

# July 2022 – HWSA Dolphins – www.hwsadolphins.org

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1  
**at Palos Pool**  
Elite: 5:45a – 7:45a  
Grp 4: 6:45a – 8:45a  
Grp 3: 7:30a – 9:00a

2  
**at Palos Pool**  
Elite/4: 6:45a – 8:45a  
Grp 3: 7:30a – 9:00a  
Grp 2: 7:45a – 9:00a  
Grp 1: 8:15a – 9:00a

3



5  
**at Palos Pool**  
Elite: 5:45a – 7:45a  
Grp 4: 6:45a – 8:45a  
Grp 3: 7:30a – 9:00a  
Grp 2: 7:45a – 9:00a  
Grp 1: 8:15a – 9:00a

@ Munster H.S.  
Elite/4: 2:30p – 4:30p

Grp 1: No Practice  
Grp 2: No Practice  
Grp 3: No Practice  
**OF HS closed this day**

6  
**at Palos Pool**  
Elite: 5:45a – 7:45a  
Grp 4: 6:45a – 8:45a  
Grp 3: 7:30a – 9:00a  
Grp 2: 7:45a – 9:00a  
Grp 1: 8:15a – 9:00a

@ Munster H.S.  
Elite/4: 2:30p – 4:30p  
@ Oak Forest H.S.

Grp 1: 6:00p – 6:45p  
Grp 2: 6:00p – 7:15p  
Grp 3: 6:45p – 8:15p

7  
**at Palos Pool**  
**Elite/4: 6:30a – 8:30a**  
Grp 3: 7:30a – 9:00a  
**13 & Ov. Six Flags Trip**  
**Bus leave Palos Pool 9:00a**  
**Bus leaves Six Flags 8:00p**



@ Oak Forest H.S.  
Grp 1: 6:00p – 6:45p  
Grp 2: 6:00p – 7:15p  
Grp 3: 6:45p – 8:15p

8  
**at Palos Pool**  
Elite: 5:45a – 7:45a  
Grp 4: 6:45a – 8:45a  
Grp 3: 7:30a – 9:00a

9  
**at Palos Pool**  
Elite/4: 6:45a – 8:45a  
Grp 3: 7:30a – 9:00a

**Munster USS Meet**  
AM Session  
HWSA at 7:45a  
W-Ups: 8:00a  
(13 & Overs)  
PM Session  
HWSA at 11:45a  
W-Ups: 12:00p  
(12 & unders)

10

11  
**at Palos Pool**  
Elite: 5:45a – 7:45a  
Grp 4: 6:45a – 8:45a  
Grp 3: 7:30a – 9:00a  
Grp 2: 7:45a – 9:00a  
Grp 1: 8:15a – 9:00a

@ Munster H.S.  
Elite/4: 2:30p – 4:30p  
@ Oak Forest H.S.  
Grp 1: 6:00p – 6:45p  
Grp 2: 6:00p – 7:15p  
Grp 3: 6:45p – 8:15p

12  
**at Palos Pool**  
Elite: 5:45a – 7:45a  
Grp 4: 6:45a – 8:45a  
Grp 3: 7:30a – 9:00a

@ Oak Forest H.S.  
Grp 1: 6:00p – 6:45p  
Grp 2: 6:00p – 7:15p  
**Grp 3: 6:00p – 7:30p**

13  
**at Palos Pool**  
Elite: 5:45a – 7:45a  
Grp 4: 6:45a – 8:45a  
Grp 3: 7:30a – 9:00a  
Grp 2: 7:45a – 9:00a  
Grp 1: 8:15a – 9:00a

@ Munster H.S.  
Elite/4: 2:30p – 4:30p  
@ Oak Forest H.S.  
Grp 1: 6:00p – 6:45p  
Grp 2: 6:00p – 7:15p  
**Grp 3: 6:00p – 7:30p**

14  
**at Palos Pool**  
Elite: 5:45a – 7:45a  
Grp 4: 6:45a – 8:45a  
Grp 3: 7:30a – 9:00a

@ Munster H.S.  
Elite/4: 2:30p – 4:30p  
@ Oak Forest H.S.  
Grp 1: 6:00p – 6:45p  
Grp 2: 6:00p – 7:15p  
**Grp 3: 6:00p – 7:30p**

