



JULY 2013

Please follow the normal practice schedule unless a change is listed below.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Updated 7/10/13	1 CANOE TRIP Nat, Var & Platinum(Morning practice for these groups—No afternoon) All other groups normal practice. 11:30 Push-off	2	3	4 Independence Day No practice all groups except National: 7-9 Platinum: 9-11 am Var: 7-9 am LEMP	5	6
7	8	9	10	11	12 Ohio Regional Championships Natl: 7:55-10:30 a Plat: Normal JO Swimmer's only from all other groups 1:00-2:15 pm	13 Ohio Regional Championships Natl: 7-10 am Plat: Normal JO Swimmer's only from all other groups 9:15-10:30 am
14 Ohio Regional Championships St. X High School	15	16	17 Last Day of Practice For Gold, Silver, Bronze, White, Green and Blue	18 Ohio Junior Olympics Miami University Ohio JO Time or better Natl: 8-10:15 am Plat: 10-12:45 pm JO Practice: 12:45-2	19 Ohio Junior Olympics Miami University Ohio JO Time or better Natl: 8-10:15 am Plat: 10-12:45 pm JO Practice: 12:45-2	20 Ohio Junior Olympics BECKETT INVITE Natl: 7-9:15 am Plat: 9-11:15 am JO Practice: 9-10:15a No other practice
21 Ohio Junior Olympics Championships Time Standards Ohio State Time or better Miami University	22 Senior Sectional Championships Zone Team: 8:30-10a Sr State: 10-12 pm No practice for all other groups	23 Senior Sectional Championships Zone Team: 8:30-10a Sr State: 10-12 pm No practice for all other groups	24 Senior Sectional Championships Zone Team: 8:30-10a Sr State: 10a-12p No practice for all other groups	25 Sectionals Ohio Senior Meet Zone Team: 8:30-10a Sr State: 10 am-11 am No practice for all other groups	26 Ohio Senior Championships Kenyon College Zone Team: 8:30-10a No practice for all other groups	27 Ohio Senior Championships Kenyon College Zone Team: 8:30-10a No practice for all other groups
28 Ohio Senior Championships Kenyon College	29 Zone Team: 8:30-10a No practice for all other groups	30 2013-2014 MANTA RAY GROUP PLACEMENTS 5 pm 9 & Younger 6 pm 10 & Older Zone Team: 1:30-3 pm	31 Zone Team: 8:30-10a No practice for all other groups	1 Junior National practice No other practices until September 3 or 9!	2	3