



2019 Lake Forest Swim Team Schedule

Registration is online at www.lfswimteam.com or on May 4 from 10a - 1p

Practice Schedule:

Afternoon Practice Session	Morning Practice Session
May 20 - May 24:	May 28 - July 29:
ages 8 & under: Mon - Fri; 4-5pm	ages 13 & up: Mon - Fri; 8-9am
ages 9 - 12: Mon - Fri; 5-6pm	ages 8 & under: Mon - Fri; 9-10am
ages 13 & up: Mon - Fri; 6-7pm	Guppy group: Mon - Fri; 10-10:30am
	ages 9 - 12: Mon - Fri; 10:30-11:30am
No practice Monday, May 27 (Memorial Day) or Friday, July 26 (first day of City Meet)	

Event Schedule:

Warm-up/Start time	Date	Event	Where
TBA	06/04/19	Intrasquad meet & kick-off party	home
TBA	06/11/19	vs. Springhill	home
TBA	06/15/19	vs. Jackson and Coast Guard	Jackson
TBA	06/18/19	vs. Country Club of Mobile	CCM
TBA	06/25/19	vs. Dearborn, Jackson, SAY, CG	home
TBA	07/09/19	vs. Woodland	home
TBA	07/15/19	Guppy only meet	CCM
7:45a/9a	07/20/18	MCAL Qualifier meet	home
TBA*	7/26-7/27	MCAL City meet	Bishop State

*City Meet: Younger ages usually swim in the morning, while ages 11 and up usually begin at about noon. The times will be released closer to the date of the meet.