

CAPITAL CITY FALL/WINTER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Silver & Bronze 1:00-3:00 <i>Lifting After</i> White/ Blue : 3:00-4:30 Red : 4:30-5:30	Silver & Bronze 4:30-6:30 <i>Dryland After</i> Rainbow : 6:30-7:30	Red : 4:30 – 5:30 White/ Blue : 5:30-6:45	Silver & Bronze 4:30-6:30 <i>Lifting After</i> White/ Blue : 6:30 – 7:45	Silver 4:30-6:30 <i>Dryland After</i> Rainbow : 6:30-7:30	Silver & Bronze 5:30-7:30 White/ Blue : 5:30-6:45 Red : 5:30-6:30

- Evaluation/placements will take place at the JCC Fri. Aug. 26th & Sun. Aug. 28th between 4-6 p.m. (Contact Tony for additional evaluation days/time.)
- Practice officially starts Sept. 1st (Rainbow) and Mon. Aug. 29th (all other groups.)
- Arrive approx. 15 minutes early to allow time for changing, stretching, etc.
- Practice times may be adjusted for holidays, weather, meets, facility closures, group numbers, etc.
- Due to Tony's involvement with fall high school water polo, Wednesday & Thursday practices for Bronze & Silver groups will take place at St. Charles high school from 7:30 - 9:00 p.m. during the first two weeks of practice.

TENTATIVE FALL/WINTER MEET SCHEDULE:

- Oct. 5th - Kickoff 'B' Meet at Columbus Academy
- Oct. 22-23 - John Bruce Memorial at Worthington
- Nov. 11-13 - Thanks for Giving Meet at O.S.U.
- Dec. 11 - "Penguin Plunge" B Meet at New Albany
- Jan. 7-8 - "Triple Crown" Meet at Upper Arlington
- Feb. 12 - "Kicker Classic" B Meet at New Albany
- Feb. TBA - Regional Championships at O.S.U.
- Feb. TBA - Unified Time Trial at CSG
- March 4-5 - Barbara Kay 8U Champs at Worthington
- March 3-5 - Senior Meet (TBA)
- March 10-12 - JO State Champs at O.S.U.

*Meets may be added, removed, have location changes, or have other unforeseeable circumstances (entry limits, qualification standards, etc.) related to events.

**All meet participants must be registered with USA Swimming.

***Most meets require additional fees (usually \$5 per event) that can be paid in advance to Capital City Swim Club. Many families "pay ahead" in escrow at the beginning of the season.