

February 2024

Meet Schedule February - August

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday						
28	29	30	31	1	2	3	<div>Remaining Short Course Meets:</div> <div>February 2-4: Region 3 Championships Prelim/Final NON-SES Qualiifers Only</div> <div>February 16-18: Southeastern Championships (HAS) Swimmers must have qualifying times</div> <div>Long Course Schedule</div> <div>April 20-21 Birmingham</div> <div>May 11-12 Pananma City</div> <div>May TBD OST Test Meet in New Pool</div> <div>June 7-9 Birmingham</div> <div>June 22-23 Columbus , GA</div> <div>July 19-21 Southeastern Championships (HSA)</div> <div>July 26-28 Futures</div> <div>Summer Aquatics Jobs</div> <div>Any Swimmesr 15 and Over wanting to help coach the summer swim team / lifeguard / teach swim lessons need to email trmcgill@opelika-al.gov (coaching/lessons) or jperkins@opelika-al.gov (lifeguard).</div> <div>General Notes and Important Dates:</div> <div>Between the SES Championships and the end of March there is a change to our Friday / Saturday Schedule:</div> <div>Red Group and White Group ONLY on Friday</div> <div>Black Group and Senior Group ONLY on Saturday</div> <div>NO Practice on 2/19 for Life Guard In Service</div> <div>There are a couple of Practices only for those who have qualified for the SES Championships on 2/2, 2/3, 2/9, and 2/10</div> <div>SENIOR GROUP AM DRYLAND INFO:</div> <div>Swimmers who already have their SES Cuts will have normal dryland schedule until 2/1, and then Tuesday AMs only until SES Champs.</div> <div>BLACK GROUP DRYLAND INFO:</div> <div>Starting 1/30 Black Group will only have dryland on Tuesday afternoons until the SES Championships.</div>											
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													Black/Senior Group 4:30 - 6:30p					
													Red Group 6:00 - 7:45p					
White Group 6:30 - 7:45p																		
Black Group DL 6:30 - 7:15																		
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25	26 Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	27 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	28 Tidal Waves 5:15 - 6:15 Black/Senior Group 4:30 - 5:45p White Group 5:45 - 7:00p All DAWGS 7:00 - 7:45	29 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	1 Red Group: 5:00 - 6:15 White Group: 5:00 - 6:15	2 Black / Senior: 7:45 - 10:15	Long Course Schedule April 20-21 Birmingham May 11-12 Pananma City May TBD OST Test Meet in New Pool June 7-9 Birmingham June 22-23 Columbus , GA July 19-21 Southeastern Championships (HSA) July 26-28 Futures
3	4 Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	5 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	6 Tidal Waves 5:15 - 6:15 Black/Senior Group 4:30 - 5:45p White Group 5:45 - 7:00p All DAWGS 7:00 - 7:45	7 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	8 Red Group: 5:00 - 6:15 White Group: 5:00 - 6:15	9 Black / Senior: 7:45 - 10:15	Upcoming Summer Swim Information: Summer Swim Team Registration Opens April 1st: <u>Important Summer Swim Dates:</u> June 6, 13, 20, 27 Thursday Meets July 12-13 Districts (Opelika) July 26-27 States (Opelika)
10	11 Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	12 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	13 Tidal Waves 5:15 - 6:15 NO PRACTICE COACHES MEETINGS	14 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	15 Red Group: 5:00 - 6:15 White Group: 5:00 - 6:15	16 Black / Senior: 7:45 - 10:15	Any Swimmesr 15 and Over wanting to help coach the summer swim team / lifeguard / teach swim lessons need to email tmcgill@opelika-al.gov (coaching/lessons) or jperkins@opelika-al.gov (lifeguard).
17	18 Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	19 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	20 Tidal Waves 5:15 - 6:15 Black/Senior Group 4:30 - 5:45p White Group 5:45 - 7:00p All DAWGS 7:00 - 7:45	21 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 Red Group 6:00 - 7:45p Dawgs 1: 6:30 - 7:10 Dawgs 2: 7:10 - 7:50	22 Red Group: 5:00 - 6:15 White Group: 5:00 - 6:15	23 Black / Senior: 7:45 - 10:15	General Notes and Important Dates: Regular Schedule Tuesday/Thursday Drylands for Black and Senior Groups start 2/27. Some practices may be cancelled March 4-7 due to Auburn University / Auburn City School Spring Break. No Practice on 2/13 for Coaches to plan for summer
24	25 Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	26 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 CAMP OST 6:30 - 7:30	27 Tidal Waves 5:15 - 6:15 Black/Senior Group 4:30 - 5:45p Red Group 6:00 - 7:45 White Group 6:00 - 7:45	28 Senior DL : 5:45 - 7:05 Black/Senior Group 4:30 - 6:30p Black Group DL 6:30 - 7:15 CAMP OST 6:30 - 7:30	29 Underwater Egghunt - (No Practice)	30 Black / Senior: 7:45 - 10:00 Red Group: 10:00 - 11:30 White Group: 10:00 - 11:30	