

July 2021 – HWSA Dolphins – www.hwsadolphins.org

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 at Palos Pool

Elite: 5:45a – 7:45a
Grp 3: 7:30a – 9:00a

at Oak Lawn

Grp 4: 6:00a – 8:00a
Grp 1/2 8:00a – 9:00a

@ Stagg H.S.

G1: 6:00p – 6:45p
G2: 6:00p – 7:15p
G3: 6:00p – 7:30p

Munster Distance Meet

@ Munster H.S.

W-Ups: 3:30p
Starts: 4:30p

2

at Palos Pool

Elite: 5:45a – 7:45a
Grp 3: 7:30a – 9:00a

at Oak Lawn

Grp 4: 6:00a – 8:00a
Grp 1/2 8:00a – 9:00a

Stagg HS closed on Friday during the summer

3

at Palos Pool

Elite: 6:45a – 8:45a
Grp 3: 7:15a – 8:45a

at Oak Lawn

Grp 4: 6:00a – 7:30a

4 4th of July Parade

HWSA will be marching in the Palos Heights 4th of July parade. Please join us & register on our website.



5

at Palos Pool

Elite: **6:45a – 8:45a**
Grp 3: 7:30a – 9:00a

at Oak Lawn

Grp 4: 6:00a – 8:00a
Grp 1/2 8:00a – 9:00a

Stagg HS closed in order to observe holiday.

6

at Palos Pool

Elite: 5:45a – 7:45a
Grp 3: 7:30a – 9:00a

at Oak Lawn

Grp 4: 6:00a – 8:00a
Grp 1/2 8:00a – 9:00a

@ Stagg H.S.

Elite/4: 3:45p – 6:00p
G1: 6:00p – 6:45p
G2: 6:00p – 7:15p
G3: 6:00p – 7:30p

7

at Palos Pool

Elite: 5:45a – 7:45a
Grp 3: 7:30a – 9:00a

at Oak Lawn

Grp 4: 6:00a – 8:00a
Grp 1/2 8:00a – 9:00a

@ Stagg H.S.

Elite/4: 3:45p – 6:00p
G1: 6:00p – 6:45p
G2: 6:00p – 7:15p
G3: 6:00p – 7:30p

8

at Palos Pool

Elite: 5:45a – 7:45a
Grp 3: 7:30a – 9:00a

at Oak Lawn

Grp 4: 6:00a – 8:00a
Grp 1/2 8:00a – 9:00a

@ Stagg H.S.

Elite/4: 3:45p – 6:00p
G1: 6:00p – 6:45p
G2: 6:00p – 7:15p
G3: 6:00p – 7:30p

9

at Palos Pool

Elite: 5:45a – 7:45a
Grp 3: 7:30a – 9:00a

at Oak Lawn

Grp 4: 6:00a – 8:00a
Grp 1/2 8:00a – 9:00a

Stagg HS closed on Friday during the summer

10

at Palos Pool

Elite: 6:45a – 8:45a
Grp 3: 7:15a – 8:45a

Last Chance Meet @ Munster H.S.
AM Session (13&Ov)
W-Ups: 7:00a
Starts: 8:00a
PM Session (12&Un)
W-Ups: 12:00p
Starts: 1:00p

11

12

at Palos Pool

Elite: 5:45a – 7:45a
Grp 3: 7:30a – 9:00a

at Oak Lawn

Grp 4: 6:00a – 8:00a
Grp 1/2 8:00a – 9:00a

@ Stagg H.S.

Elite/4: 3:45p – 6:00p
G1: 6:00p – 6:45p
G2: 6:00p – 7:15p
G3: 6:00p – 7:30p

13

at Palos Pool

Elite: 5:45a – 7:45a
Grp 3: 7:30a – 9:00a

at Oak Lawn

Grp 4: 6:00a – 8:00a
Grp 1/2 8:00a – 9:00a

@ Stagg H.S.

Elite/4: No practice
G1: 6:00p – 6:45p
G2: 6:00p – 7:15p
G3: 6:00p – 7:30p

14

at Palos Pool

Elite: 5:45a – 7:45a
Grp 3: 7:30a – 9:00a

at Oak Lawn

Grp 4: 6:00a – 8:00a
Grp 1/2 8:00a – 9:00a

@ Stagg H.S.

Elite/4: 3:45p – 6:00p
G1: 6:00p – 6:45p
G2: 6:00p – 7:15p
G3: 6:00p – 7:30p

15

at Palos Pool

Elite: 5:45a – 7:45a
Grp 3: 7:30a – 9:00a

at Oak Lawn

Grp 4: 6:00a – 8:00a
Grp 1/2 8:00a – 9:00a

@ Stagg H.S.

