

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – MARCH 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 S4/3-E-3:30-5:00* S2/1-C-5:30-7:00 am** S2/1-C-3:30-5:30** S2/1-C-5:00-6:30* M-C-6:30-8:00	2 S4/3-E-6:00-7:30* S2/1-E-3:30-5:00/**	3 S2/1-C-5:30-7:00 am** S2/1-E-3:30-5:30** M-E-5:30-7:00	4 S2/1-E-3:30-5:30** S2/1-E-5:30 w 6:30**	5 S2/1-E-7:00-8:30**
6 13&O State	7 S2/1-E-3:30-5:30** S2/1-E-5:30-6:30 w**	8 S2/1-C-5:30-7:00 am** S2/1-E-3:30-5:30** M-E-5:30-7:00	9 S2/1-E-3:30-5:00**	10 S2/1-E-3:30-5:30** M-E-5:30-7:00	11 S2/1-E-3:30-5:30** S2/1-E-5:30-6:30 w**	12 S2/1-E-7:00-8:30 am**
13 Sectionals	14 N2/1-C-5:00-6:00 T2/1-E-5:00-6:15 A2/1-E-6:15-7:45 S4-C-5:00-6:30 S3-C-3:30-5:00 S2/1-E-3:30-5:00	15 N2/1-C-5:00-6:00 T2/1-E-5:00-6:15 A2/1-E-6:15-7:45 S4-C-5:00-6:30 S3-C-3:30-5:00 S2/1-E-3:30-5:00 M-C-6:00-7:30 NCSA Nationals	16 N2/1-E-5:00-6:00 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-M-5:30-7:00 S3-E-3:30-5:00 S2/1-M-4:00-5:30 NCSA Nationals	17 N2/1-OFF T2/1-OFF A2/1-M-6:30-8:00 S4-OFF S3-M-5:00-6:30 S2/1-E-5:30-7:00 M-E-7:00-8:30 NCSA Nationals	18 N2/1-OFF T2/1-OFF A2/1-OFF S4-OFF S3-OFF S2/1-OFF NCSA Nationals	19 NCSA Nationals
20	21 Spring Break	22 Spring Break	23 Spring Break	24 Spring Break	25 Spring Break	26 Spring Break
27 Spring Break	28 N2/1-OFF T2/1-M-6:45-8:00 A2/1-M-5:15-6:45 S4-E-5:30-7:00 S3-E-6:30-8:00 S2-E-5:00-6:30 S1-E-3:30-5:30	29 N2/1-M-5:30-6:30 T2/1-OFF A2/1-OFF S4-E-7:00-8:15 S3-M-4:00-5:30 S2-E-6:30-8:00 S1-E-3:30-5:30 M-E-5:30-7:00	30 N2/1-E-5:00-6:00 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-OFF S3-E-3:30-5:00 S2-M-5:30-7:00 S2/1-M-4:00-5:30	31 N2/1-OFF T2/1-M-6:45-8:00 A2/1-M-5:15-6:45 S4-E-7:00-8:15 S3-OFF S2-E-6:30-8:00 S1-E-5:30-7:00 M-E-8:00-9:00		

* = State Team

** = National Team