

LIGHTNING



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JULY

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