

January '19

S	M	T	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Lightning Training Schedule

February 2019



March '19

S	M	T	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Bronze 5-6pm DSr. 5-6:45pm ASr.4:30-6:45pm	29 Red: 5-5:45p Bronze: 5-6p DSr. 5-6:45p (D) ASr. 4:30-6:45p (D)	30 Red: 5-5:45p Bronze 5-6pm DSr. 5-6:45pm Asr.4:30-6:45pm	31 Red: 5-5:45p Bronze: 5-6p DSr. 5-6:45p (D) ASr. 4:30-6:45p (D)	1	2 Groundhog Day Asr: 6-9:15a(D) Dsr: 6:30-8:30a
3	4 Bronze 5-6pm DSr. 5-6:45pm ASr.4:30-6:45pm	5 Red: 5-5:45p Bronze: 5-6p DSr. 5-6:45p (D) ASr. 4:30-6:45p (D)	6 Red: 5-5:45p Bronze 5-6pm DSr. 5-6:45pm Asr.4:30-6:45pm	7 Red: 5-5:45p Bronze: 5-6p DSr. 5-6:45p (D) ASr. 4:30-6:45p (D)	8 RIVER RATS INVITATIONAL @ INDIAN RIVER STATE COLLEGE DSr & Asr	
10 RIVER RATS INVITATIONAL @ INDIAN RIVER STATE COLLEGE	11 Bronze 5-6pm	12 Lincoln's B-Day Red: 5-5:45p Bronze: 5-6p DSr. 5-6:45p (D) ASr. 4:30-6:45p (D)	13 Red: 5-5:45p Bronze 5-6pm DSr. 5-6:45pm Asr.4:30-6:45pm	14 Valentine's Day Red: 5-5:45p Bronze: 5-6p DSr. 5-6:45p (D) ASr. 4:30-6:45p (D)	15	16 Asr: 6-9:15a(D) Dsr: 6:30-8:30a Matt Mounts Inv. @ Wellington Red & Bronze
17	18 Presidents' Day Bronze 5-6pm DSr. 5-6:45pm ASr.4:30-6:45pm	19 Red: 5-5:45p Bronze: 5-6p DSr. 5-6:45p (D) ASr. 4:30-6:45p (D)	20 Red: 5-5:45p Bronze 5-6pm DSr. 5-6:45pm Asr.4:30-6:45pm	21 Red: 5-5:45p Bronze: 5-6p DSr. 5-6:45p (D) ASr. 4:30-6:45p (D)	22	23 Asr: 6-9:15a(D) Dsr: 6:30-8:30a Palm Bch Cnty B-C Champs Bronze-DSR,ASR slower then BB times loc. TBA
24 Palm Bch Cnty B-C Champs Bronze-DSR,ASR slower then BB times loc.TBA	25 Bronze 5-6pm DSr. 5-6:45pm ASr.4:30-6:45pm	26 Red: 5-5:45p Bronze: 5-6p DSr. 5-6:45p (D) ASr. 4:30-6:45p (D)	27 Red: 5-5:45p Bronze 5-6pm DSr. 5-6:45pm Asr.4:30-6:45pm	28 Red: 5-5:45p Bronze: 5-6p DSr. 5-6:45p (D) ASr. 4:30-6:45p (D)	1	2 BB Area Champs @ Lake Lytal: All Swimmers w/BB+ times to slower than JO/SR Champs
3 BB Area Champs @ Lake Lytal: All Swimmers w/BB+ times to slower than JO/SR Champs	4	Notes New Meets for 2019! 2/23-24 B-C Championships by County 3/1-3 FGC BB Champs SubJO/Sr Champs ONLY 2 Meets in FGC				