15  
**at Palos Pool**  
Elite: 6:45a – 8:45a  
Grp 4: 6:45a – 8:45a  
Grp 3: 7:30a – 9:00a

**IL Regional Champs**  
**@ Oswego East H.S.**  
**W-Ups: 4:00p**  
**Meet Starts: 5:00p**

16  
**IL Regional Champs**  
**@ Oswego East H.S.**  
**(12 & Unders)**  
**W-Ups: 7:00a**  
**Meet Starts: 8:00a**  
**(13 & Overs)**  
**W-Ups: 12:00p**  
**Meet Starts: 1:00p**

<p><u>17</u> <b>IL Regional Champs</b> <b>@ Oswego East H.S.</b></p> <p>(12 &amp; Unders) W-Ups: 7:00a Meet Starts: 8:00a</p> <p>(13 &amp; Overs) W-Ups: 12:00p Meet Starts: 1:00p</p>	<p><u>18</u> <b>at Palos Pool</b> No AM Practice</p> <p><b>Group 1, 2, &amp; 3</b> <b>season over</b></p> <p><b>@ Munster H.S.</b> Elite/4: 2:30p – 4:30p <b>12 &amp; Un. Movie Night</b> Time to be announced but will be early evening</p> 	<p><u>19</u> <b>at Palos Pool</b> Elite: 6:45a – 8:45a Grp 4: 6:45a – 8:45a</p> <p><b>End of the Season</b> <b>Picnic for all HWSA</b> <b>swimmers</b></p>  <p><b>Location</b> <b>Palos Pool Pavilion</b> <b>Starts: 5:30p</b> <b>Ends: 8:00p ish</b></p>	<p><u>20</u> <b>at Palos Pool</b> No AM Practice</p> <p><b>@ Munster H.S.</b> Elite/4: 2:30p – 4:30p</p>	<p><u>21</u> <b>at Palos Pool</b> No AM Practice</p> <p><b>@ Munster H.S.</b> Elite/4: 2:30p – 4:30p</p> <p><b>Illinois AG Champs</b> <b>@ Lake Central HS</b> <b>Prelims</b> W-Ups: 7:00a Starts: 9:00a <b>Finals</b> W-Ups: 4:00p Starts: 5:00p</p>	<p><u>22</u> <b>at Palos Pool</b> Elite: 6:45a – 8:45a Grp 4: 6:45a – 8:45a</p> <p><b>Illinois AG Champs</b> <b>@ Lake Central HS</b> <b>Prelims</b> W-Ups: 7:00a Starts: 9:00a <b>Finals</b> W-Ups: 4:00p Starts: 5:00p</p>	<p><u>23</u> <b>at Palos Pool</b> Elite/4: 6:45a – 8:45a</p> <p><b>Illinois AG Champs</b> <b>@ Lake Central HS</b> <b>Prelims</b> W-Ups: 7:00a Starts: 9:00a <b>Finals</b> W-Ups: 4:00p Starts: 5:00p</p>
<p><u>24</u> <b>Illinois AG Champs</b> <b>@ Lake Central HS</b> <b>Prelims</b> W-Ups: 7:00a Starts: 9:00a <b>Finals</b> W-Ups: 4:00p Starts: 5:00p</p>	<p><u>25</u> <b>at Palos Pool</b> Elite/4: 6:45a – 8:30a</p>	<p><u>26</u> <b>at Palos Pool</b> Elite/4: 6:45a – 8:30a</p> <p><b>ISCA Champs</b> <b>@ St. Petersburg, FL</b> W-Ups: 12:00p Starts: 1:00p</p>	<p><u>27</u> <b>at Palos Pool</b> Elite/4: 6:45a – 8:30a</p> <p><b>ISCA Champs</b> <b>@ St. Petersburg, FL</b> <b>Prelims</b> W-Ups: 6:30a Starts: 8:00a <b>Finals</b> W-Ups: 3:30p Starts: 5:00p</p>	<p><u>28</u> <b>at Palos Pool</b> Elite/4: 6:45a – 8:30a</p> <p><b>Illinois Senior Champs</b> <b>@ FMC – Westmont</b> <b>Prelims</b> W-Ups: 4:00p Starts: 5:30p <b>ISCA Champs</b> <b>@ St. Petersburg, FL</b> <b>Prelims</b> W-Ups: 6:30a Starts: 8:00a <b>Finals</b> W-Ups: 3:30p Starts: 5:00p</p>	<p><u>29</u> <b>Illinois Senior Champs</b> <b>@ FMC – Westmont</b> <b>Prelims</b> W-Ups: 6:30a Starts: 8:30a <b>Finals</b> W-Ups: 4:00p Starts: 5:30p <b>ISCA Champs</b> <b>@ St. Petersburg, FL</b> <b>Prelims</b> W-Ups: 6:30a Starts: 8:00a <b>Finals</b> W-Ups: 3:30p Starts: 5:00p</p>	<p><u>30</u> <b>Illinois Senior Champs</b> <b>@ FMC – Westmont</b> <b>Prelims</b> W-Ups: 6:30a Starts: 8:30a <b>Finals</b> W-Ups: 4:00p Starts: 5:30p <b>ISCA Champs</b> <b>@ St. Petersburg, FL</b> <b>Prelims</b> W-Ups: 6:30a Starts: 8:00a <b>Finals</b> W-Ups: 3:30p Starts: 5:00p</p>
<p><u>31</u> <b>Illinois Senior</b> <b>Champs</b> <b>@ FMC – Westmont</b> <b>Prelims</b> W-Ups: 6:30a Starts: 8:30a <b>Finals</b> W-Ups: 4:00p</p>						

