

YMCA = Indian Boundary YMCA  
 DGS = Downers Grove South  
 DGN = Downers Grove North  
 SUP = Superior Training Facility  
 Yellow Dates indicates a conflict, make sure to check schedule!

# November 2021

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31	1	2	3	4	5	6
	Mini-Hornets (YMCA) 6:45-7:30  Jr Hornets (YMCA) 6:45-7:45  8 & Under (DGS) 6:00-7:00  Bronze (DGS) Swim: 6:00-7:00 Dryland: 7:15-7:45  Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00  Gold (DGS) Dryland 6:00-6:45 Swim: 7:00-8:30  Senior (DGS) Dryland 6:00-6:45 Swim: 7:00-8:45  Sr. Performance (DGS) Dryland 6:00-6:45 Swim: 7:00-9:00	8 & Under (DGN) X  Bronze (DGN) X  Silver (YMCA) X  Gold (YMCA) 6:45-8:00  Senior (SUP) 8:00-9:30  Sr. Performance (SUP) 8:00-9:30	Mini-Hornets (YMCA) 6:45-7:30  Jr Hornets (YMCA) 6:45-7:45  8 & Under (DGS) X  Bronze (DGS) Swim: 6:00-7:00 Dryland: 7:15-7:45  Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00  Gold (DGS) 6:00-7:30  Senior (DGS) Dryland 6:00-6:45 Swim: 7:00-8:45  Sr. Performance (DGS) Dryland 6:00-6:45 Swim: 7:00-9:00	Mini-Hornets (YMCA) 6:45-7:30  Jr Hornets (YMCA) 6:45-7:45  8 & Under (DGS) 6:00-7:00  Bronze (DGS) 6:00-7:00  Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00  Gold (DGS) Dryland 6:00-6:45 Swim: 7:00-8:30  Senior (DGS) Dryland 6:00-6:45 Swim: 7:00-8:45  Sr. Performance (DGS) Dryland 6:00-6:45 Swim: 7:00-9:00	8 & Under (DGN) 6:00-7:00  Bronze (DGN) 6:00-7:00  Silver (YMCA) 5:00-6:15  Gold (YMCA) 5:00-6:15  Senior (DGN) 7:00-8:45  Sr. Performance (DGN) 7:00-9:00	8 & Under (DGN) 4:00-5:00  Bronze (DGN) 4:00-5:00  Silver (DGN) 3:30-4:45  Gold (DGN) 1:30-3:30  Senior (DGN) 1:30-3:30  Sr. Performance (DGN) 1:30-4:00

7	8	9	10	11	12	13
	Mini-Hornets (YMCA) 6:45-7:30  Jr Hornets (YMCA) 6:45-7:45  8 & Under (DGS) 6:00-7:00  Bronze (DGS) Swim: 6:00-7:00 Dryland: 7:15-7:45  Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00  Gold (DGS) Dryland 6:00-6:45 Swim: 7:00-8:30  Senior (DGS) Dryland 6:00-6:45 Swim: 7:00-8:45  Sr. Performance (DGS) Dryland 6:00-6:45 Swim: 7:00-9:00	   8 & Under (DGN) 6:00-7:00  Bronze (DGN) 6:00-7:00  Silver (YMCA) 6:45-8:00  Gold (DGN) Dryland 6:00-6:45 Swim: 7:00-8:30  Senior (DGN) Dryland 6:00-6:45 Swim: 7:00-8:45  Sr. Performance (DGN) Dryland 6:00-6:45 Swim: 7:00-9:00	Mini-Hornets (YMCA) 6:45-7:30  Jr Hornets (YMCA) 6:45-7:45  8 & Under (DGS) X  Bronze (DGS) Swim: 6:00-7:00 Dryland: 7:15-7:45  Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00  Gold (YMCA) 7:30-9:00  Senior (DGS) Dryland 6:00-6:45 Swim: 7:00-8:45  Sr. Performance (DGS) Dryland 6:00-6:45 Swim: 7:00-9:00	Mini-Hornets (YMCA) 6:45-7:30  Jr Hornets (YMCA) 6:45-7:45  8 & Under (DGS) 6:00-7:00  Bronze (DGS) 6:00-7:00  Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00  Gold (YMCA) 7:30-9:00  Senior (DGS) Dryland 6:00-6:45 Swim: 7:00-8:45  Sr. Performance (DGS) Dryland 6:00-6:45 Swim: 7:00-9:00	   8 & Under (DGN) 6:00-7:00  Bronze (DGN) 6:00-7:00  Silver (YMCA) 5:00-6:15  Gold (YMCA) 5:00-6:15  Senior (DGN) 7:00-8:45  Sr. Performance (DGN) 7:00-9:00	   8 & Under (DGS) 4:00-5:00  Bronze (DGS) 4:00-5:00  Silver (DGS) 3:30-4:45  Gold (DGS) 1:30-3:30  Senior (DGS) 1:30-3:30  Sr. Performance (DGS) 1:30-4:00

