

September '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					



Lightning Training Schedule

October 2019



November '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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30 Rosh Hashanah NO SCHOOL Dev.HS OFF Bronze: OFF Dev.Sr: OFF Adv.Sr: 630A-830A HS ONLY	1 DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	2 DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	3 DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	PALM BCH CNTY. HS SWIMMING & DIVING CHAMPS SERIES		
6	7 DevHS: 330-5p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	8 DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	9 Yom Kippur NO SCHOOL Dev.HS OFF Bronze: OFF Dev.Sr: OFF Adv.Sr: 630A-830 HS ONLY	10 DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	MIKE HORGAN ANNUAL SWIM MEET @ LAKE LYTAL SELECT BRONZE, DEV.& ADV. SR.		
13 MIKE HORGAN ANNUAL SWIM MEET @ LAKE LYTAL	14 Columbus Day DevHS: 330-5p Bronze: 5-6p Dev.Sr: OFF Adv.Sr:430-6:30p(Sw)	15 DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	16 Boss's Day DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	17 DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	18	19 Sweetest Day Dev.Sr:630-830a Adv.Sr:630-830(Sw)	
20	21 DevHS: 330-5p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	22 DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	23 DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	24 United Nations Day DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	25	26 Dev.Sr:630-830a Adv.Sr:630-830(Sw)	1A & 2A HS DISTRICT WEEK
27	28 DevHS: 330-5p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	29 DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	30 DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	31 Happy Halloween DevHS: OFF Red: OFF Bronze: OFF Dev.Sr: OFF Adv.Sr:430-530(D) 540-7(Sw)	1	2 Dev.Sr:630-830a Adv.Sr:630-830(Sw)	3A & 4A HS DISTRICT WEEK 1A & 2A HS REGIONAL WEEK
3 Daylight Saving	4	Notes HIGH SCHOOL REGIONAL & STATE CHAMPS IN NOVEMBER!					