

Pound Ridge Swim & Dive Team Practice Schedule 2023



	June 12	June 13	June 14	June 15	June 16	June 17
	11 & Over 5:00-6:00 PM 10 & Under 6:00-6:45 PM Diving 6:45-7:30 PM	11 & Over 5:00-6:00 PM 10 & Under 6:00-6:45 PM Diving 6:45-7:30 PM	11 & Over 5:00-6:00 PM 10 & Under 6:00-6:45 PM Diving 6:45-7:30 PM	11 & Over 5:00-6:00 PM 10 & Under 6:00-6:45 PM Diving 6:45-7:30 PM	No Practice See you at Food Truck Friday!	
June 18 Happy Father's Day!	June 19 11 & Over 5:00-6:00 PM 10 & Under 6:00-6:45 PM Diving 6:45-7:30 PM	June 20 11 & Over 5:00-6:00 PM 10 & Under 6:00-6:45 PM Diving 6:45-7:30 PM	June 21 11 & Over 5:00-6:00 PM 10 & Under 6:00-6:45 PM Diving 6:45-7:30 PM	June 22 11 & Over 5:00-6:00 PM 10 & Under 6:00-6:45 PM Diving 6:45-7:30 PM	June 23 TIME TRIALS 5:00-6:30 PM All age groups Diving 6:45-7:30 PM Volunteers Needed!!!	June 24 CAR WASH Pound Ridge Fire House 10 AM - 2 PM Volunteers Needed!!!

June 25	<p>June 26</p> <p>First Day of Camp</p> <p>11 & Over 7:30-8:30 AM</p> <p>10 & Under 8:30-9:15 AM</p> <p>Diving 5:00-6:00 PM</p>	<p>June 27</p> <p>11 & Over 7:30-8:30 AM</p> <p>10 & Under 8:30-9:15 AM</p> <p>Diving 5:00-6:00 PM</p>	<p>June 28</p> <p>11 & Over 7:30-8:30 AM</p> <p>10 & Under 8:30-9:15 AM</p> <p>Diving 5:00-6:00 PM</p>	<p>June 29</p> <p>A Meet @ Willowbrook</p> <p>4:30 Dive Warm Up</p> <p>5:00 Swim Warm Up</p> <p>5:30 Meet Start</p>	<p>June 30</p> <p>11 & Over 7:30-8:30 AM</p> <p>10 & Under 8:30-9:15 AM</p> <p>Diving 5:00-6:00 PM</p>	July 1
July 2	<p>July 3</p> <p>11 & Over 7:30-8:30 AM</p> <p>10 & Under 8:30-9:15 AM</p> <p>Diving 5:00-6:00 PM</p>	<p>July 4</p> <p>11 & Over 7:30-8:30 AM</p> <p>10 & Under 8:30-9:15 AM</p> <p>Diving 5:00-6:00 PM</p>	<p>July 5</p> <p>B SWIM MEET @ Pound Ridge</p> <p>11 & Over 7:30-8:30 AM</p> <p>10 & Under 8:30-9:15 AM</p> <p>Diving 5:00-6:00 PM</p>	<p>July 6</p> <p>A Meet VS Briarcliff @ PR</p> <p>4:30 Dive Warm Up</p> <p>5:00 Swim Warm Up</p> <p>5:30 Meet Start</p>	<p>July 7</p> <p>11 & Over 7:30-8:30 AM</p> <p>10 & Under 8:30-9:15 AM</p> <p>Diving 5:00-6:00 PM</p>	July 8
July 9	<p>July 10</p> <p>B DIVE MEET</p> <p>11 & Over 7:30-8:30 AM</p> <p>10 & Under 8:30-9:15 AM</p>	<p>July 11</p> <p>A Meet @ Yorktown</p> <p>4:30 Dive Warm Up</p> <p>5:00 Swim Warm Up</p> <p>5:30 Meet Start</p>	<p>July 12</p> <p>B SWIM MEET</p> <p>11 & Over 7:30-8:30 AM</p> <p>10 & Under 8:30-9:15 AM</p> <p>Diving 5:00-6:00 PM</p>	<p>July 13</p> <p>11 & Over 7:30-8:30 AM</p> <p>10 & Under 8:30-9:15 AM</p> <p>Diving 5:00-6:00 PM</p>	<p>July 14</p> <p>11 & Over 7:30-8:30 AM</p> <p>10 & Under 8:30-9:15 AM</p> <p>Diving 5:00-6:00 PM</p>	<p>July 15</p> <p>A Meet VS Katonah @ PR</p> <p>8:00 AM Dive Warm Up</p> <p>8:30 AM Swim Warm Up</p> <p>9:00 AM</p>

						Meet Start
July 16	July 17 B DIVE MEET 11 & Over 7:30-8:30 AM 10 & Under 8:30-9:15 AM	July 18 11 & Over 7:30-8:30 AM 10 & Under 8:30-9:15 AM Diving 5:00-6:00 PM	July 19 B SWIM MEET 11 & Over 7:30-8:30 AM 10 & Under 8:30-9:15 AM Diving 5:00-6:00 PM	July 20 A Meet VS Birchwood @ PR 4:30 Dive Warm Up 5:00 Swim Warm Up 5:30 Meet Start	July 21 11 & Over 7:30-8:30 AM 10 & Under 8:30-9:15 AM Diving 5:00-6:00 PM	July 22 4th Annual Chris Dewey Swim A Thon Be the Match 10 AM - 12 PM
July 23	July 24 B DIVE MEET 11 & Over 7:30-8:30 AM 10 & Under 8:30-9:15 AM	July 25 11 & Over 7:30-8:30 AM 10 & Under 8:30-9:15 AM Diving 5:00-6:00 PM	July 26 DIVING CHAMPS @ Pound Ridge 11 & Over 7:30-8:30 AM 10 & Under 8:30-9:15 AM Diving 5:00-6:00 PM	July 27 DIVING ALLSTARS (Lewisboro) 11 & Over 7:30-8:30 AM 10 & Under 8:30-9:15 AM Diving 5:00-6:00 PM	July 28 Champs Swimmers ONLY practice 8:00-9:00 AM	July 29 SWIM CHAMPS @ Katonah
July 30 SWIM ALLSTARS (Briarcliff) TEAM DINNER 4-8 PM						