



July 2024 – HWSA Dolphins – www.hwsadolphins.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><u>1</u> 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</p> <p>@ Munster H.S. Elite/4: 2:30p – 4:30p</p> <p>@ Stagg H.S. G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p</p>	<p><u>2</u> at Palos Pool Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a</p> <p>@ Munster H.S. Elite/4: 2:30p – 4:30p</p> <p>@ Stagg H.S. G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p</p>	<p><u>3</u> 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</p>	<p><u>4</u></p>  <p><i>Happy 4th of July</i></p>	<p><u>5</u> 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</p>	<p><u>6</u> at Palos Pool Elite/4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a</p> <p><u>Munster USS Meet</u> AM Session HWSA at 7:45a W-Ups: 8:00a (13 & Overs) PM Session HWSA at 11:45a W-Ups: 12:00p (12 & unders)</p>
<p><u>7</u></p>	<p><u>8</u> 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</p> <p>@ Munster H.S. Elite/4: 2:30p – 4:30p</p> <p>@ Stagg H.S. G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p</p>	<p><u>9</u> at Palos Pool Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a</p> <p>@ Munster H.S. Elite/4: 2:30p – 4:30p</p> <p>@ Stagg H.S. G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p</p>	<p><u>10</u> 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</p> <p>@ Munster H.S. Elite/4: 2:30p – 4:30p</p> <p>@ Stagg H.S. G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p</p>	<p><u>11</u> at Palos Pool Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a</p> <p>@ Stagg H.S. G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p</p>	<p><u>12</u> at Palos Pool Elite: 6:45a – 8:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a</p> <p>IL Regional Champs @ @ Norris Rec Center St. Charles, IL 60174 W-Ups: 4:30p Meet Starts: 5:30p</p>	<p><u>13</u> IL Regional Champs @ Norris Rec Center St. Charles, IL 60174</p> <p>(12 & Unders) W-Ups: 7:00a Meet Starts: 8:00a (13 & Overs) W-Ups: 12:00p Meet Starts: 1:00p</p>

<p><u>14 - July</u> IL Regional Champs @ @ Norris Rec Center St. Charles, IL 60174</p> <p>(12 & Unders) W-Ups: 7:00a Meet Starts: 8:00a</p> <p>(13 & Overs) W-Ups: 12:00p Meet Starts: 1:00p</p>	<p><u>15 - July</u> at Palos Pool No AM Practice</p> <p>Group 1 & 2 season over</p> <p>@ Munster H.S. Elite/4: 2:30p – 4:30p</p> <p>@ Stagg H.S. G4/G3: 6:00p – 7:30p</p>	<p><u>16 - July</u> at Palos Pool Elite: 6:45a – 8:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a</p> <p>End of the Season Party for all HWSA swimmers</p>  <p>Location Palos Pool Pavilion Starts: 5:30p Ends: 8:00p ish</p>	<p><u>17 - July</u> at Palos Pool No AM Practice</p> <p>@ Munster H.S. Elite/4: 2:30p – 4:30p</p> <p>@ Stagg H.S. G4/G3: 6:00p – 7:30p</p>	<p><u>18 - July</u> at Palos Pool Grp 4/3: 7:30a – 9:00a</p> <p>@ Munster H.S. Elite/4: 2:30p – 4:30p</p> <p>Illinois AG Champs @ Lake Central H.S. St. Johns, IN Prelims W-Ups: 7:00a Starts: 9:00a Finals W-Ups: 4:00p Starts: 5:00p</p>	<p><u>19 - July</u> at Palos Pool Elite: 6:45a – 8:45a Grp 4: 6:45a – 8:45a</p> <p>Illinois AG Champs @ Lake Central H.S. St. Johns, IN Prelims W-Ups: 7:00a Starts: 9:00a Finals W-Ups: 4:00p Starts: 5:00p</p>	<p><u>20 - July</u> at Palos Pool Elite/4: 6:45a – 8:45a</p> <p>Illinois AG Champs @ Lake Central H.S. St. Johns, IN Prelims W-Ups: 7:00a Starts: 9:00a Finals W-Ups: 4:00p Starts: 5:00p</p>
<p><u>21</u> Illinois AG Champs @ Lake Central H.S. St. Johns, IN Prelims W-Ups: 7:00a Starts: 9:00a Finals W-Ups: 4:00p Starts: 5:00p</p>	<p><u>22</u> at Palos Pool Elite/4: 6:45a – 8:30a G3: 7:30a – 8:45a</p>	<p><u>23</u> at Palos Pool Elite/4: 6:45a – 8:30a G3: 7:30a – 8:45a</p> <p>ISCA Champs @ St. Petersburg, FL W-Ups: 12:00p Starts: 1:00p</p>	<p><u>24</u> at Palos Pool Elite/4: 6:45a – 8:30a G3: 7:30a – 8:45a</p> <p>ISCA Champs @ St. Petersburg, FL Prelims W-Ups: 6:30a Starts: 8:00a Finals W-Ups: 3:30p Starts: 5:00p</p>	<p><u>25</u> at Palos Pool Elite/4: 6:45a – 8:30a G3: 7:30a – 8:45a</p> <p>Illinois Senior Champs @ FMC, Westmont Prelims W-Ups: 4:00p Starts: 5:30p</p> <p>ISCA Champs @ St. Petersburg, FL Prelims W-Ups: 6:30a Starts: 8:00a Finals W-Ups: 3:30p Starts: 5:00p</p>	<p><u>26</u> at Palos Pool Elite/4: 6:45a – 8:30a G3: 7:30a – 8:45</p> <p>Illinois Senior Champs @ FMC, Westmont Prelims W-Ups: 6:30a Starts: 8:30a Finals W-Ups: 4:00p Starts: 5:30p ISCA Champs @ St. Petersburg, FL Prelims W-Ups: 6:30a Starts: 8:00a Finals W-Ups: 3:30p Starts: 5:00p</p>	<p><u>27</u> at Palos Pool Elite/4: 6:45a – 8:30a G3: 7:30a – 8:45</p> <p>Illinois Senior Champs @ FMC, Westmont Prelims W-Ups: 6:30a Starts: 8:30a Finals W-Ups: 4:00p Starts: 5:30p ISCA Champs @ St. Petersburg, FL Prelims W-Ups: 6:30a Starts: 8:00a Finals W-Ups: 3:30p Starts: 5:00p</p>
<p><u>28</u> Illinois Senior Champs @ FMC, Westmont Prelims W-Ups: 6:30a Starts: 8:30a Finals W-Ups: 4:00p</p>	<p><u>30</u> at Palos Pool Elite/4: 6:45a – 8:30a G3: 7:30a – 8:45a</p>	<p><u>30</u> at Palos Pool Elite/4: 6:45a – 8:30a G3: 7:30a – 8:45a</p>	<p><u>31</u> at Palos Pool Elite/4: 6:45a – 8:30a G3: 7:30a – 8:45a</p>	<p>Notes: Illinois Open Water State event, Tuesday Aug. 6th @ Lake Manteno, IL There will be continued practices through Aug 8 in order to prepare for the Open Water State event and for any high school swimmers still looking to train leading up to their high school swim season. Address for Lake Manteno: Manteno Sportsman's Club: 851 N. Main St., Manteno, IL 60950</p>		