



Lane Tech Girls Swim Team

2023 Practice Calendar

Week 7: September 18 - 23

	Mon	Tues	Wed	Thurs	Fri	Sat
Varsity AM	Swim 6 - 7 ³⁰		Dryland 6 ³⁰ - 7 ³⁰	Swim 6 - 7 ³⁰	Dryland 8 - 9 ³⁰ Swim 9 ³⁰ - 11 ³⁰	Sandburg Invite Bus at 8 ³⁰
Varsity PM	Dryland 3 ⁴⁵ - 4 ⁴⁵ Swim 4 ⁴⁵ - 6 ³⁰	Swim 4 ¹⁵ - 6 ³⁰	Swim 4 ¹⁵ - 6 ³⁰	Lane at Northside Bus at 3 ⁴⁵		
JV1 AM		Swim 6 - 7 ³⁰	Swim 6 - 7 ³⁰	Dryland 6 ³⁰ - 7 ³⁰	Swim 8 - 9 ³⁰ Dryland 9 ³⁰ - 11	Palatine JV Invite Bus at 8 ³⁰
JV1 PM	Swim 4 - 6	Swim 3 ³⁰ - 5 ³⁰		Lane at Northside Bus at 3 ⁴⁵		
JV2 AM	Swim 6 - 7 ³⁰	Swim 6 - 7 ³⁰			Swim 8 - 9 ³⁰ Dryland 9 ³⁰ - 11	Palatine JV Invite Bus at 8 ³⁰
JV2 PM			Swim 3 ³⁰ - 5	Lane at Northside Bus at 3 ⁴⁵		

Notes

- Friday is a non-attendance day, so we will all have practice in the morning.
- If not selected for either meets on Saturday, you have a day off.