



Empire Swimming  
Xcel 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>6:30 - 8:00 PM at ARDSLEY</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>REGULAR PRACTICE</b>	
<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</b>	<b>SPRING SCHEDULE</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>SPEEDO SUMMER CLASSIC</b>	<b>SPEEDO SUMMER CLASSIC</b>	<b>SPEEDO SUMMER CLASSIC</b>
<b>Regular SPRING Xcel practice is: Mon-Fri 6:15 - 8:15 PM, Sat: 8:00 - 9:30 am at Hackley</b>						