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>at Palos Pool</b> Elite/4: 6:45a – 8:30a - off season and OW State training	<b>2</b> <b>at Lake Manteno</b> 8:00a-9:30a <b>Register to attend</b> <a href="https://docs.google.com/forms/d/e/1FAIpQLScey5ptnhISstxKx0Ms6_ar6ibXUZbbBpEQHTMSQuRiZVgHAA/viewform">https://docs.google.com/forms/d/e/1FAIpQLScey5ptnhISstxKx0Ms6_ar6ibXUZbbBpEQHTMSQuRiZVgHAA/viewform</a>	<b>3</b> <b>at Palos Pool</b> Elite/4: 6:45a – 8:30a - off season and OW State training	<b>4</b> <b>at Palos Pool</b> Elite/4: 6:45a – 8:30a - off season and OW State training	<b>5</b> <b>at Palos Pool</b> Elite/4: 6:45a – 8:30a - off season and OW State training	<b>6</b> <b>at Palos Pool</b> Elite/4: 6:45a – 8:30a - off season and OW State training
<b>7</b>	<b>8</b> <b>at Palos Pool</b> Elite/4: 6:45a – 8:30a - off season and OW State training	<b>9</b> <b>at Palos Pool</b> Elite/4: 6:45a – 8:30a - off season and OW State training	<b>10</b> <b>at Palos Pool</b> Elite/4: 6:45a – 8:30a - off season and OW State training	<b>11</b> <b>at Lake Manteno</b> 8:00a-9:30a <b>Register to attend</b> <a href="https://docs.google.com/forms/d/e/1FAIpQLScey5ptnhISstxKx0Ms6_ar6ibXUZbbBpEQHTMSQuRiZVgHAA/viewform">https://docs.google.com/forms/d/e/1FAIpQLScey5ptnhISstxKx0Ms6_ar6ibXUZbbBpEQHTMSQuRiZVgHAA/viewform</a>	<b>12</b> <b>at Palos Pool</b> Elite/4: 6:45a – 8:30a - off season and OW State training	<b>13</b> <b>at Palos Pool</b> Elite/4: 6:45a – 8:30a - off season and OW State training
<b>14</b>	<b>15</b> <b>Illinois Open Water State @ Lake Manteno</b> W-Ups: 7:00a First Race: 8:00a	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> <b>Tryout Session #1 @ Stagg H.S. for Fall/Winter season 6:00p</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> <b>Tryout Session #2 @ Stagg H.S. for Fall/Winter season 6:00p</b>	<b>30</b>	<b>31</b>	<b>Fall/Winter season of 2022-23 starts Sept. 12 for all groups</b>		