

Empire Swimming Xcel Team Practice Schedule November 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	1	2
	_	PAREAST CHE	_		_	
REGULAR	REGULAR	Swim for Breast	REGULAR	NO PRACTICE	REGULAR	
PRACTICE	PRACTICE	Cancer Event 6:15 - 8:20 PM	PRACTICE		PRACTICE	
		at Hackley				
3	4	at nackiey	6	7	8	9
3	4	3	O	/	δ	9
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR	NO PRACTICE	
PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE		
			Entry Deadline For			
			PAC 12 & U Meet		PAC Meet	PAC Meet
10	11	12	13	14	15	16
		WINTER SCHEDULE	REGULAR PRACTICE	REGULAR PRACTICE		
REGULAR	REGULAR	STARTS TODAY	WINTER SCHEDULE	WINTER SCHEDULE	NO PRACTICE	
PRACTICE	PRACTICE	6:45-8:30 PM	6:45-8:30 PM	6:45-8:30 PM		
Entry Deadline For		Entry Deadline For				
CRA Meet		Trident Meet		WRAT Meet	WRAT Meet	WRAT Meet
17	18	19	20	21	22	23
		REGULAR PRACTICE				
WINTER SCHEDULE		WINTER SCHEDULE	WINTER SCHEDULE		REGULAR	
6:45-8:30 PM	6:45-8:30 PM	6:45-8:30 PM	6:45-8:30 PM	6:45-8:30 PM	PRACTICE	
24	25	26	27	28	29	30
	REGULAR PRACTICE		27	20	23	30
WINTER SCHEDULE	WINTER SCHEDULE		NO PRACTICE	9:30 - 11:00 AM	9:30 - 11:00 AM	
6:45-8:30 PM	6:45-8:30 PM	6:45-8:30 PM		at HACKLEY	at HACKLEY	
Degular FALL Veel practice is Manday Friday C.45 - 0.45 DM Seturday 0.00 - 0.20 AM						

Regular FALL Xcel practice is Monday-Friday 6:15 - 8:15 PM, Saturday 8:00 - 9:30 AM Regular WINTER Xcel practice is: Mon-Fri 6:45-8:30 pm, Sat: 8:00 - 9:30 am