

## AUGUST

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 SWIM CAMP 8:30-11:00 AM SR Meeting after	2 SWIM CAMP 8:30-11:00 AM	3 SWIM CAMP 8:30-11:00 AM	4 SWIM CAMP 8:30-11:00 AM	5 SWIM CAMP 8:30-11:00 AM	6 NO AM PRACTICE
wk1	7	8 8:30-11:00 AM (1st Official Practice)	9 8:30-11:00 AM  4:30-7:00 PM Varsity Wts & Swim	10 8:30-11:00 AM  4:30-7:00 PM Varsity Wts & Swim	11 8:30-11:00 AM  4:30-7:00 PM Varsity Wts & Swim	12 8:30-11:00 AM	13 8:00-10:00 AM (Varsity Only)
wk2	14	15 6:00-8:30 AM  4:30-7:00 PM Varsity Wts & Swim	16 6:00-8:30 AM  4:30-7:00 PM Varsity Wts & Swim	17 6:00-8:30 AM	18 School Begins No AM  3:15-5:15 PM Swim Practice	19 5:45-7:15 AM Var  3:15-5:15 PM Swim Practice	20 8:00-10:00 AM Swim
wk3	21	22 5:30-7:15AM Var Swim  3:15-5:15 PM Swim Practice	23 5:30-7:15AM Var Swim  3:15 - 5:15 PM TIME TRIAL	24   3:15-5:15 PM Swim Practice	25 5:30-7:15AM Var Swim  Ames @ Marshalltown 6:00 PM	26 5:30-7:15AM Var Swim  3:15-5:15 PM Swim Practice	27 8:00-10:00 AM Swim
wk4	28	29 5:45-7:15AM Var Swim Ames @ Boone/Griffin 6:00 PM	30 5:45-7:15 AM Var 3:15-5:15 PM Swim Practice	31   3:15-5:15 PM Swim Practice	Sept. 1 5:45-7:15 AM Var Ankeny @ Ames 5:00 PM	Sept. 2 5:45-7:15 AM Var 3:15-5:15 PM Swim Practice	Sept. 3   8:00-10:00 AM Swimming
wk5	Sept. 4	Sept. 5 Optional 3:00 - 5:00 PM	Sept. 6 Ames @ Ottumwa 5:30 PM	Sept. 7 5:45-7:15 AM Var 3:15-5:15 PM	Sept. 8 5:45-7:15 AM Var 3:15-5:15 PM	Sept. 9 5:45-7:15 AM Var 3:15-5:15 PM	Sept. 10 Ames Invite TBA

\* THESE TIMES ARE SUBJECT TO CHANGE. PLEASE CHECK BACK OFTEN.