

## ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – MARCH 2023

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

2023 Long Course begins on Monday, March 13<sup>th</sup>

\* = 11-14 State Team Only

\*\* = National / Sectional Team Only