

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21 Tryouts 5-6 pm @ Sealed Air YMCA	22 Free Breakouts	23 Dryland Back Finishes	24 Free Breakouts	25 Dryland Back Finishes	26 Coaches Choice
27	28 Dryland Breast Finishes	29 Fly Turns	30 Dryland Breast Breakouts			

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Fly Turns	2 Dryland Breast Breakouts/ Finishes	3 Coaches Choice
4	5 Dryland Free Starts	6 Back Turns	7 Dryland Breast Breakouts	8 Fly Finishes	9 Dryland Free Starts	10 Coaches Choice
11 Dual Meet	12 Dryland Back Finishes	13 Breast Starts	14 Dryland Fly Turns	15 Free Breakouts	16 Dryland Back Finishes	17 Coaches Choice
18	19 Dryland Breast Turns	20 Fly Breakouts	21 Dryland Free Starts	22 Back Finishes	23 Dryland Breast Turns	24 Coaches Choice
25	26 Dryland Fly Breakouts	27 Free Finishes	28 Dryland Back Turns	29 Breast Starts	30 Dryland Fly Breakouts	31 Coaches Choice Halloween

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Dryland 2 Free Starts	3 Back Turns	Dryland 4 Breast Breakouts	5 Fly Finishes	Dryland 6 Free Starts	7 Coaches Choice
8 SEA Pentathlon	Dryland 9 Back Finishes	10 Breast Starts	Dryland 11 Fly Turns	12 Free Breakouts	Dryland 13 Back Finishes	14 Coaches Choice
15 Dual Meet	Dryland 16 Breast Turns	17 Fly Breakouts	Dryland 18 Free Starts	19 Back Finishes	Dryland 20 Breast Turns	21 Coaches Choice
22	Dryland 23 Fly Breakouts	24 Free Finishes	Dryland 25 Back Turns	26 Thanksgiving	Dryland 27 Coaches Choice	28 Coaches Choice
29	Dryland 30 Free Starts					

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Back Turns	Dryland 2 Breast Breakouts	3 Fly Finishes	Dryland 4 Free Starts	5 Coaches Choice
6	Dryland 8 Back Finishes	9 Breast Starts	Dryland 10 Fly Turns	11 Free Breakouts	Dryland 12 Back Finishes	12 Coaches Choice 12 & Under Single Age State
13 Dual Meet	Dryland 14 Breast Turns	15 Fly Breakouts	Dryland 16 Free Starts	17 Back Finishes	Dryland 18 Breast Turns	19 Coaches Choice
20	Dryland 21 Fly Breakouts	22 Free/Back Starts	Dryland 23 Breast Finishes	24 Christmas Eve	25 Christmas	26 Coaches Choice
27	Dryland 28 Free/Back Turns	29 Breast Breakouts	Dryland 30 Fly Starts	31 New Year's Eve		