

**Rockville Swim Team Summer At-A-Glance
2019 Practice Schedule**

May 20 th – June 15 th					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-5:45pm – Jr & 7-8 5:45-6:30pm – 9-10 6:30-7:15pm – 11-12 7:15-8:00pm – 13-18	5:00-5:45pm – Jr & 7-8 5:45-6:30pm – 9-10 6:30-7:15pm – 11-12 7:15-8:00pm – 13-18	5:00-5:45pm – Jr & 7-8 5:45-6:30pm – 9-10 6:30-7:15pm – 11-12 7:15-8:00pm – 13-18	5:00-5:45pm – Jr & 7-8 5:45-6:30pm – 9-10 6:30-7:15pm – 11-12 7:15-8:00pm – 13-18	5:00-5:45pm – Jr & 7-8 5:45-6:30pm – 9-10 6:30-7:15pm – 11-12 7:15-8:00pm – 13-18	8:00-9:00am – 13-18 9:00-10:00am – 12/Under 10:00-10:30am – Jr Team
June 17 th – July 16 th					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9:00am – 11/Up 9-10:00am – 10/Under 10-10:30am – Jr Team 4:30-5:00pm – Jr Team 5:00-6:00pm – 7-8 6:00-7:00pm – 9-10 7:00-8:00pm – 11-18	8-9:00am – 11/Up 9-10:00am – 10/Under 10-10:30am – Jr Team 4:30-5:00pm – Jr Team 5:00-6:00pm – 7-8 6:00-7:00pm – 9-10 7:00-8:00pm – 11-18	8-9:00am – 11/Up 9-10:00am – 10/Under Meet Day Check in – 4:30pm Warm ups – 5:00pm Meet start – 6:00pm	No AM Practices 4:30-5:00pm – Jr Team 5:00-6:00pm – 7-10 Fun Practice 6:00-6:30pm – Ribbons 6:30-7:30pm – 11-18 Fun Practice	8-9:00am – 11/Up 9-10:00am – 10/Under 10-10:30am – Jr Team No PM Practices	8-9:00am – 11/Up 9-10:00am – 10/Under 10-10:30am – Jr Team

Meet Schedule		
Wednesday - June 12 th	Dominion Club @ Rockville/DC	Home
Wednesday – June 19 th	Rockville/DC @ Old Church 2080 Old Church Rd, Mechanicsville, VA 23111	Away
Wednesday – June 26 th	Rockville/DC @ Tuckahoe Village West 2100 Brandon Rd, Henrico, VA 23238	Away
Wednesday - July 3 rd	Fox Hall @ Rockville/DC	Home
Wednesday – July 10 th	Pebble Creek @ Rockville/DC	Home
Tuesday – July 16 th	Rockville/DC @ Dominion Club 6200 Dominion Club Dr, Glen Allen VA 23059	Away
Thursday – July 18 th	End of Season Banquet	

GRAL Weather Policy

- Check-ins begin at 4:30 and all swimmers must be checked in by 5:00pm
- At the first sound of thunder or sight of lightning, the pool and deck must be cleared of people and secured
- Postponements are to be decided by the Meet Director, Pool Management and Parent Representatives (one from each club) after a 30 minute delay
- The League encourages clubs to wait out the storm delay and finish the meet
- Meets must be rescheduled at the earliest possible date acceptable to all clubs
- **PLEASE DO NOT LEAVE THE MEET WITHOUT LETTING YOUR COACH KNOW!!!**

Items to bring to each meet:

- Extra towels, goggles, caps
- Money for concessions and raffles
- Sharpie/permanent marker
- Dry clothes
- Chairs/blanket

Rockville Racers

