

EXPRESS SWIM TEAM

July 2021

UPDATED 7/4

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SR—Senior P—Purple B—Blue SwimExpress.com				1 SR- 6-7:45 AM @ OB SR- 4:30-6 @ 5S P-4:30-6 @ 5S B-4:30-5:30 @ 5S	2 SR- 6-7:45 AM @ OB SR-4:30-6 @ West P-4:30-6 @ West B-4:30-5:30 @ West	3
4	5 NO PRACTICE JULY '4th' HOLIDAY	6 SR-6-7:45 AM @ OB SR-4:30-6 @ 5S P-4:30-6 @ 5S B-4:30-5:30 @ 5S	7 SR-6-7:45 AM @ OB SR- 5:30- 7 @ FMC P-5:30-7@ FMC B--5:30-6:30 @ FMC	8 SR- 6-7:45 AM @ OB SR- 4:30-6 @ 5S P-4:30-6 @ 5S B-4:30-5:30 @ 5S	9 SWIM MEET It's A Blast Summer Meet @ FMC	10 SWIM MEET It's A Blast Summer Meet @ FMC
11 SWIM MEET It's A Blast Summer Meet @ FMC	12 SR- 6-7:45 AM @ OB SR-2:30-4 PM@ West P-2:30-4 PM @ West B-2:30-3:30 PM @ W	13 SR-6-7:45 AM @ OB SR-4:30-6 @ 5S P-4:30-6 @ 5S B-4:30-5:30 @ 5S	14 SR-6-7:45 AM @ OB SR- 5:30- 7 @ FMC P-5:30-7@ FMC B--5:30-6:30 @ FMC	15 SR- 6-7:45 AM @ OB SR- 4:30-6 @ 5S P-4:30-6 @ 5S B-4:30-5:30 @ 5S	16 SWIM MEET Reach Every Goal Championships @ DELTA	17 SWIM MEET Reach Every Goal Championships @ DELTA
18 SWIM MEET Reach Every Goal Championships @ DELTA	19 SR- 6-7:45 AM @ OB SR-2:30-4 PM@ West P-2:30-4 PM @ West B-2:30-3:30 PM @ W	20 SR-6-7:45 AM @ OB SR-4:30-6 @ 5S P-4:30-6 @ 5S B-4:30-5:30 @ 5S	21 SR-6-7:45 AM @ OB SR- 5:30- 7 @ FMC P-5:30-7@ FMC B--5:30-6:30 @ FMC	22 SR- 6-7:45 AM @ OB SR- 4:30-6 @ 5S P-4:30-6 @ 5S B-4:30-5:30 @ 5S AGE GROUP STATE	23 SR- 6-7:45 AM @ OB SR-4:30-6 @ West P-4:30-6 @ West B-4:30-5:30 @ West AGE GROUP STATE	24 SWIM MEET AGE GROUP STATE CHAMPIONSHIPS @ FMC
25 SWIM MEET AGE GROUP STATE CHAMPIONSHIPS @ FMC	26 SR- 6-7:45 AM @ OB SR-2:30-4 PM@ West P-2:30-4 PM @ West B-2:30-3:30 PM @ W	27 SR-6-7:45 AM @ OB SR-4:30-6 @ 5S P-4:30-6 @ 5S B-4:30-5:30 @ 5S	28 SR-6-7:45 AM @ OB SR- 5:30- 7 @ FMC P-5:30-7@ FMC B--5:30-6:30 @ FMC	29 SR- 6-7:45 AM @ OB SR- 4:30-6 @ 5S P-4:30-6 @ 5S B-4:30-5:30 @ 5S Senior State Champs	30 SR- 6-7:45 AM @ OB SR-4:30-6 @ West P-4:30-6 @ West B-4:30-5:30 @ West Senior State Champs	31 SWIM MEET Senior State Championships @ FMC End of Summer Session