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| --- | --- |
| October | 2018 |
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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  |  |  |  |  |  |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  |  |  |  |  |  |  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  |  |  |  |  |  |  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  |  |  |  | Tryouts 230-4  Swim 230-430 | Optional Swim  630-8a |  |
| 29 | 30 | 31 |  |  |  |  |
| Lift\* 6-7a  Swim 230-430p | Swim\*\* 530-7a  Swim 230-430  Dryland 445-515 | Lift\* 6-7a  Swim 230-430p |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

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