

July 4th-July 10th						
	Mon 7-4	TUES 7-5	Wed 7-6	THUR 7-7	Fri 7-8	Sat 7-9
	7:00 - 8:30am	6:30 - 8:30am		6:30 - 8:30am	6:30 - 8:30am	7:00 - 9:00am
TRAIN 2	@ IH	@ IH		@ IH	@ UC	@ CCD
		5:30-6:30pm	4:00 - 6:00pm	5:30 - 6:30pm		9:00 - 9:30am
		@ CCD	@ UC	@ CCD		@ CCD
	7:00 - 8:30am	4:00 - 5:30pm	6:45 - 8:15am	9:00 - 11:00am	6:30 - 8:30am	7:00 - 9:00am
TRAIN 1	@ IH	@ CCD	@ Ken	@ UC	@ UC	@ CCD
		5:30 - 6:30pm				9:00 - 9:30am
		@ CCD				@ CCD
TRANSITION 2	8:30 - 10:00am	9:00 - 11:00am	7:30 - 8:45am	9:00 - 11:00am	7:00 - 8:30am	7:30 - 9:00am
	@ CCD	@ UC	@ IH	@ UC	@ UC	@ CCD
TRANSITION 1	8:30 - 10:00am	9:00 - 11:00am	7:30 - 8:45am	9:00 - 11:00am	7:00 - 8:30am	7:30 - 9:00am
	@ CCD	@ UC	@ IH	@ UC	@ UC	@ CCD
TRACK 2	OFF	5:30 - 7:00pm	OFF	9:00 - 11:00am	Regionals	Regionals
		@ CCD		@ UC		
TRACK 1	OFF	5:30 - 6:30pm	OFF	5:30 - 6:30pm	Regionals	Regionals
		@ CCD		@ CCD		
CINCINNATI COUNTRY DAY SCHOOL			NOTES			
INDIAN HILL SWIM CLUB			- Thursday 7-7 will be a Regional celebration after swim with bagels.			
UNIVERSITY OF CINCINNATI			- Friday 7-8 & Saturday 7-9 will be offered to swimmers attending Sectionals, Senior Meet, & JOs only.			
KENWOOD SWIM CLUB						

July 11th - 17th						
	Mon 7-11	Tues 7-12	Wed 7-13	Thur 7-14	Fri 7-15	Sat 7-16
	7:00 - 8:15am	3:30 - 5:30pm	7:00 - 8:00am	Sectionals/SR Meet	Sectionals/SR Meet	Sectionals/SR Meet
TRAIN 2	@ UC	@ CCD	@ Ken			
	4:30 - 5:30pm	5:30-6:30pm				
	@ UC	@ CCD				
		9:00 - 11:00am	7:15 - 8:45am			7:30 - 9:00am
TRAIN 1		@ UC	@ IH			@ IH
	4:00 - 5:30pm			4:00 - 5:30pm	5:00 - 6:30pm	
	@ CCD			@ CCD	@ CCD	
TRANSITION 2	4:00 - 5:30pm	9:00 -11:00am	7:15 - 8:45am	9:00 - 11:00am	5:00 - 6:30pm	7:30 - 9:00am
	@ CCD	@ UC	@ IH	@ UC	@ CCD	@ IH
TRANSITION 1	5:30 - 7:00pm	9:00 - 11:00am	7:15 - 8:45am	9:00 - 11:00am	3:30 - 5:00pm	7:30 - 9:00am
	@ CCD	@ UC	@ IH	@ UC	@ CCD	@ IH
TRACK 2	5:30 - 7:00pm	9:00 - 10:15am	OFF	9:00 - 10:15am	3:30 - 5:00pm	7:30 - 9:00am
	@ CCD	@ UC		@ UC	@ CCD	@ IH
TRACK 1	OFF	OFF	OFF	OFF	OFF	OFF
CINCINNATI COUNTRY DAY SCHOOL			NOTES			
INDIAN HILL SWIM CLUB			- Sectional, Senior Meet, & JO swimmers will be swimming this week			
UNIVERSITY OF CINCINNATI						
KENWOOD SWIM CLUB						

JULY 18th - July 24th						
	Mon 7-18	Tues 7-19	Wed 7-20	Thur 7-21	Fri 7-22	Sat 7-23
TRAIN 2	OFF	OFF	OFF	OFF	OFF	OFF
TRAIN 1		9:00 - 10:30am @ UC		OSI JO	OSI JO	OSI JO
	4:00 - 5:30pm @ CCD		4:00 - 5:30pm @ CCD	4:00 - 5:00pm @ CCD	OFF	OFF
TRANSITION 2	4:00 - 5:30pm @ CCD	9:00 - 10:30am @ UC	4:00 - 5:30pm @ CCD	4:00 - 5:00pm @ CCD	OSI JO OFF	OSI JO OFF
TRANSITION 1	5:30 - 7:00pm @ CCD	9:00 - 10:30am @ UC	4:00 - 5:30pm @ CCD	4:00 - 5:00pm @ CCD	OSI JO OFF	OSI JO OFF
TRACK 2	5:30 - 7:00pm @ CCD	9:00 - 10:15am @ UC	4:00 - 5:30pm @ CCD	4:00 - 5:00pm @ CCD	OSI JO OFF	OSI JO OFF
TRACK 1	OFF	OFF	OFF	OFF	OFF	OFF
CINCINNATI COUNTRY DAY SCHOOL			NOTES			
INDIAN HILL SWIM CLUB			- JO only swimmers this week			
UNIVERSITY OF CINCINNATI			- Wednesday, July 20th: Pasta Party for JO Qualifiers			
KENWOOD SWIM CLUB						