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| **Swim Meet Schedule** | | | | |
| **Date** | **Meet** | **Location** | **Warm-Up** | **Meet Starts** |
| 11/23/18 | Intersquad- Green Vs. Gold | Lindbergh Pool | 2:00 | 2:30 |
| 11/29/18 | Kennedy Catholic @ Kentridge | Lindbergh Pool | 3:00 | 3:30 |
| 11/30/18 | Holidays Relays | Rogers Pool | 4:00 | 5:00 |
| 12/04/18 | Kentridge @ Stadium | Stadium Pool | 3:00 | 3:30 |
| 12/06/18 | Kentridge @ Kentwood | Kent Pool | 2:45 | 3:15 |
| 12/13/18 | Tahoma @ Kentridge | Lindbergh Pool | 3:00 | 3:30 |
| 12/18/18 | Puyallup @ Kentridge | Lindbergh Pool | 3:00 | 3:30 |
| 01/08/19 | Kentlake @ Kentridge | Lindbergh Pool | 3:00 | 3:30 |
| 01/10/19 | Kentridge @ Hazen | Hazen Pool | 2:30 | 3:00 |
| 01/12/19 | Kentridge Invitational | KCAC | 8:00 | 9:00 |
| 01/17/19 | Kentridge @ Mt Rainier\* | Lindbergh Pool | 3:00 | 3:30 |
| 01/18/19 | Kent-Meridian @ Kentridge | Lindbergh Pool | 3:00 | 3:30 |
| 01/19/19 | Lindbergh Invitational | Lindbergh Pool | 9:00 | 10:30 |
| 01/22/19 | SPSL Qualifiers Meet | Lindbergh Pool | 3:00 | 3:30 |
| 01/25/19 | League Meet: Diving | Hazen Pool | 9:00 | 10:00 |
| 01/26/19 | League Meet: Swimming | Hazen Pool | 2:00 | 3:00 |
| 01/31/19 | District Meet: Diving | Curtis Pool | 3:30 | 4:30 |
| 02/01/19 | District Meet: Prelims | Curtis Pool | 3:30 | 4:30 |
| 02/02/19 | District Meet: Finals | Curtis Pool | 3:30 | 4:30 |
| 02/15/18 | State Meet: Prelims | KCAC | 5:30 | 6:30 |
| 02/16/18 | State Meet: Finals | KCAC | 6:00 | 7:00 |
| **Winter Break Practice Days** | | | | |

\*Mt. Rainier will be host at Lindbergh pool because of their pool that has been closed for almost 2 years.

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | **19**  10:00-11:30  4:00-6:00 | **20**  10:00-11:30  4:00-6:00 | **21**  10:00-11:30  4:00-6:00 | **22**  **2:00-4:00** |
| **24**  **No Practice** | **25**  **No Practice** | **26**  10:00-11:30  4:00-6:00 | **27**  10:00-11:30  4:00-6:00 | **28**  10:00-11:30  4:00-6:00 | **29**  **2:00-4:00** |
| **31**  **10:00-11:30**  **4:00-6:00 Meltdown** | **01**  **No Practice** |  |  |  |  |

Note: On January 15th, Dryland due to Lindbergh home meet.