

# Feb-21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b> Senior: 5:30 - 6:45a  Dawgs 1: 4:15 - 5:10 Dawgs 2: 5:15 - 6:10 White: 4:15 - 5:15 Black: 5:15 - 7:15	<b>3</b>	<b>4</b> Senior: 5:30 - 6:45a  Dawgs 1: 4:15 - 5:10 Dawgs 2: 5:15 - 6:10 White: 4:15 - 5:15 Red: 5:15 - 7:00	<b>5</b> White 1 : 4:15 - 5:10 White 2 : 5:15 - 6:10 Red: 4:15 - 5:45 Black: 6:00 - 7:45	<b>6</b> Black: 8:00 - 9:30 Red: 9:30 - 11:00 White 3: 9:30 - 10:30
<b>7</b> <b>NO PRACTICE</b>	<b>8</b> Red: 4:15 - 5:45 Black: 6:00 - 7:45	<b>9</b> Dawgs 1: 4:15 - 5:10 Dawgs 2: 5:15 - 6:10 White: 4:15 - 5:15 Black: 5:15 - 7:15	<b>10</b> Red: 4:15 - 5:45 Black: 6:00 - 7:45	<b>11</b> Dawgs 1: 4:15 - 5:10 Dawgs 2: 5:15 - 6:10 White: 4:15 - 5:15 Red: 5:15 - 7:00 **Black Group swimmers attending regions can attend red group practice.	<b>12</b> Red: 4:15 - 5:45 Black: 6:00 - 7:45  **No White practice for travel to region championships	<b>13</b> Region Championships Birmingham Black: 8:30 - 10:30  **This practice is for SES Senior or Age Group Qualifiers Only
<b>14</b> Region Championships Birmingham	<b>15</b> Red: 4:15 - 5:45 Black: 6:00 - 7:45	<b>16</b> Dawgs 1: 4:15 - 5:10 Dawgs 2: 5:15 - 6:10 White: 4:15 - 5:15 Black: 5:15 - 7:15	<b>17</b> Red: 4:15 - 5:45 Black: 6:00 - 7:45	<b>18</b> Dawgs 1: 4:15 - 5:10 Dawgs 2: 5:15 - 6:10 White: 4:15 - 5:15 Red: 5:15 - 7:00	<b>19</b> Southeastern Championships Huntsville White 1 : 4:15 - 5:10 White 2 : 5:15 - 6:10 Red: 4:15 - 5:45 Black: 6:00 - 7:45  **White 3 swimmers can attend white 1 or 2 practice this week.	<b>20</b> Black: 8:00 - 9:30 Red: 9:30 - 11:00
<b>21</b> Southeastern Championships HUNTSVILLE	<b>22</b> Red: 4:15 - 5:45 Black: 6:00 - 7:45	<b>23</b> Dawgs 1: 4:15 - 5:10 Dawgs 2: 5:15 - 6:10 White: 4:15 - 5:15 Black: 5:15 - 7:15	<b>24</b> Red: 4:15 - 5:45 Black: 6:00 - 7:45	<b>25</b> Dawgs 1: 4:15 - 5:10 Dawgs 2: 5:15 - 6:10 White: 4:15 - 5:15 Red: 5:15 - 7:00	<b>26</b> White 1 : 4:15 - 5:10 White 2 : 5:15 - 6:10 Red: 4:15 - 5:45 Black: 6:00 - 7:45	<b>27</b> Black: 8:00 - 9:30 Red: 9:30 - 11:00 White 3: 9:30 - 10:30
<b>28</b> <b>NO PRACTICE</b>	<b>1</b> White 1 : 4:15 - 5:10 White 2 : 5:15 - 6:10 Red: 4:15 - 5:45 Black: 6:00 - 7:45	<b>2</b> Dawgs 1: 4:15 - 5:30 Red: 4:15 - 5:45 Black: 6:00 - 7:45	<b>3</b> White 1 : 4:15 - 5:10 White 2 : 5:15 - 6:10 Red: 4:15 - 5:45 Black: 6:00 - 7:45	<b>4</b> Dawgs 1: 4:15 - 5:30 Red: 4:15 - 5:45 Black: 6:00 - 7:45	<b>5</b> Age Group SES Championships	<b>6</b> Age Group SES Championships