

	21-Sep	28-Sep	5-Oct	12-Oct	19-Oct	26-Oct	2-Nov	9-Nov	16-Nov	23-Nov	30-Nov	7-Dec	14-Dec	21-Dec	28-Dec	4-Jan	11-Jan	18-Jan	25-Jan	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar		
Monday																													Y Nat	
Tuesday																														Y Nat
Wednesday																														Y Nat
Thursday																														Y Nat
Friday											Y Finalist												USA Reg		13&O		Y State		Y Nat	
Saturday											Y Finalist		Speedo				Penguin						USA Reg		13&O	Y Reg	Y State			
Sunday			Con				Pent	Con			Y Finalist	Con	Speedo				Penguin						USA Reg		13&O	Y Reg	Y State			
Mon Drill		ba	br	bf	bf	fr	br			bf	fr	br	ba	bf			fr		ba	bf	fr	br	ms	ms	ms	ms	ms	ms		
Tue Drill	fr	ba	br	bf	ba	bf	fr			ba	bf	fr	br	ba			bf		br	ba	bf	fr	ms	ms	ms	ms	ms	ms		
Wed Drill	fr	ba	br	bf	br	ba	bf			br	ba	bf	fr	br			ba		fr	br	ba	bf	ms	ms	ms	ms	ms	ms		
Thur Drill	fr	ba	br	bf	fr	br	ba			fr		ba	bf	fr			br		bf	fr	br	ba	ms	ms	ms	ms	ms	ms		
Fri Drill	fr	ba	br	bf																										
Sat Drill	fr	ba	br	bf																										
Video Tape								x									x													
Dryland	wf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf	mwf
LTS					Thursday		Thursday			Thursday	Thursday	Thursday	Thursday	Thursday	Thursday				Thursday	Thursday	Thursday	Thursday	Thursday	Thursday		Thursday	Thursday	Thursday	Thursday	
T30						x										x								x						
10x100 FR					Tuesday						Tuesday				Tuesday							Tuesday				Tuesday				
10x100 IM							Tuesday					Tuesday							Tuesday				Tuesday				Tuesday			
9x200 FR									Tuesday				Tuesday							Tuesday								Tuesday		
9x200 ST										Tuesday				Tuesday							Tuesday					Tuesday				
Solider Kick					x				x				x							x						x				
Stroke Kick							x				x				x							x					x			