

2022 Meet and Practice Schedule



Coaches assume swimmers will attend all meets. Signout by declaration deadline for each meet.
Reminders and meet info are emailed out one week in advance..

Date	Meet	Location
10-15-22	Training Meet @ 1:00 pm	Sidney
10-22-22	Dual Meet*	TBA
11-4/5/6-22	Great White North Invitational	Auglaize Mercer Family YMCA- Celina, OH
11-12-22	Pentathlon	Sidney, OH
11-19-22	Annual High School Format Meet* 13+ swimmers only	Sidney, OH*
12-2/3/4-22	CFY Polar Bear Invite	Countryside YMCA Lebanon, OH
12-10-22	Dual Meet *	Sidney, OH*
12-18-22	Huber Heights Sprint Meet	Huber Heights, OH
1-6/7/8-23	PCY Winter invitational	Miami University Oxford, OH
1-22 - 23	SPY Winter Mini-meet	Springfield, OH
2-12-23	KEY Valentine Invitational*	Dayton, OH
2-25-23	Dual meet or Last chance meet*	TBD
3-3/4/5-23	A Championships	Trotwood-Madison High School Trotwood, OH
3-10/11/12-23	AA Championships	Miami University Oxford, OH
3-17/18/19-23	ZONE Championships	Canton, OH

- *Tentative
- Additional meets may be added as they become available.

Team:	White	Gold	Silver 1	Silver 2	Black
Coach:	Karen	Karen	Brittany	Jim	Mary
Monday	X	6:30-7:15	DL 5:45-6:15 6:30-7:30	DL 6:30-7:00 W 7:15-8:30	DL 6:30-7:00 W 7:15-8:30
Tuesday	5:30-6:15	6:30-7:15	6:30-7:30	6:30-7:30	6:30-8:00
Wednesday	X	6:30-7:15	6:30-7:30	6:30-8:00	6:30-8:00
Thursday	5:30-6:15	6:30-7:15	6:30-7:30	6:30-7:30	6:30-8:00
Sunday	N/A	N/A	6:00-7:00	6:00-7:00	6:00-7:00

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Practice groups:

Maturity level is considered.

White 9& under (first year)

Gold 9-12 (intermediate) 75% skills/ 25% workout

Silver 1 9-12 (Moderate) 40% skills/60% endurance workout”

Silver 2 11-14 (Moderate/Advanced) 30% skill/ 70% workout

Black 13& over (Advanced) 20% skill/80% workout