



# Empire Swimming

## Lightning Team Practice Schedule at Hackley School

### June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
					<b>NO PRACTICE</b>	
					<b>EMPIRE SPRINT MEET</b>	
3	4	5	6	7	8	9
<b>6:15 - 7:45 PM at PURCHASE</b>	<b>REGULAR PRACTICE</b>	<b>REGULAR PRACTICE</b>	<b>REGULAR PRACTICE</b>	<b>REGULAR PRACTICE</b>	<b>NO PRACTICE</b>	
	<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>		
		<b>CRA Meet Deadline</b>		<b>GRYM MEET</b>	<b>GRYM MEET</b>	<b>GRYM MEET</b>
10	11	12	13	14	15	16
<b>REGULAR PRACTICE</b>	<b>REGULAR PRACTICE</b>	<b>REGULAR PRACTICE</b>	<b>REGULAR PRACTICE</b>	<b>REGULAR PRACTICE</b>	<b>LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY</b>	
<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>	<b>*Starts &amp; Turns*</b>	
17	18	19	20	21	22	23
<b>REGULAR PRACTICE</b>	<b>REGULAR PRACTICE</b>	<b>REGULAR PRACTICE</b>	<b>REGULAR PRACTICE</b>	<b>REGULAR PRACTICE</b>	<b>NO PRACTICE</b>	
<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>		
				<b>PAC MEET</b>	<b>PAC MEET</b>	<b>PAC MEET</b>
24	25	26	27	28	29	30
<b>REGULAR PRACTICE</b>	<b>REGULAR PRACTICE</b>	<b>REGULAR PRACTICE</b>	<b>NO PRACTICE</b>	<b>NO PRACTICE</b>	<b>NO PRACTICE</b>	
<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>				
<b>ISCA ENTRY DEADLINE</b>						
<b>Regular SPRING Hackley Lightning practice is: Mon-Fri 4:45-6:15 pm, Sat: 9:30 - 11:00 am</b>						