

Highbridge Aquatics Fall 2022 Practice and Meet Schedule (updated 08/30/22)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 12-18	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
13&O	stretch 5:30 swim 5:45-7:30	stretch 6:30 swim 6:45-8:30	stretch 5:30 swim 5:45-7:30	weights: stretch 4:45-6:00	stretch 4:45 swim 5:00-6:45	Weights 7:30-8:45am stretch 9:30am swim 9:45-11:15am
12&U	stretch 7:15 swim 7:30-8:30	stretch 5:30 swim 5:45-6:45	stretch 7:15 swim 7:30-8:30	Those who don't do weights: stretch 5:30 swim 5:45-7:00	stretch 6:30 swim 6:45-7:45	stretch 11:00am swim 11:15-12:15pm
September 19-25	19-Sep	20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
13&O	stretch 5:30 swim 5:45-7:30	stretch 6:30 swim 6:45-8:30	stretch 6:30 swim 6:45-8:30	weights: stretch 4:45-6:00	stretch 6:30 swim 6:45-8:30	Weights 7:30-8:45am stretch 9:30am swim 9:45-11:15am
12&U	stretch 7:15 swim 7:30-8:30	stretch 7:15 swim 7:30-8:30 (no 8&unders)	stretch 6:30 swim 6:45-7:45	Those who don't do weights: stretch 6:30 swim 6:45-8:00	stretch 6:30 swim 6:45-7:45	stretch 11:00am swim 11:15-12:15pm
Sept 26 - Oct 2	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct
13&O	stretch 6:30 swim 6:45-8:30	stretch 6:30 swim 6:45-8:30	stretch 6:30 swim 6:45-8:30	weights: stretch 4:45-6:00	stretch 4:45 swim 5:00-6:45	stretch 6:15am swim 6:30-8:00am weights: 8:45-10am
12&U	stretch 7:30 swim 7:45-8:45	stretch 7: swim 7:45-8:45	stretch 6:30 swim 6:45-7:45	Those who don't do weights: stretch 6:30 swim 6:45-8:00	stretch 6:30 swim 6:45-7:45	stretch 7:30am swim 7:45-8:45am
Oct 3-9	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
13&O	stretch 5:30 swim 5:45-7:30	Morning stretch 5:15am Morning swim 5:30-6:45am stretch 6:30 swim 6:45-8:30	stretch 6:30 swim 6:45-8:30	Morning stretch 5:15am Morning swim 5:30-6:45am weights: stretch 4:45-6:00	stretch 6:30 swim 6:45-8:30	weights: 7:30-8:45am stretch 9:30am swim 9:45-11:15am
12&U	stretch 7:15 swim 7:45-8:30	stretch 7:15 swim 7:30-8:30 No 8 and unders	stretch 6:30 swim 6:45-7:45	Those who don't do weights: stretch 6:30 swim 6:45-8:00	stretch 6:30 swim 6:45-7:45	stretch 11:00am swim 11:15am-12:15pm
Oct 10-16	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
13&O	stretch 6:30 swim 6:45-8:30	Morning stretch 5:15am Morning swim 5:30-6:45am stretch 6:30 swim 6:45-8:30	stretch 6:30 swim 6:45-8:30	Morning stretch 5:15am Morning swim 5:30-6:45am weights: stretch 4:45-6:00	No practice - KINGSPORT MEET	
12&U	stretch 7:30 swim 7:45-8:45	stretch 7:30 swim 7:45-8:45	stretch 6:30 swim 6:45-7:45	Those who don't do weights: stretch 6:30 swim 6:45-8:00		
Beginning Oct 17 and beyond - return to normal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13&O	stretch 5:30 swim 5:45-7:30	Morning stretch 5:15am Morning swim 5:30-6:45am stretch 6:30 swim 6:45-8:30	stretch 5:30 swim 5:45-7:30	Morning stretch 5:15am Morning swim 5:30-6:45am weights: stretch 4:45-6:00	stretch 4:45 swim 5:00-6:45	Weights 7:30-8:45am stretch 9:30am swim 9:45-11:15am
12&U	stretch 7:15 swim 7:30-8:30	stretch 5:30 swim 5:45-6:45	stretch 7:15 swim 7:30-8:30	Those who don't do weights: stretch 5:30 swim 5:45-7:00	stretch 6:30 swim 6:45-7:45	stretch 11:00am swim 11:15am-12:15pm