



Empire Swimming
 Lightning Team Practice Schedule at Purchase College
 June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 NO PRACTICE EMPIRE SPRINT MEET	2
3 REGULAR PRACTICE	4 REGULAR PRACTICE	5 REGULAR PRACTICE CRA Meet Deadline	6 REGULAR PRACTICE	7 REGULAR PRACTICE GRYM MEET	8 NO PRACTICE GRYM MEET	9 GRYM MEET
10 REGULAR PRACTICE	11 REGULAR PRACTICE	12 REGULAR PRACTICE	13 REGULAR PRACTICE	14 REGULAR PRACTICE	15 LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY *Starts & Turns*	16
17 REGULAR PRACTICE	18 REGULAR PRACTICE	19 REGULAR PRACTICE	20 REGULAR PRACTICE	21 REGULAR PRACTICE PAC MEET	22 NO PRACTICE PAC MEET	23 PAC MEET
24 REGULAR PRACTICE ISCA ENTRY DEADLINE	25 REGULAR PRACTICE	26 REGULAR PRACTICE	27 NO PRACTICE	28 NO PRACTICE	29 NO PRACTICE	30
Regular Purchase Lightning practice is Monday-Friday 6:15 - 7:45 PM, Saturday 8:00 - 9:30 AM						