

| <u>Monday</u>  | <u>Tuesday</u> | Wednesday      | <u>Thursday</u> | <u>Friday</u>  | <u>Saturday</u> |
|----------------|----------------|----------------|-----------------|----------------|-----------------|
| Basic Training | Sergeants      | Basic Training | Recruits        | Basic Training | Captains        |
| 5:00-5:30      | 5:30-6:30      | 4:30-5:00      | 4:15-5:00       | 3:45-4:15      | 9:15-10:45      |
| Recruits       | Lieutenants    | Sergeants      | Sergeants       | Recruits       | Lieutenants     |
| 5:30-6:15      | 6:30-7:45      | 5:00-6:00      | 5:00-6:00       | 4:15-5:00      | 9:15-10:30      |
| Lieutenants    | Captains       | Lieutenants    | Lieutenants     | Sergeants      | Sergeants       |
| 6:15-7:30      | 6:30-8:00      | 6:00-7:15      | 6:00-7:15       | 5:00-6:00      | 9:15-10:15      |
| Captains       | Drylands for   | Captains       | Captains        | Lieutenants    | Recruits        |
| 6:15-7:45      | Captain and    | 6:00-7:30      | 6:00-7:30       | 5:00-6:00      | 9:15-10:00      |
|                | Lieutenants    |                |                 |                |                 |
|                | 6:00 -6:25     |                |                 |                |                 |
|                |                |                | Drylands for    | Captains       |                 |
|                |                |                | Captain and     | 5:00-6:00      |                 |
|                |                |                | Lieutenants     |                |                 |
|                |                |                | 5:30 -5:55      |                |                 |

The scheduled times may change depending on number of swimmers in order to accommodate swimmers. Special circumstance request will be handled on an individual basis and accommodated (If Possible)

## Meet Schedule 2015-2016\*

Subject to change

| September 26-27 | BSL Sprint Into Fall Invitational | Birmingham Crossplex       |
|-----------------|-----------------------------------|----------------------------|
| October 17-18   | NAC Winter Invitational           | Nashville, TN              |
| November 6-8    | BSL Cranberry Classic             | Birmingham Crossplex       |
| +November 20-21 | AHSAA District Meet               | Birmingham Crossplex       |
| + December 3-5  | AHSAA State Meet                  | Auburn- Dawn Attends       |
| December 4-6    | EXCEL Meet of Champions           | Brentwood, TN- Cal Attends |
| January 9       | CTA IMX Meet                      | Tuscaloosa, Al             |
| January 15-17   | Team Travel Meet (12 and older)   | Pensacola or Memphis       |
| January 22-24   | BSL Winter Invitational           | Birmingham Crossplex       |
| February 6-7    | SE District Championships         | Birmingham Crossplex       |
| March 4-6       | Auburn Championship Invitational  | Auburn, Al                 |
| April           | Scottsboro Medal Meet             | Scottsboro, Al             |
| April           | BSL Long Course                   | Birmingham Crossplex       |
| Mav             | Huntsville Long Course            |                            |

<u>In Order to swim in USS Meet you must be registered by the 1<sup>th</sup> of</u> <u>the month in order to compete in meet for that month</u>

We will also have a number of Intra squad meets at Samford over the course of the season for the beginner level swimmers. Final dates and times will be announced about 2 weeks before the meet.

Possible Dates are as follows: October 3, November 14, December 12, January 30, March 26 May ???