



Empire Swimming

Lightning Team Practice Schedule at Masters School

June 2024

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