

LIGHTNING



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JULY

1 Swim Club NO PRACTICE	2 PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	3 PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	4 HOLIDAY NO PRACTICE 4th of July	5 NO MORNING PRACTICE EVENING ONLY 5:00 - 6:30 PM	6 PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	7 Intersquad Meet 7 to 10 AM
8 NO PRACTICE	9 PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	10 PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	11 SHORTCOURSE PRACTICE morning only AFTERNOON Meet: Buffalo Gr at Lincolnwood	12 NO MORNING PRACTICE EVENING ONLY 5:00 - 6:30 PM	13 PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	14 Intersquad Meet 7 to 10 AM
15 NO PRACTICE	16 PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	17 PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	18 PRACTICE morning only AFTERNOON Meet: Lincolnwood at River Trails	19 NO MORNING PRACTICE EVENING ONLY 5:00 - 6:30 PM	20 PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	21 NO PRACTICE
22 NO PRACTICE	23 PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	24 PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	25 AFTERNOON Meet: W/U 1pm 3pm start "A" Division Championship Lincolnwood at TBA	26 NO PRACTICE	27 NO PRACTICE	28 NO PRACTICE
29 JULY 29th BBQ at Lincolnwood Pool 7:00pm	30	31				