



Empire Swimming  
 Xcel Team Practice Schedule at Hackley School  
 April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	
SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	
	PAC Meet Deadline					
8	9	10	11	12	13	14
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	
SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	
				Empire Time Trial Deadline		
15	16	17	18	19	20	21
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE	
SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE		
					EMPIRE TIME TRIAL MEET	
22	23	24	25	26	27	28
REGULAR PRACTICE	NO PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	6:00 - 7:30 PM at ARDSLEY	REGULAR PRACTICE	
SPRING SCHEDULE		SPRING SCHEDULE	SPRING SCHEDULE		SPRING SCHEDULE	
29	30					31
REGULAR PRACTICE	REGULAR PRACTICE					
SPRING SCHEDULE	SPRING SCHEDULE					
<b>Regular SPRING Xcel practice is: Mon-Fri 6:15 - 8:15 PM, Sat: 8:00 - 9:30 am at Hackley</b>						