

January 2024

Meet Schedule January - August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
NO PRACTICE - HAPPY NEW YEAR!		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	Tidal Waves 5:15 - 6:15 Black / Seniors: 7:00 - 8:30a White Group 4:30 - 5:45 International Pot Luck 6:00p	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	LT Training	LT Duel
7	8	9	10	11	12	13
	Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	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	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	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	AUB 13 and Over Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	AUB 13 and Over Red Group: 10:00 - 11:30 White Group: 10:00 - 11:30
14	15	16	17	18	19	20
AUB 13 and Over	MLK Holiday SportsPLEX 5-5 Black / Senior: 8:00 - 9:00 Red Group: 9:00 - 10:00 White Group: 9:00 - 10:00	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	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	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	Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	Black / Senior: 7:45 - 10:00 Red Group: 10:00 - 11:30 White Group: 10:00 - 11:30
21	22	23	24	25	26	27
	Lifeguard In Service 5:00 PM Coaches Dinner / Meeting NO PRACTICE No Lessons	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	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	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	Columbus Prelim / Final	Columbus Prelim / Final
28	29	30	31	1	2	3
Columbus Prelim / Final	Black/Senior Group 4:30 - 6:30p Red Group 6:00 - 7:45p White Group 6:30 - 7:45p	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	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	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	Region 3 Championships NON _ SES Qualifiers SES Qualifier Practice 5:00 - 7:00p	Region 3 Championships NON _ SES Qualifiers SES Qualifier Practice 8:00 - 10:00

Remaining Short Course Meets:

January 6th:	Duel with Lifetime
January 12-14:	Ralph Crocker Classic (AUB) Prelim/Final 13 and Over Only
January 26-28:	Columbus Groundhog Prelim/Final
February 2-4:	Region 3 Championships Prelim/Final NON-SES Qualiifers Only
February 16-18:	Southeastern Championships (HAS) Swimmers must have qualifying times

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

General Notes and Important Dates:

- Please be mindful of changes to schedule Tuesday/Wednesday/Thrusdays for all groups
- International Pot Luck is on January 3rd. You must bring a dish to attend. Sign up will be sent out.
- We've removed the Best of the South Meet from the schedule. Accounting for several factors I'd like to take advantage of the 8 week break from meets to get ready for Long Course Season.
- For best opportunity to perfrom at SES Championships - It wold be my preference that swimmers who already havev their SES Cuts do not attend the Region 3 Championship