Elite/4: 3:45p – 6:00p
G1: 6:00p – 6:45p
G2: 6:00p – 7:15p
G3: 6:00p – 7:30p

16

at Palos Pool

Elite/4: 5:45a – 7:45a
Grp 3: 7:15a – 8:45a

at Oak Lawn

Elite/4: 6:00a – 8:00a
Grp 1: 8:15a – 9:15a
Grp 2: 8:15a – 10:00a

Southside Championships @ Kroc Center
W-Ups: 2:00p
Starts: 3:00p
- all ages

17

at Palos Pool

Elite: 6:45a – 8:45a

Southside Championships @ Kroc Center
AM Session (12 & Unders)
W-Ups: 7:00a
Starts: 8:00a
PM Session (13 & Over)
W-Ups: 12:00p
Starts: 1:00p

<p>18 Southside Championships @ Kroc Center AM Session (12 & Unders) W-Ups: 9:00a Starts: 10:00a PM Session (13 & Overa) W-Ups: 12:30p Starts: 1:30p</p>	<p>19 at Palos Pool Elite: 5:45a – 7:45a</p> <p>(only those who have championship cuts can participate in these practices going forward)</p>	<p>20 at Palos Pool Elite: 5:45a – 7:45a</p> <p>(only those who have championship cuts can participate in these practices going forward)</p>	<p>21 at Palos Pool Elite: 5:45a – 7:45a</p> <p>(only those who have championship cuts can participate in these practices going forward)</p>	<p>22 at Palos Pool Elite: 5:45a – 7:45a</p> <p>AG Champs @ FHC- Westmont, IL AM Prelims (11-14) W-Ups: 7:00a PM (10 & Unders) W-Ups: 12:45p Finals for (11-14) W-Ups: 4:00p</p>	<p>23 at Palos Pool Elite: 5:45a – 7:45a</p> <p>AG Champs @ FHC- Westmont, IL AM Prelims (11-14) W-Ups: 7:00a PM (10 & Unders) W-Ups: 12:45p Finals for (11-14) W-Ups: 4:00p</p>	<p>24 at Palos Pool Elite: 6:45a – 8:45a</p> <p>AG Champs @ FHC- Westmont, IL AM Prelims (11-14) W-Ups: 7:00a PM (10 & Unders) W-Ups: 12:45p Finals for (11-14) W-Ups: 4:00p</p>
<p>25 AG Champs @ FHC-Westmont</p> <p>AM Prelims (11-14) W-Ups: 7:00a Finals for (11-14) W-Ups: 4:00p</p>	<p>26 at Palos Pool Elite: 5:45a – 7:45a</p> <p>(only those who have championship cuts can participate in these practices going forward)</p>	<p>27 at Palos Pool Elite: 5:45a – 7:45a</p> <p>ISCA @ St. Petersburg, FL W-Ups: 2:00p Starts: 3:30p</p>	<p>28 at Palos Pool Elite: 5:45a – 7:45a</p> <p>ISCA @ St. Petersburg, FL W-Ups: 6:30a Starts: 8:00a Finals W-Up: 3:30p Finals Start: 4:30p</p>	<p>29 IL Senior Champs @ FHC-Westmont</p> <p>AM Prelims W-Ups: 6:30a Finals W-Ups: 4:00p</p> <p>ISCA @ St. Petersburg, FL W-Ups: 6:30a Starts: 8:00a Finals W-Up: 3:30p Finals Start: 4:30p</p>	<p>30 IL Senior Champs @ FHC-Westmont</p> <p>AM Prelims W-Ups: 6:30a Finals W-Ups: 4:00p</p> <p>ISCA @ St. Petersburg, FL W-Ups: 6:30a Starts: 8:00a Finals W-Up: 3:30p Finals Start: 4:30p</p>	<p>31 IL Senior Champs @ FHC-Westmont</p> <p>AM Prelims W-Ups: 6:30a Finals W-Ups: 4:00p</p> <p>ISCA @ St. Petersburg, FL W-Ups: 6:30a Starts: 8:00a Finals W-Up: 3:30p Finals Start: 4:30p</p>
<p>Aug. 1 IL Senior Champs @ FHC-Westmont</p> <p>AM Prelims W-Ups: 6:30a Finals W-Ups: 3:30p</p>	<p>Aug. 2</p>	<p>Aug. 3 End of the Season Picnic for all HWSA swimmers</p>  <p>Location Palos Pool Pavilion Starts: 5:30p Ends: 8:00p ish</p>				