



# November Practice/Meet Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b>  <b>LAKWOOD AQUATICS</b>	<b>2 AM workout 5:30-7 13 years &amp; up</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:15 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>3</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>4 AM workout 5:30-7 13 years &amp; up</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>5</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>6</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>7 Pancake Breakfast</b> Wht I/II 8-9 Brnz 8-9:15 Silver 8-9:30 Gold 8-9:30 Varsity 8-10 PreSr/Sr 7:30-10	
<b>8</b>	<b>9 AM workout 5:30-7 13 years &amp; up</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>10</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>11 AM workout 5:30-7 13 years &amp; up</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>12</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>13</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 <b>PreSr/Sr 6:30-8:10</b> Nov 13-15 High Altitude Training @ Flagstaff, AZ	<b>14 No Practice</b>	
<b>15</b> High Altitude Training	<b>16</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>17</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>18 AM workout 5:30-7 13 years &amp; up</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>19</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>20 Annual Membership Meeting @ 6pm</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>21 BRW Swim Meet @ Cerritos</b>	
<b>22</b> BRW Swim Meet @ Cerritos	<b>23 AM workout 5:30-7 13 years &amp; up</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>24</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>25</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>26</b>  Brnz 8-9:15 Silver 8-9:30 Gold 8-9:30 Varsity 8-10 PreSr/Sr 8-10:30	<b>27</b> Brnz 8-9:15 Silver 8-9:30 Gold 8-9:30 Varsity 8-10 PreSr/Sr 8-10:30	<b>28</b> Wht I/II 8-9 Brnz 8-9:15 Silver 8-9:30 Gold 8-9:30 Varsity 8-10 PreSr/Sr 8-10:30	
<b>29</b>	<b>30</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>31</b> WhtI, II 5:15-6:30 Brnz 5:00-6:30 Silver 6:30-8:00 Gold 6:30-8:15 Varsity 6:30-8:15 PreSr/Sr 4:30-7:00	<b>Note:</b> Morning practice is for kids 13 years and up Pancake Breakfast on the 7th 9-11 am (Coach swap practice) Practice on the 13th for Pre-Seniors & Seniors starts at 6:30 Practice on November 26th & 27th is for Bronze level & up Practice on the 28th is for everyone				