

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – JULY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 S4/3-W-7:00-9:00 S4/3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	2 A1-W-7:30-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30	3 S4/3-W-7:00-9:00 S2/1-W-6:00-8:30 s M-W-6:00-7:00	4 S2/1-W-7:00-9:00
			N2/1-C-4:00-5:00 T2/1-OFF A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 s SIS-W-4:30-6:00	N1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4/3-C-2:00-3:30 S2/1-C-2:30-3:30 d S2/1-C-3:30-5:00 s SIS-W-4:30-5:30 s SIS-W-5:30-6:00 d M-W-5:30-7:00	N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00	
5	6 S4/3-W-7:00-9:00 s S4/3-W-9:00-9:30 d S2/1-W-6:00-8:30 s M-W-6:00-7:00	7 A1-W-7:30-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30 s	8 S4/3-W-7:00-9:00 S4/3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	9 A1-W-7:30-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30	10 S4/3-W-7:00-9:00 S2/1-W-6:00-8:30 s M-W-6:00-7:00	11 S2/1-W-7:00-9:00
	PCG-E-2:20-3:30 N2/1-W-4:30-5:30 T2/1-E-3:30-4:45 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 s SIS-W-4:30-6:00	N2-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4/3-E-2:00-3:30 s S2/1-E-2:30-3:30 d S2/1-E-3:30-5:00 s SIS-W-4:30-5:30 s SIS-W-5:30-6:00 d M-W-5:30-7:00	PCG-E-2:30-3:30 N2/1-E-4:00-5:00 T2/1-OFF A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 s SIS-W-4:30-6:00	N1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4/3-E-2:00-3:30 S2/1-E-2:30-3:30 d S2/1-E-3:30-5:00 s SIS-W-4:30-5:30 s SIS-W-5:30-6:00 d M-W-5:30-7:00	N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-E-3:30-5:00	
12 N2/1@EBSC T2/1@EBSC A2/1@EBSC S4/3@EBSC S2/1@EBSC	13 S4/3-W-7:00-9:00 s S4/3-W-9:00-9:30 d S2/1-W-6:00-8:30 s M-W-6:00-7:00	14 A1-W-7:30-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30 s	15 S4/3-W-7:00-9:00 S4/3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	16 A1-W-7:30-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30	17 S4/3-W-7:00-9:00 S2/1-W-6:00-8:30 s M-W-6:00-7:00	18 S2/1-W-7:00-9:00
	PCG-E-2:30-3:30 N2/1-W-4:30-5:30 T2/1-E-3:30-4:45 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 s SIS-W-4:30-6:00	N2-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4/3-E-2:00-3:30 s S2/1-E-2:30-3:30 d S2/1-E-3:30-5:00 s SIS-W-4:30-5:30 s SIS-W-5:30-6:00 d M-W-5:30-7:00	PCG-E-2:30-3:30 N2/1-E-4:00-5:00 T2/1-OFF A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 s SIS-W-4:30-6:00	N1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4/3-E-2:00-3:30 S2/1-E-2:30-3:30 d S2/1-E-3:30-5:00 s SIS-W-4:30-5:30 s SIS-W-5:30-6:00 d M-W-5:30-7:00 Speedo Champs	N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-E-3:30-5:00 Regional Champs Speedo Champs	N2/1@Regional T2/1@Regional A2/1@Regional S4/3@Regional S2/1@Regional Speedo Champs
19	20 S4/3-W-7:00-9:00 s* S2/1-W-6:00-8:30 s* M-W-6:00-7:00	21 S4/3-W-7:00-9:00* S2/1-W-6:00-8:30 s*	22 S4/3-W-7:00-9:00* S2/1-W-6:00-8:30* M-W-6:00-7:00	23 S4/3-W-7:00-9:00* S2/1-W-6:00-8:30*	24 S4/3-W-7:00-9:00* S2/1-W-6:00-8:30* M-W-6:00-7:00 12&U State Champs	25 S2/1-W-7:00-9:00 12&U State Champs
N2/1@Regional T2/1@Regional A2/1@Regional S4/3@Regional S2/1@Regional Speedo Champs	PCG-E-2:30-3:30 T2/1-W-4:30-5:45 * A2/1-W-4:30-6:00 * SIS-W-4:30-6:00	T2/1-W-4:30-5:45 * A2/1-W-4:30-6:00 * S4/3-E-2:00-3:30 * S2/1-E-2:30-3:30 d* S2/1-E-3:30-5:00 s* SIS-W-4:30-5:30 s SIS-W-5:30-6:00 d M-W-5:30-7:00	PCG-E-2:30-3:30 T2/1-W-4:30-5:45 * A2/1-W-4:30-6:00 * SIS-W-4:30-6:00	T2/1-W-4:30-5:45 * A2/1-W-4:30-6:00 * SIS-W-4:30-5:30 s SIS-W-5:30-6:00 d M-W-5:30-7:00		
26 12&U State Champs	27 S4/3-W-7:00-9:00 s* S2/1-W-6:00-8:30 s* M-W-6:00-7:00	28 S4/3-W-7:00-9:00* S2/1-W-6:00-8:30*	29 S4/3-W-7:00-9:00* S2/1-W-6:00-8:30* M-W-6:00-7:00	30 13&O State Champs	31 13&O State Champs	1 13&O State Champs
	PCG-E-2:00-3:30 A2/1-W-4:30-6:00 ** SIS-W-4:30-6:00	A2/1-W-4:30-6:00 ** SIS-W-4:30-5:30 s SIS-W-5:30-6:00 d M-W-5:30-7:00	PCG-E-2:00-3:30 A2/1-W-4:30-6:00 ** SIS-W-4:30-6:00	A2/1-W-4:30-6:00 ** SIS-W-4:30-5:30 s SIS-W-5:30-6:00 d M-W-5:30-7:00	A2/1-W-4:30-6:00 **	
2 13&O State Champs	3 A2/1-W-4:30-6:00 **	4 A2/1-W-4:30-6:00 ** M-W-5:30-7:00	5 14&U Zone Champs	6 14&U Zone Champs	7 14&U Zone Champs	8 14&U Zone Champs

*State Team Only

**Zone Team Only