

OCTOBER / NOVEMBER (TAPER SCHEDULE)

| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|--------|--|--------|--|---------|--|-----------|--|----------|---|--------|-------------------------------------|----------|---|
| 20 | Off | 21 | Normal | 22 | Normal | 23 | Normal | 24 | Normal | 25 | Normal | 26 | Normal |
| 27 | Off | 28 | Senior (4:45-7:30p) Senior Prep (6:30-8:30p) | 29 | Normal | 30 | Combo (4:45-7:00p) 4A Districts | 31 | Normal | 1 | Normal | 2 | Normal |
| 3 | Off | 4 | Regional (4:45-7:30p) Non-Regional (6:30-8:30p) | 5 | Regional (4:45-6:30p) Non-Regional (6:30-8:30p) | 6 | Regional (4:45-7:00p) Non-Regional (6:30-8:30p) | 7 | Combo (4:45-7:00p) 4A Regional | 8 | Normal | 9 | Non-State (7:00a-10:00a) State Off |
| 10 | State (3:00-5:00p) @ AC Complex Non-State Off | 11 | State (4:45-7:10p) Non-State (6:30-8:30p) | 12 | State (4:45-6:30p) Non-State (6:30-8:30p) | 13 | State (4:45-7:20p) Non-State (6:30-8:30p) | 14 | Combo (4:45-6:30p) Travel Day | 15 | Combo (4:45-6:30p) 4A States | 16 | Time Trials |
| 17 | Time Trials | 18 | OFF No Practice | 19 | No AM Practice Begin Prep/State/Sectional/Zone Groups | 20 | No AM Practice New Practice Schedule | 21 | No AM Practice New Practice Schedule | 22 | New Practice Schedule | 23 | New Practice Schedule |

Combo Practice = Senior and Senior Prep

Regional - Swimmers that made their Regional Meet

Non-Regional - Swimmers that did not make their Regional Meet

State - Swimmers that made their State Meet

Non-State - Swimmers that did not make their State Meet

Time Trials - ALL Senior and Senior Prep swimmers will be entered to swim in the Time Trials event for both days. Warm Ups around noon, start at 1:00pm each day. Distance will be Sunday AM around 10:00am.