

Competition Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/22 Diving Competition	7/23 Diving Competition	7/24 Diving Competition	7/25 Synchro Competition	7/26 Synchro Competition	7/27 Synchro Competition	7/28 Swimming 800 Free
7/29 Swimming 400 IM 50 Free	7/30 Swimming 200 Back 100 Free	7/31 Swimming 100 Back 50 Fly 200 Free	8/1 Swimming 200 M Mix 200 F Mix 200 M Relay 200 F Relay	8/2 Swimming 200 Breast 100 Fly 50 Back	8/3 Swimming 200 IM 50 Breast 200 Fly	8/4 Swimming 100 Breast 400 Free
8/5 Water Polo Competition Open Water 1.5k & 5k	8/6 Water Polo Competition	8/7 Water Polo Competition	8/8 Water Polo Competition	8/9 Water Polo Competition	8/10 Water Polo Competition	

Warm-Up Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						7/21 Diving Warm Up
7/22 Synchro Swimming Warm Up	7/23 Synchro Swimming Warm Up	7/24 Synchro Swimming Warm Up	7/25 Swimming Warm Up	7/26 Swimming Warm Up	7/27 Swimming Warm Up	7/28
7/29	7/30	7/31	8/1	8/2	8/3	8/4 Water Polo Warm Up Open Water Warm Up