June 2024 – HWSA Dolphins – www.hwsadolphins.org – **NOT OFFICAL**

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY **FRIDAY SATURDAY** Volunteer Requirements for Spring/Summer season: Elite: 8:00a – 11:00a Spring only must work 1 May dual meet G4: 8:00a – 11:00a Late Start/Summer only must work 1 June dual meet, G3: 10:30a – 12:00p Full season must work 1 May dual meet & 1 June dual meet. G2: 10:30a - 11:45a There is a \$100 fine for each missed session worked G1: 11:30a – 12:15p <u>2</u> at Palos Pool **Des Moines Prelims** Elite: 5:45a – 7:45a (13 & Overs) Grp 4: 6:45a – 8:45a Grp 4: 6:45a – 8:45a Grp 4: 6:45a – 8:45a Grp 4: 6:45a - 8:45a Grp 4: 6:45a – 8:45a W-Ups: 7:00a Grp 3: 7:30a - 9:00a Grp 3: 7:30a - 9:00a Grp 3: 7:30a – 9:00a Grp 3: 7:30a - 9:00a Grp 3: 7:30a – 9:00a Meet Starts: 8:00a Grp 2: 7:45a – 9:00a Grp 2: 7:45a – 9:00a Final W-Up: 4:00p Grp 1 8:15a – 9:00a Grp 1 8:15a – 9:00a @ Stagg H.S. Meet Starts: 5:00p G4/E: 3:45p – 6:00p @ Stagg H.S. @ Munster H.S. @ Munster H.S. @ Stagg H.S. G1: 6:00p - 6:45pRockford - RecPlex G4/E: 3:45p – 6:00p Elite/4: 2:30p - 4:30pElite/4: 2:30p - 4:30pG4/E: 3:45p – 6:00p G2: 6:30p - 7:45p(12 & Unders) G1: 6:00p - 6:45pG1: 6:00p - 6:45pG3: 6:00p - 7:30pArrive 7:45a G2: 6:30p - 7:45p@ Stagg H.S. @ Stagg H.S. G2: 6:30p - 7:45pW-Ups: 8:00a G4/E: 3:45p – 6:00p G3: 6:00p - 7:30p**Des Moines Invite** G4/E: 3:45p - 6:00p G3: 6:00p - 7:30pMeet Starts: 9:00a G1: 6:00p - 6:45pW-Ups: 5:30p G1: 6:00p - 6:45pG2: 6:30p - 7:45pMeet Starts: 6:30p G2: 6:30p - 7:45pG3: 6:00p - 7:30pG3: 6:00p - 7:30p<u>11</u> <u>12</u> <u>13</u> 14 15 at Palos Pool at Palos Pool at Palos Pool **Des Moines Prelims** at Palos Pool at Palos Pool at Palos Pool Elite: 5:45a – 7:45a Elite: 5:45a – 7:45a Elite: 5:45a – 7:45a Elite: 5:45a – 7:45a Grp E/4: 6:45a – 8:45a Elite/4: 6:45a – 8:45a (13 & Overs) Grp 3: 7:30a – 9:00a Grp 4: 6:45a – 8:45a Grp 4: 6:45a – 8:45a Grp 4: 6:45a – 8:45a Grp 4: 6:45a - 8:45a Grp 3: 7:30a - 9:00aW-Ups: 7:00a Grp 3: 7:30a – 9:00a Grp 3: 7:30a - 9:00a Grp 3: 7:30a – 9:00a Grp 3: 7:30a - 9:00a Grp 2: 7:45a – 9:00a Meet Starts: 8:00a Six Flags Trip 13 & Overs Grp 2: 7:45a – 9:00a Grp 1 8:15a – 9:00a Final W-Up: 4:00p Grp 1 8:15a – 9:00a Team Breakfast right after (a) Munster H.S. (a) Munster H.S. O.W. Central Zones Meet Starts: 5:00p practice at Palos Pool O.W. Central Zones Elite/4: 2:30p - 4:30pElite/4: 2:30p - 4:30pClinic @ 3:00p @ 7:00a Rockford - RecPlex @ Stagg H.S. @ Stagg H.S. @ Stagg H.S. @ Stagg H.S. (12 & Unders) G4/E: 3:45p – 6:00p G4/E: 3:45p - 6:00p@ Stagg H.S. G4/E: 3:45p – 6:00p G4/E: 3:45p – 6:00p Arrive 7:45a G1: 6:00p - 6:45pG4/E: OFF G1: 6:00p - 6:45pG1: 6:00p - 6:45pG1: 6:00p - 6:45pW-Ups: 8:00a G2: 6:30p - 7:45pG1: 6:00p - 6:45pG2: 6:30p - 7:45pG2: 6:30p - 7:45pG2: 6:30p - 7:45pMeet Starts: 9:00a G3: 6:00p - 7:30pG2: 6:30p - 7:45pG3: 6:00p - 7:30pG3: 6:00p - 7:30pG3: 6:00p - 7:30pG3: 6:00p - 7:30p

<u>16</u>	17 at Palos Pool Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a Grp 2: 7:45a – 9:00a Grp 1 8:15a – 9:00a @ Munster H.S. Elite/4: 2:30p – 4:30p @ Stagg H.S. G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p	18 at Palos Pool Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a Dual Meet NAC @ HWSA at Palos Outdoor pool 50 LCM meet W-Ups: 4:00p Starts: 4:45p	19 at Palos Pool Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a Grp 2: 7:45a – 9:00a Grp 1 8:15a – 9:00a @ Stagg H.S. G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p	20 at Palos Pool Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a @ Munster H.S. Elite/4: 2:30p – 4:30p @ Stagg H.S. G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p	21 at Palos Pool Elite: 5:45a - 7:45a Grp 4: 6:45a - 8:45a Grp 3: 7:30a - 9:00a Munster USS Meet 1500 Session W-Ups: 1:30p PM Session W-Ups: 4:00p	Munster USS Meet AM Session HWSA at 6:45a W-Ups: 7:00a Starts: 8:00a (13 & Overs) PM Session HWSA at 11:15a W-Ups: 11:30a Starts: 12:30p (12 & unders)
Munster USS Meet AM Session HWSA at 6:45a W-Ups: 7:00a Starts: 8:00a (13 & Overs) PM Session HWSA at 11:15a W-Ups: 11:30a Starts: 12:30p (12 & unders)	24 at Palos Pool Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a Grp 2: 7:45a – 9:00a Grp 1 8:15a – 9:00a @ Munster H.S. Elite/4: 2:30p – 4:30p @ Stagg H.S. G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p	25 at Palos Pool Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a Dual Meet HOSC @ HWSA at Palos Outdoor pool 50 LCM meet W-Ups: 4:00p Starts: 4:45p	26 AM off @ Munster H.S. Elite/4: 2:30p – 4:30p @ Stagg H.S. G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p	27 at Palos Pool Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a Open Water Meet @ Pleasant Prairie, WI (see event page for more details) 3:00p @ Stagg H.S. G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p	28 at Palos Pool Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a 12 & Under Event @ Stagg H.S. G4/E: 3:45p – 6:00p G1: No Practice G2: No Practice G3: No Practice	29 at Palos Pool Elite/4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a Grp 2: 7:45a – 9:00a Grp 1 8:15a – 9:00a