14	15	16	17	18	19	20
OLSA Pumpkin Plunge	<p>Mini-Hornets (YMCA) 6:45-7:30</p> <p>Jr Hornets (YMCA) 6:45-7:45</p> <p>8 &amp; Under (DGS) 6:00-7:00</p> <p>Bronze (DGS) Swim: 6:00-7:00 Dryland: 7:15-7:45</p> <p>Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00</p> <p>Gold (DGS) Dryland 6:00-6:45 Swim: 7:00-8:30</p> <p>Senior (DGS) Dryland 6:00-6:45 Swim: 7:00-8:45</p> <p>Sr. Performance (DGS) Dryland 6:00-6:45 Swim: 7:00-9:00</p>	<p>8 &amp; Under (DGN) 6:00-7:00</p> <p>Bronze (DGN) 6:00-7:00</p> <p>Silver (YMCA) 6:45-8:00</p> <p>Gold (DGN) Dryland 6:00-6:45 Swim: 7:00-8:30</p> <p>Senior (DGN) Dryland 6:00-6:45 Swim: 7:00-8:45</p> <p>Sr. Performance (DGN) Dryland 6:00-6:45 Swim: 7:00-9:00</p>	<p>Mini-Hornets (YMCA) 6:45-7:30</p> <p>Jr Hornets (YMCA) 6:45-7:45</p> <p>8 &amp; Under (DGS) X</p> <p>Bronze (DGS) Swim: 6:00-7:00 Dryland: 7:15-7:45</p> <p>Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00</p> <p>Gold (DGS) 6:00-7:30</p> <p>Senior (DGS) Dryland 6:00-6:45 Swim: 7:00-8:45</p> <p>Sr. Performance (DGS) Dryland 6:00-6:45 Swim: 7:00-9:00</p>	<p>Mini-Hornets (YMCA) 6:45-7:30</p> <p>Jr Hornets (YMCA) 6:45-7:45</p> <p>8 &amp; Under (DGS) 6:00-7:00</p> <p>Bronze (DGS) 6:00-7:00</p> <p>Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00</p> <p>Gold (DGS) Dryland 6:00-6:45 Swim: 7:00-8:30</p> <p>Senior (DGS) Dryland 6:00-6:45 Swim: 7:00-8:45</p> <p>Sr. Performance (DGS) Dryland 6:00-6:45 Swim: 7:00-9:00</p>	<p>8 &amp; Under (DGN) 6:00-7:00</p> <p>Bronze (DGN) 6:00-7:00</p> <p>Silver (YMCA) 5:00-6:15</p> <p>Gold (YMCA) 5:00-6:15</p> <p>Senior (DGN) 7:00-8:45</p> <p>Sr. Performance (DGN) 7:00-9:00</p>	<p>FMC Mid-Season Challenge Meet</p> <p>FMC Time Trial</p>

21	22	23	24	25	26	27
FMC Mid-Season Challenge Meet	Mini-Hornets (YMCA) 6:45-7:30		Mini-Hornets (YMCA) 6:45-7:30	No Practice	No Practice	
FMC Time Trial	Jr Hornets (YMCA) 6:45-7:45		Jr Hornets (YMCA) 6:45-7:45			
	8 & Under (DGS) 6:00-7:00	8 & Under (DGN) X	8 & Under (DGS) X			8 & Under (DGS) 4:00-5:00
	Bronze (DGS) Swim: 6:00-7:00 Dryland: 7:15-7:45	Bronze (DGN) X	Bronze (SUP) 7:15-8:15			Bronze (DGS) 4:00-5:00
	Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00	Silver (YMCA) 6:45-8:00	Silver (YMCA) X			Silver (DGS) 3:30-4:45
	Gold (DGS) Dryland 6:00-6:45 Swim: 7:00-8:30	Gold (DGN) X	Gold (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00			Gold (DGS) 1:30-3:30
	Senior (DGS) Dryland 6:00-6:45 Swim: 7:00-8:45	Senior (SUP) 8:00-9:30	Senior (DGS) X			Senior (DGS) 1:30-3:30
	Sr. Performance (DGS) Dryland 6:00-6:45 Swim: 7:00-9:00	Sr. Performance (SUP) 8:00-9:30	Sr. Performance (SUP) 7:15-9:00			Sr. Performance (DGS) 1:30-4:00