



December 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27 DevSr: 515-645p AdvSr.Dryland 4-430p AdvSr:445-645p	28 Red: 430-515pm Bronze: 515-630p DevSr: 515-645p AdvSr:445-645p	29 Red: 430-515pm Bronze: 515-630p DevSr: 515-645p AdvSr.Dryland 4-430p AdvSr:445-645p	30 Red: 430-515pm Bronze: 515-630p DevSr: 515-645p AdvSr:445-645p	1 START/SPEED/TURNS EMPHASIS: DevSr: 430-6p AdvSr:430-6p	2 LIGHTNING SANTA CLAUS & HOLIDAY SPRINT INV.@ LAKE LYTAL!	3
4 DevSr: 515-645p AdvSr.Dryland 4-430p AdvSr:445-645p	5 Red: 430-515pm Bronze: 515-630p DevSr: 515-645p AdvSr:445-645p	6 Red: 430-515pm Bronze: 515-630p DevSr: 515-645p AdvSr.Dryland 4-430p AdvSr:445-645p	7 Red: 430-515pm Bronze: 515-630p DevSr: 515-645p AdvSr:445-645p	8 START/SPEED/TURNS EMPHASIS: DevSr: 430-6p AdvSr:430-6p	9 AdvSr: 615-8:15a DevSr. Welcome	10
11 DevSr: 515-645p AdvSr.Dryland 4-430p AdvSr:445-645p	12 Red: 430-515pm Bronze: 515-630p DevSr: 515-645p AdvSr:445-645p	13 Red: 430-515pm Bronze: 515-630p DevSr: 515-645p AdvSr.Dryland 4-430p AdvSr:445-645p	14 Red: 430-515pm Bronze: 515-630p DevSr: 515-645p AdvSr:445-645p	15 16 17 HOLIDAY CHAMPS @ SUNRISE SWIMMING: ADVSr & DEVSr		
18 DevSr: 515-645p AdvSr.Dryland 4-430p AdvSr:445-645p	19 Red: 430-515pm Bronze: 515-630p DevSr: 515-645p AdvSr:445-645p	20 Red: 430-515pm Bronze: 515-630p DevSr: 515-645p AdvSr.Dryland 4-430p AdvSr:445-645p	21 Red: 430-515pm Bronze: 515-6p DevSr: 515-6p AdvSr:445-6p HOLIDAY PARTY!	22 23 24 LIGHTNING WINTER BREAK THRU 1/8		
25	26	27	28	29	30	31
LIGHTNING WINTER BREAK THRU 1/8						
1	2	Notes				
LIGHTNING WINTER BREAK THRU 1/8		SWIMMING WITH LIGHTNING SWIMMING IN 2024? YOU MAY RENEW YOUR REGISTRATION NOW! https://omr.usaswimming.org/omr/welcome/E1019619E59041				