

OCTOBER 2023 KO SWIMMING PRACTICE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 VARSITY SWIM 6:30AM START	3 VARSITY MEET WARMUP 7:00AM START	4 VARSITY DRYLANDS 6:45AM START	5 VARSITY SWIM 6:30AM START	6 VARSITY DRYLANDS 6:45AM START	7 VARSITY MEET WARMUP 8:15AM START
8	9 NO SCHOOL V & JV 8:00 – 9:30	10 NO SCHOOL V & JV 8:00 – 9:30	11 NO SCHOOL V & JV 8:00 – 9:30	12 NO SCHOOL NO PRACTICE	13 NO SCHOOL NO PRACTICE	14
15	16 VARSITY SWIM 6:00AM START	17 VARSITY MEET WARMUP 6:30AM START	18 VARSITY SWIM 6:30AM START	19 VARSITY SWIM 6:00AM START	20 VARSITY IN BY THE BELL	21
22	23 VARSITY SWIM 6:00AM START	24 VARSITY DRYLANDS 6:00AM START	25 VARSITY DRYLANDS 6:30AM START	26 VARSITY SWIM 6:00AM START	27 VARSITY DRYLANDS 6:30AM START	28
29	30 VARSITY SWIM 6:00AM START	31 VARSITY SWIM 6:00AM START	1 VARSITY SWIM 6:30AM START	2 VARSITY SWIM 6:45AM START MEET WARMUP	3 VARSITY IN BY THE BELL	