

# EXPRESS SWIM TEAM

## November 2021

|    | (Sun   | Mon   | Tue   | Wed  | Thu  | Fri  | Sat   |
|----|--|---|---|--|--|--|---|
|    |  | <b>1 @ DGN</b><br>RX/SN 6-6:45<br>BZ 6-7:15<br>SV 6-7:30<br>G/SR/HSB 6-8        | <b>2 @ DGS</b><br>RX/SN 6-6:45<br>BZ 6-7:15<br>SV 6-7:30<br>G/SR/HSB 6-8  | <b>3 @ DGN</b><br>RX/SN—No Practice<br>BZ 6-7:15<br>SV— 6-7:30<br>G/SR/HSB—6-8   | <b>4 @ DGN</b><br><b>NO POOLS AVAILABLE</b>                                    | <b>5 @ DGS</b><br>RX/SN 6-6:45<br>BZ— 6-7:15<br>SV—No Practice<br>G/SR/HSB— 6-8  | <b>6 @ DGN</b><br>RX/SN—12-12:45<br>BZ—12-1<br>SV -12-1:30<br>G/SR/HSBG—12-1:30                   |
| 7  |  | <b>8 @ DGN</b><br>9<br>RX/SN 6-6:45<br>BZ 6-7:15<br>SV 6-7:30<br>G/SR/HSB 6-8   | <b>9 @ DGS</b><br>RX/SN 6-6:45<br>BZ 6-7:15<br>SV 6-7:30<br>G/SR/HSB 6-8  | <b>10 @ DGN</b><br>RX/SN— No Practice<br>BZ 6-7:15<br>SV— 6-7:30<br>G/SR/HSB—6-8 | <b>11 @ DGN</b><br>RX/SN 6-6:45<br>BZ No Practice<br>SV 6-7:30<br>G/SR/HSB 6-8 | <b>12 @ DGS</b><br>RX/SN 6-6:45<br>BZ— 6-7:15<br>SV—No Practice<br>G/SR/HSB— 6-8<br><b>SWIM MEET<br/>WC FALL FLING</b> | <b>SWIM MEET<br/>West Chicago<br/>FALL FLING<br/>@ West Chicago HS<br/>(NO PRACTICE)</b>          |
| 14 | <b>SWIM MEET<br/>West Chicago<br/>FALL FLING<br/>@ West Chicago HS</b>   | <b>15 @ DGN</b><br>16<br>RX/SN 6-6:45<br>BZ 6-7:15<br>SV 6-7:30<br>G/SR/HSB 6-8 | <b>16 @ DGS</b><br>RX/SN 6-6:45<br>BZ 6-7:15<br>SV 6-7:30<br>G/SR/HSB 6-8 | <b>17 @ DGN</b><br>RX/SN—No Practice<br>BZ 6-7:15<br>SV— 6-7:30<br>G/SR/HSB—6-8  | <b>18 @ DGN</b><br>RX/SN 6-6:45<br>BZ No Practice<br>SV 6-7:30<br>G/SR/HSB 6-8 | <b>19<br/>SWIM MEET<br/>Hinsdale Fall<br/>Classic<br/>@ Hinsdale Central HS<br/>(NO PRACTICE)</b>                      | <b>20<br/>SWIM MEET<br/>Hinsdale Fall<br/>Classic<br/>@ Hinsdale Central HS<br/>(NO PRACTICE)</b> |
| 21 | <b>SWIM MEET<br/>Hinsdale Fall<br/>Classic<br/>@ Hinsdale Central HS</b> | <b>22 @ DGN</b><br>RX/SN 6-6:45<br>BZ 6-7:15<br>SV 6-7:30<br>G/SR/HSB 6-8       | <b>23 @ DGS</b><br>RX/SN 6-6:45<br>BZ 6-7:15<br>SV 6-7:30<br>G/SR/HSB 6-8 | <b>24 @ DGN<br/>No School<br/>NO POOLS AVAILABLE</b>                             | <b>25 @ DGN<br/>No School<br/>Thanksgiving<br/>NO POOLS AVAILABLE</b>          | <b>26 @ DGS<br/>No School<br/>NO POOLS AVAILABLE</b>   | <b>27 @ DGS</b><br>RX/SN—12-12:45<br>BZ—12-1<br>SV -12-1:30<br>G/SR/HSB—12-1:30                   |
| 28 |  | <b>29 @ DGN</b><br>RX/SN 6-6:45<br>BZ 6-7:15<br>SV 6-7:30<br>G/SR/HSB 6-8       | <b>30 @ DGS</b><br>RX/SN 6-6:45<br>BZ 6-7:15<br>SV 6-7:30<br>G/SR/HSB 6-8 |  |  | RX-RecExpress<br>SN-SuperNOVA<br>BZ-Bronze<br>SV-Silver<br>G-Gold<br>SR-Senior<br>HSB-High School Boys                 | <b>Swimexpress.com</b>  |