

May 2021 Quail Valley Swim Team Calendar

	Monday	Tues day	Wednes day	Thurs day	Friday
<p>Monday evening intrasquad meets are unscored, developmental meets, offer swimmers opportunities to swim competitive races and improve times. Intrasquad meets do not include relay races. Swimmers should arrive on deck at intrasquad meets no later than 4:45 pm. Coach Alec does not have to be notified if you</p>	<p>10 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older</p>	<p>11 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older</p>	<p>12 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older</p>	<p>13 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older</p>	<p>14 NO PRACTICE</p>
	<p>17 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older</p>	<p>18 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older</p>	<p>19 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older</p>	<p>20 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older</p>	<p>21 NO PRACTICE</p>
	<p>24 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm</p>	<p>25 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s</p>	<p>26 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s</p>	<p>27 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s</p>	<p>28 NO PRACTICE</p>

are unable to attend an intrasquad meet.	11 and older	5:45-6:45 pm 11 and older	11 and older	5:45-6:45 pm 11 and older	
	31 Memorial Day No Practice	June 1 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older	June 2 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older	June 3 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older	June 4 NO PRACTICE
Thursday evening A Meets are scored meets that include relays and require coaches to submit a line-up in advance. ALL swimmers on the QVST roster who are ready to swim the distance of their age group's races without	Monday	Tuesday	Wednesday	Thursday	Friday
	June 7 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older QV Intrasquad/	June 8 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older	June 9 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older	June 10 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older @ NW YMCA On deck no later	June 11 NO PRACTICE

<p>assistance are expected at A meets and will be in the line-up to swim at least one race unless a parent/guardian notifies Coach Alec that the swimmer is unable to attend the meet. Please text or email Coach Alec of any absences as early in the season as possible and by at least the end of practice the Tuesday before the meet if you are unable to attend a Thursday A meet. Swimmers should arrive on deck at A meets no later than 4:45 pm for home meets and no later than 5:15</p>	<p>Time Trials On deck no later than 4:45 pm QV warm-ups 5:00 pm Meet start 6:00 pm</p>			<p>than 5:15 pm QV warm-ups 5:30 pm Meet start 6:00 pm</p>		
	<p>14 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older</p> <p>QV Intrasquad On deck no later than 4:45 pm QV warm-ups 5:00 pm Meet start 6:00 pm</p>	<p>15 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older</p>	<p>16 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older</p>	<p>17 4:00-4:45 pm 8 & younger 4:45-5:45 pm 9 and 10s 5:45-6:45 pm 11 and older</p> <p>Vs Murraywood On deck no later than 4:45 pm QV warm-ups 5:00 pm Meet start 6:00 pm</p>	<p>18 NO PRACTICE</p>	
	<p>Practices shift to mornings Monday-Friday</p>					
	<p>21 8:30-9:30 am 8 & younger 9:30-10:30 am</p>	<p>22 8:30-9:30 am 8 & younger</p>	<p>23 8:30-9:30 am 8 & younger 9:30-10:30 am</p>	<p>24 8:30-9:30 am 8 & younger</p>	<p>25 8:30-9:30 am 8 & younger</p>	

<p>pm for away meets. Thanks! Coach Alec, 803-931-2429 Rutkowski.alec@gmail.com</p>	<p>9 and 10s 10:30-11:30 am 11 and older</p> <p>QV Intrasquad On deck no later than 4:45 pm QV warm-ups 5:00 pm Meet start 6:00 pm</p>	<p>9:30-10:30 am 9 and 10s 10:30-11:30 am 11 and older</p>	<p>9 and 10s 10:30-11:30 am 11 and older</p>	<p>9:30-10:30 am 9 and 10s 10:30-11:30 am 11 and older</p> <p>@ Country Club of Lexington On deck no later than 5:15 pm QV warm-ups 5:30 pm Meet start 6:00 pm</p>	<p>9:30-10:30 am 9 and 10s 10:30-11:30 am 11 and older</p>
<p>The West Large Division Championship Meet will be held at Quail Valley Swim & Racquet Club on Saturday, July 10th & Sunday, July 11th. Schedule TBD.</p>	<p>Monday</p>				