MARCH

Head Coach: Chris Plumb

Carmel Swimming

Preparation is your separation.

Sunday	15	Monday	16	Tuesday	17	Wednesday	18	Thursday	19	Friday	20	Saturday	21
				SR 2/3 6:15-8:30 AM		**LATE START**		SR1/2/3 6:15-8:30 AM		SECT 6:15-8:30 AM			
		HP 6:15-8:30 AM				HP 6:55-9:10 AM							
		HP 4:20-6 PM		HP 4:20-6:15		HP 4:20-6:00		HP 4:20-6:15					
Senior State		Sr2/3 4:20-6:00 PM		SR1 4:20-6:00		SR1/2/3 4:20-6:00 PM		**Age Group State @ CHS**		**Age Group State @ CHS**		**Age Group State @ CHS**	
Sunday	22	Monday	23	Tuesday	24	Wednesday	25	Thursday	26	Friday	27	Saturday	28
		SR1/2/3 6:15-8:30 AM				SR1/2/3 6:15-8:30 AM							
		SECT 7:15-8:30 AM											
SECT 1:15-3:30 PM													
		SECT 4:20-6 PM		SECT 4:20-6:15		SECT 4:20-6:00							
Age Group State @ CHS				SR1/2/3 4:20-6:00				**SPEEEDO SECTIONALS @ CHS**		**SPEEEDO SECTIONALS @ CHS**		**SPEEEDO SECTIONALS @ CH**	
Sunday	29	Monday	30	Tuesday	31	Wednesday	1	Thursday	2	Friday	3	Saturday	4
				ALL 6:45-8:30 AM				HP 6:15-8:30 AM					
		Sr 1/2/3 4:20-6 PM				All 4:20-6							
				CSC Banquet									

Key: HP - High Performance SR 1 - Senior One SR 2 - Senior 2 SR 3- Senior Three GH - Greyhound

Notes: All athletes should be prepared for dryland at every practice.

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