

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 S3-W-7:00-9:00 S2/1-W-6:00-8:30 S2/1-C-9:00-10:00 w M-W-6:00-7:00	2
					SSG-E-2:00-3:30 N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4-E-3:30-5:00	
3	4 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	5 A1-W-8:00-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30 S2/1-C-9:00-10:00 w	6 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	7 A1-W-8:00-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30	8 S3-W-7:00-9:00 S2/1-W-6:00-8:30 S2/1-C-9:00-10:00 w M-W-6:00-7:00	9 T2/1@MMSC A2/1@MMSC S4@MMSC S3@MMSC S2/1-W-7:00-9:00
		PCG-E-2:30-3:30 N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:30-6:00 S3-E-5:00-6:30 S2-E-3:30-5:00 M-W-5:30-7:00	SSG-E-2:00-3:30 N2/1-E-5:00-6:00 T2/1-W-4:30-5:45 A2/1-E-3:30-5:00 S4-W-4:30-6:00 s	PCG-E-2:30-3:30 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-5:00-6:30 S2-W-4:30-6:00 S1-E-3:30-5:00 M-W-5:30-7:00	SSG-E-2:00-3:30 N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4-E-3:30-5:00	
10 T2/1@MMSC A2/1@MMSC S4@MMSC S3@MMSC	11 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	12 A1-W-8:00-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30 S2/1-C-9:00-10:00 w	13 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	14 A1-W-8:00-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30	15 S3-W-7:00-9:00 S2/1-W-6:00-8:30 S2/1-C-9:00-10:00 w M-W-6:00-7:00	16
	SSG-E-2:00-3:30 N2/1-W-4:30-5:30 T2/1-E-5:00-6:15 A2/1-W-4:30-6:00 S4-W-4:00-4:30 d S4-W-4:30-6:00 S1-E-3:30-5:00	PCG-E-2:30-3:30 N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:30-6:00 S3-E-5:00-6:30 S2-E-3:30-5:00 M-W-5:30-7:00	SSG-E-2:00-3:30 N2/1-E-5:00-6:00 T2/1-W-4:30-5:45 A2/1-E-3:30-5:00 S4-W-4:30-6:00 s	PCG-E-2:30-3:30 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-5:00-6:30 S2-W-4:30-6:00 S1-E-3:30-5:00 M-W-5:30-7:00 Sectionals	SSG-E-2:00-3:30 N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4-E-3:30-5:00 Regional Sectionals	N2/1@Regional T2/1@Regional A2/1@Regional S4@Regional S2@Regional S1@Regional S1@Sectionals
17 N2/1@Regional T2/1@Regional A2/1@Regional S4@Regional S2@Regional S1@Sectionals	18 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	19 S3-W-7:00-9:00* S2/1-W-6:00-8:30* S2/1-C-9:00-10:00 w*	20 S3-W-7:00-9:00* S3-W-9:00-9:30 d* S2/1-E-3:30-5:00* M-W-6:00-7:00	21 S3-W-7:00-9:00* S2/1-W-6:00-8:30*	22 S3-W-7:00-9:00* S2/1-W-6:00-8:30* S2/1-C-9:00-10:00 w* M-W-6:00-7:00	23 S2/1-W-7:00-9:00
Sectionals	SSG-E-2:00-3:30 T2/1-E-5:00-6:15* A2/1-E-5:00-6:30* S1-E-3:30-5:00*	PCG-E-2:30-3:30 T2/1-W-4:30-5:45* A2/1-W-4:30-6:00* S3-E-5:00-6:30* S2-E-3:30-5:00* M-W-5:30-7:00	SSG-E-2:00-3:30 T2/1-W-4:30-5:45* A2/1-W-4:30-6:00*	PCG-E-2:30-3:30 T2/1-W-4:30-5:45* A2/1-W-4:30-6:00* S3-E-5:00-6:30* S1-E-3:30-5:00! M-W-5:30-7:00	SSG-E-2:00-3:30 T2/1-W-4:30-5:45* A2/1-W-4:30-6:00* 12&U State Championships	12&U State Championships
24	25 S3-W-7:00-9:00* S2/1-W-6:00-8:30* M-W-6:00-7:00	26 S3-W-7:00-9:00* S2/1-W-6:00-8:30* S2/1-C-9:00-10:00 w!	27 S2/1-W-6:00-8:30* M-W-6:00-7:00	28 S2/1-W-6:00-8:30!	29 S2/1-W-6:00-8:30! M-W-6:00-7:00	30 S2/1-W-7:00-9:00!
12&U State Championships	A2/1-W-4:30-6:00@ S1-W-4:30-6:00!	A2/1-W-4:30-6:00@	A2/1-W-4:30-6:00@	A2/1-W-4:30-6:00@ 13&O State Championships	A2/1-W-4:30-6:00@ 13&O State Championships	13&O State Championships
31	1	2	3	4	5	6
13&O State Championships	A2/1-W-4:30-6:00@ S3-W-4:30-6:00@ S2/1-W-4:30-6:00@ Junior Nationals	A2/1-W-4:30-6:00@ S3-W-4:30-6:00@ S2/1-W-4:30-6:00@ Junior Nationals	A2/1-W-4:30-6:00@ S3-W-4:30-6:00@ S2/1-W-4:30-6:00@ Junior Nationals	Zone Champs Junior Nationals	Zone Champs Junior Nationals	Zone Champs Junior Nationals

* = State Team Only - @ = Zone Team Only - ! = National Team Only