

## ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> N2/1-OFF T2-M-5:30-6:45 T-M-6:45-8:00 A2-C-7:00-8:00 A1-E-6:00-7:30 S4-C-7:00-8:00 S3-E-4:30-6:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:30 M-C-5:30-7:00	<b>2</b> N2/1-E-5:00-6:00 T2/1-C-5:30-6:30 A2-OFF A1-C-6:30-8:00 S4-OFF S3-E-3:30-5:00 S2/1-C-3:30-5:30 s S2/1-C-5:30-7:00 w S2/1-C-3:30-5:30	<b>3</b> N2/1-E-6:00-6:45 T2/1-OFF A2-C-7:00-8:00 A1-E-6:45-8:15 S4-C-7:00-8:00 S3-E-4:30-6:00 S2/1-C-3:30-5:15 M-C-5:30-7:00	<b>4</b> N2/1-OFF T2/1-C-5:30-6:30 A2-E-5:00-6:00 A1-C-6:30-8:00 S4-E-5:00-6:00 S3-E-3:30-5:00 S2/1-C-3:30-5:30	<b>5</b> N2/1-E-6:00-7:00 T2/1-E-7:00-8:00 A2-C-5:30-6:30 A1-C-6:30-8:00 S4-C-5:30-6:30 S3-E-4:30-6:00 S2/1-C-3:30-5:30 SST	<b>6</b> All Qualifiers @ SST
<b>7</b> All Qualifiers @ SST	<b>8</b> N2-M-5:30-6:30 N1-M-6:30-7:30 T2/1-E-6:00-7:00 A2-E-5:00-6:00 A1-E-7:00-8:15 S4-E-5:00-6:00 S3-E-3:30-5:00 S2/1g-C-5:30-7:00 am S2/1g-C-3:30-5:30 S2/1b-C-5:30-7:30	<b>9</b> N2/1-C-5:30-6:30 T2-M-5:30-6:45 T1-M-6:45-8:00 A2-OFF A1-E-5:00-6:30 S4-OFF S3-E-3:30-5:00 S2/1g-C-3:30-5:30 S2/1-C-5:30-6:30 w S2/1b-C-6:30-8:15 M-E-6:30-8:00	<b>10</b> N2/1-OFF T2/1-C-6:30-7:45 A2-E-5:00-6:30 A1-E-6:30-8:00 S4-E-5:00-6:30 S3-E-3:30-5:00 S2/1g-C-3:30-5:00 S2/1b-C-5:00-6:30	<b>11</b> N2/1-OFF T2/1-OFF A2-E-5:00-6:30 A1-OFF S4-E-5:00-6:30 S3-E-3:30-5:00 S1-C-5:30-7:00 am* S2/1g-C-3:30-5:30 S2/1b-C-5:30-7:30 M-E-6:30-8:00	<b>12</b> N2/1-C-5:30-6:30 T2/1-E-6:00-7:00 A2-E-5:00-6:00 A1-E-7:00-8:15 S4-E-5:00-6:00 S3-E-3:30-5:00 S2/1g-C-3:30-5:30 S2/1-C-5:30-6:30 w S2/1b-C-6:30-8:15	<b>13</b> N2/1@LAKE T2/1@LAKE S4/3@PX3 S2@PX3 S2/1g-E-7:00-8:30 am S2/1b-E-8:30-10:00 am
<b>14</b> N2/1@LAKE T2/1@LAKE A2/1@PX3 S4/3@PX3 S2@PX3	<b>15</b> N2-M-5:30-6:30 N1-M-6:30-7:30 T2/1-E-6:00-7:00 A2-E-5:00-6:00 A1-E-7:00-8:15 S4-E-5:00-6:00 S3-E-3:30-5:00 S2/1g-C-5:30-7:00 am* S2/1b-E-5:30-7:00 am* S2/1g-C-3:30-5:30 S2/1b-C-5:30-7:30	<b>16</b> N2/1-C-5:30-6:30 T2-M-5:30-6:45 T1-M-6:45-8:00 A2-OFF A1-E-5:00-6:30 S4-OFF S3-E-3:30-5:00 S2/1g-C-3:30-5:30 S2/1-C-5:30-6:30 w S2/1b-C-6:30-8:15 M-E-6:30-8:00	<b>17</b> N2/1-OFF T2/1-C-6:30-7:45 A2-E-5:00-6:30 A1-E-6:30-8:00 S4-E-5:00-6:30 S3-E-3:30-5:00 S2/1g-C-3:30-5:00 S2/1b-C-5:00-6:30	<b>18</b> N2/1-OFF T2/1-E-6:00-7:00 A2-E-5:00-6:00 A1-C-6:30-8:00 S4-E-5:00-6:00 S3-E-3:30-5:00 S1-C-5:30-7:00 am* S2/1g-C-3:30-5:00 S2/1b-C-5:00-6:30 M-E-7:00-8:30	<b>19</b> N2/1-C-5:30-6:30 T2/1@EBSC A2/1@EBSC S4@EBSC S3@EBSC S2@EBSC S2/1g-C-3:30-5:30 S2/1-C-5:30-6:30 w* S2/1b-C-6:30-8:15	<b>20</b> N2/1@EBSC T2/1@EBSC A2/1@EBSC S4/3@EBSC S2@EBSC S1-C-7:00-8:30*
<b>21</b> N2/1@TBA T2/1@TBA A2/1@TBA S4/3@TBA S2@TBA	<b>22</b> T1-E-5:30-6:45* A2/1-E-5:30-7:00* S3-E-4:00-5:30* S2/1-C-5:30-7:00 am** S2/1-E-5:30-7:00 am* S2/1-C-3:30-5:30** S2/1-C-5:30-7:30*	<b>23</b> T1-E-5:15-6:30* A2/1-E-5:00-6:30* S3-E-3:30-5:00* S2/1-C-3:30-5:30** S2/1-C-5:30-6:30 w** S2/1-C-6:30-8:15* M-E-6:30-8:00	<b>24</b> T1-E-5:30-6:45* A2/1-E-5:30-7:00* S3-E-4:00-5:30* S2/1-C-3:30-5:00** S2/1-C-5:00-6:30*	<b>25</b> T1-E-5:15-6:30* A2/1-E-5:00-6:30* S3-E-3:30-5:00* S2/1-C-5:30-7:00 am** S2/1-C-3:30-5:30** S2/1-C-5:30-7:30* M-E-6:30-8:00	<b>26</b> 12&U State S3-E-4:00-5:30* S2/1-C-3:30-5:30** S2/1-C-5:30-6:30 w** S2/1-C-6:30-8:15*	<b>27</b> 12&U State S2/1-E-7:00-8:30** S2/1-E-8:30-10:00*
<b>28</b> 12&U State	<b>1</b> S3-E-4:00-5:30* S2/1-C-5:30-7:00 am** S2/1-C-3:30-5:30** S2/1-C-5:30-7:00*	<b>2</b> S3-E-4:00-5:30* S2/1-C-3:30-5:30** S2/1-C-5:30-6:30 w** S2/1-C-5:30-7:00* M-E-5:30-7:00	<b>3</b> S3-E-4:00-5:30 S2/1-C-3:30-5:00** S2/1-C-5:00-6:30*	<b>4</b> 13&O State S2/1-C-5:30-7:00 am** S2/1-C-3:30-5:30** S2/1-C-5:30-7:00* M-E-5:30-7:00	<b>5</b> 13&O State S2/1-C-3:30-5:30** S2/1-C-5:30-6:30 w**	<b>6</b> 13&O State
<b>7</b> 13&O State	*=State Team Only	**=National Team Only				