

SRST October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				30 Senior 5-6:30 Red 5-6:30 Pre team 6:30-7:15	1 Black 5-6:30 Silver 5-6 Red 6:30-8 Senior 6:30-8 (Dryland 5:45-6:15)	2 USA First Splash Black 9:30-11:00 Silver 9:30-10:30
3 USA First Splash	4 Senior 5-6:30 (Dryland 6:45-7:15) Red 6:30-8 (Dryland 5:45-6:15)	5 Black 5-6:30 Silver 5:00-6:00 Red 6:30-8:00 Senior 6:30-8:00	6 Senior 5-6:30 (Dryland 6:45-7:15) Red 6:30-8 (Dryland 5:45-6:15)	7 Senior 5-6:30 Red 5-6:30 Session 2 Pre-team 6:30-7:15 Private Lesson Opportunity 6:30-8	8 Black 5-6:30 Silver 5-6 Red 6:30-8 Senior 6:30-8 (Dryland 5:45-6:15)	9 Senior 7-8:30 am Red 7-8:30 am Black 9:30-11:00 Silver 9:30-10:30
10	11 Senior 5-6:30 (Dryland 6:45-7:15) Red 6:30-8 (Dryland 5:45-6:15)	12 Black 5-6:30 Silver 5:00-6:00 Red 6:30-8:00 Senior 6:30-8:00	13 Senior 5-6:30 (Dryland 6:45-7:15) Red 6:30-8 (Dryland 5:45-6:15)	14 Senior 5-6:30 Red 5-6:30 Pre-team 6:30-7:15 Private Lesson Opportunity 6:30-8	15 Black 5-6:30 Silver 5-6 Red 6:30-8 Senior 6:30-8 (Dryland 5:45-6:15)	16 Senior 7-8:30 am Red 7-8:30 am Black 9:30-11:00 Silver 9:30-10:30
17	18 Senior 5-6:30 (Dryland 6:45-7:15) Red 6:30-8 (Dryland 5:45-6:15)	19 Black 5-6:30 Silver 5:00-6:00 Red 6:30-8:00 Senior 6:30-8:00	20 Senior 5-6:30 (Dryland 6:45-7:15) Red 6:30-8 (Dryland 5:45-6:15)	21 Senior 5-6:30 Red 5-6:30 Pre-team 6:30-7:15 Private Lesson Opportunity 6:30-8	22 Inter-squad meet for all SRST swimmers 6-8 pm	23 Senior 7-8:30 am Red 7-8:30 am Black 9:30-11:00 Silver 9:30-10:30
24	25 Senior 5-6:30 (Dryland 6:45-7:15) Red 6:30-8 (Dryland 5:45-6:15)	26 Black 5-6:30 Silver 5:00-6:00 Red 6:30-8:00 Senior 6:30-8:00	27 Senior 5-6:30 (Dryland 6:45-7:15) Red 6:30-8 (Dryland 5:45-6:15)	28 Senior 5-6:30 Red 5-6:30 Pre-team 6:30-7:15 Private Lesson Opportunity 6:30-8	29 Black 5-6:30 Silver 5-6 Red 6:30-8 Senior 6:30-8 (Dryland 5:45-6:15)	30 Home Eels Meet
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