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| December | 2018 |
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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Swim 630-8a  Lift 815-915a  **HOME v. Copley 615p**  **Warm up 5p** |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Lift\* 6-7a  Swim 230-430p | Swim\*\* 530-7a  Swim 230-430  Dryland 445-515 | Lift\* 6-7a  Swim 230-430p | Swim\*\* 530-7a  Swim 230-430  Dryland 445-515 | Swim 230-430p | Swim 630-8a  Lift 815-915a  **HOME v. Elyria 615p**  **Warm up 5p** |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Lift\* 6-7a  Swim 230-430p | Swim\*\* 530-7a  Swim 230-430  Dryland 445-515 | Lift\* 6-7a  **@Sprint Invite 7p**  **Bus 545pm** | Swim 230-430  Dryland 445-515 | Swim 230-430p | **@Winter Invite 10a**  **Bus 7am** |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Lift\* 6-7a (opt.)  Swim 230-430p | Swim\*\* 530-7a  Swim 230-430  Dryland 445-515 | Lift\* 6-7a (opt.)  Swim 230-430p | Swim\*\* 530-7a  Swim 230-430  Dryland 445-515 | Swim\*\* TBD  @Normandy 6p  Bus TBD | Swim 630-8a  Lift 815-915a |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| TBD | OFF | TBD | TBD | TBD | Swim 630-8a  Lift 815-915a  **@Wally Relays 545p**  **Bust 4pm** |  |
| 31 |  |  |  |  |  |  |
| TBD |  |  |  |  |  |  |

* \* = Returning lifters ONLY \*\* = Coach Selected Swimmers