:30 Zone swimn	Senior 4:30-6:30 Zone swimn	Senior 4:30-6:30 Zone swimn	Senior 4:30-6:30 Zone swimn	Senior 4:30-6:30 Zone swimn	Senior 8:15-10:00 Zone swim
Elite	Elite 4:30-6:30 Future swi	Elite 4:30-6:30 Future swi	Elite 4:30-6:30 Future swi	Elite 4:30-6:30 Zone swimn	Elite 4:30-6:30 Zone swimn	Elite 8:15-10:00 Zone swim
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