

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 A1-W-8:00-9:15 S3-W-7:00-9:00 S2/1-W-6:00-8:30	2 S3-W-7:00-9:00 S2/1-W-6:00-8:30 M-W-6:00-7:00	3 S2/1-W-7:00-9:00
				N1-W-4:30-5:30 T2/1-OFF A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:00-4:30 d S4-W-4:30-6:00 S3-E-4:00-5:30 S2-W-4:30-6:00 S1-E-2:00-3:30 s SSG-E-5:30-7:00 M-W-5:30-7:00	N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2-E-4:00-5:30 A1-W-4:30-6:00 S4-E-4:00-5:30 SSG-E-5:30-7:00	
4	5 S2/1-W-6:00-8:30 M-W-6:00-7:00	6 A1-W-8:00-9:15 S3-W-7:00-9:00 S2/1-W-6:00-8:30	7 S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	8 A1-W-8:00-9:15 S3-W-7:00-9:00 S2/1-W-6:00-8:30	9 S3-W-7:00-9:00 S2/1-W-6:00-8:30 M-W-6:00-7:00	10 S2/1-W-7:00-9:00
	PCG-OFF N2/1-W-4:30-5:30 T2/1-OFF A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S3-W-4:30-6:00 S4-W-4:00-4:30 S4-W-4:30-6:00 S1-OFF	N2-W-4:30-5:30 T2/1-W-4:30-5:45 A2-W-4:30-6:00 A1-W-4:30-6:00 S4-W-4:30-6:00 S3-E-4:00-5:30 S2/1-E-2:00-3:30 S2/1-E-3:30-4:30 w SSG-E-5:30-7:00 M-W-5:30-7:00	PCG-E-3:30-4:30 N2/1-E-4:30-5:30 T2/1-W-4:30-5:45 A2-W-4:30-6:00 A2-W-4:30-6:00 A1-E-2:00-3:30 S4-W-4:30-6:00 SSG-E-5:30-7:00	N1-W-4:30-5:30 T2/1-OFF A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:00-4:30 d S4-W-4:30-6:00 S3-E-4:00-5:30 S2-W-4:30-6:00 S2/1-E-3:30-4:30 w S1-E-2:00-3:30 s SSG-E-5:30-7:00 M-W-5:30-7:00	N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2-E-4:00-5:30 A1-W-4:30-6:00 S4-E-4:00-5:30 SSG-E-5:30-7:00	
11	12 S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 s M-W-6:00-7:00	13 A1-E-8:00-9:15 S3-W-7:00-9:00 S2/1-W-6:00-8:30	14 S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	15 A1-W-8:00-9:15 S3-W-7:00-9:00 S2/1-W-6:00-8:30	16 REGIONALS S3-W-7:00-9:00 S2/1-W-6:00-8:30 M-W-6:00-7:00	17 REGIONALS S2/1-W-6:30-8:00 *
	PCG-E-3:30-4:30 N2/1-W-4:30-5:30 T2/1-E-4:30-5:45 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:00-4:30 S4-W-4:30-6:00 S1-E-2:00-3:30	N2-W-4:30-5:30 T2/1-W-4:30-5:45 A2-W-4:30-6:00 A1-W-4:30-6:00 S4-W-4:30-6:00 S3-E-4:00-5:30 S2-E-2:00-3:30 S2/1-E-3:30-4:30 w SSG-E-5:30-7:00 M-W-5:30-7:00	PCG-E-3:30-4:30 N2/1-E-4:30-5:30 T2/1-W-4:30-5:45 A2-W-4:30-6:00 A2-W-4:30-6:00 A1-E-2:00-3:30 S4-W-4:30-6:00 SSG-E-5:30-7:00	N1-W-4:30-5:30 T2/1-OFF A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:00-4:30 d S4-W-4:30-6:00 S3-E-4:00-5:30 S2-W-4:30-6:00 S2/1-E-3:30-4:30 w S1-E-2:00-3:30 s SSG-E-5:30-7:00 M-W-5:30-7:00	N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2-E-4:00-5:30 A1-W-4:30-6:00 S4-E-4:00-5:30 SSG-E-5:30-7:00	
18 REGIONALS	19 S3-W-7:00-9:00 * S2/1-W-6:00-8:30 * M-W-6:00-7:00	20 S3-W-7:00-9:00 * S2/1-W-6:00-8:30 *	21 S3-W-7:00-9:00 * S2/1-W-6:00-8:30 * M-W-6:00-7:00	22 S3-W-7:00-9:00 * S2/1-W-6:00-8:30 *	23 12&U STATE S3-W-7:00-9:00 * S2/1-W-6:00-8:30 * M-W-6:00-7:00 *	24 12&U STATE S2/1-W-7:00-9:00 *
	PCG-W-4:30-5:30 T2/1-W-4:30-5:45 * A2/1-W-4:30 6:00 *	T2/1-W-4:30-5:45 * A2/1-W-4:30-6:00 * S2/1-E-3:30-4:15 w * S2/1-W-4:30-6:00 * M-W-5:30-7:00	PCG-W-4:30-5:30 T2/1-W-4:30-5:45 * A2/1-W-4:30-6:00 *	A2/1-W-4:30-6:00 * S2/1-E-3:30-4:30 w * S2/1-W-4:30-6:00 * M-W-5:30-7:00		
25 12&U STATE	26 S3-W-7:00-9:00 * S2/1-W-6:00-8:30 * M-W-6:00-7:00	27 S3-W-7:00-9:00 * S2/1-W-6:00-8:30 *	28 S3-W-7:00-9:00 * S2/1-W-6:00-8:30 * M-W-6:00-7:00	29 S2/1-W-6:00-8:30/** 13&O STATE	30 S2/1-W-6:00-8:30/** 13&O STATE	31 S2/1-W-7:00-8:30** 13&O STATE
	Zone Team-W-4:30-6:00	Zone Team-W-4:30-6:00 S1-E-3:30-4:15 w** S1-W-4:30-6:00 ** M-W-5:30-7:00	Zone Team-W-4:30-6:00	Zone Team-W-4:30-6:00 S2/1-E-3:30-4:15 w** S2/1-W-4:30-6:00 M-W-5:30-7:00	Zone Team-W-4:30-6:00	
1 13&O STATE	2	3 USA Nationals	4 USA Nationals	5 USA Nationals Central Zone	6 USA Nationals Central Zone	7 USA Nationals Central Zone
	Zone Team-W-4:30-6:00	Zone Team-W-4:30-6:00	Zone Team-W-4:30-6:00			

* = State Team Only

** = National Team Only