



Empire Swimming  
 Xcel Team Practice Schedule at Hackley School  
 May 2024

| Monday   | Tuesday          | Wednesday        | Thursday         | Friday           | Saturday                | Sunday   |
|--|------------------|------------------|------------------|------------------|-------------------------|----------|
|  |                  | 1                | 2                | 3                | 4                       | 5        |
|  |                  | REGULAR PRACTICE | REGULAR PRACTICE | REGULAR PRACTICE | REGULAR PRACTICE        |          |
|  |                  | SPRING SCHEDULE  | SPRING SCHEDULE  | SPRING SCHEDULE  | SPRING SCHEDULE         |          |
| 6  | 7                | 8                | 9                | 10               | 11                      | 12       |
| REGULAR PRACTICE   | NO PRACTICE      | REGULAR PRACTICE | REGULAR PRACTICE | REGULAR PRACTICE | REGULAR PRACTICE        |          |
| SPRING SCHEDULE  |                  | SPRING SCHEDULE  | SPRING SCHEDULE  | SPRING SCHEDULE  | SPRING SCHEDULE         |          |
| 13   | 14               | 15               | 16               | 17               | 18                      | 19       |
| REGULAR PRACTICE   | REGULAR PRACTICE | REGULAR PRACTICE | REGULAR PRACTICE | REGULAR PRACTICE | NO PRACTICE             |          |
| SPRING SCHEDULE  | SPRING SCHEDULE  | SPRING SCHEDULE  | SPRING SCHEDULE  | SPRING SCHEDULE  |                         |          |
|  |                  |                  |                  | PAC MEET         | PAC MEET                | PAC MEET |
| 20   | 21               | 22               | 23               | 24               | 25                      | 26       |
| REGULAR PRACTICE   | REGULAR PRACTICE | REGULAR PRACTICE | REGULAR PRACTICE | REGULAR PRACTICE | REGULAR PRACTICE        |          |
| SPRING SCHEDULE  | SPRING SCHEDULE  | SPRING SCHEDULE  | SPRING SCHEDULE  | SPRING SCHEDULE  | SPRING SCHEDULE         |          |
| Empire Meet Deadline   |                  |                  |                  |                  |                         |          |
| 27   | 28               | 29               | 30               | 31               | 1                       | 2        |
| NO PRACTICE  | REGULAR PRACTICE | REGULAR PRACTICE | REGULAR PRACTICE | REGULAR PRACTICE | NO PRACTICE             |          |
|  | SPRING SCHEDULE  | SPRING SCHEDULE  | SPRING SCHEDULE  | SPRING SCHEDULE  |                         |          |
|  |                  |                  |                  |                  | EMPIRE JUNE SPRINT MEET |          |
| <b>Regular SPRING Xcel practice is: Mon-Fri 6:15 - 8:15 PM, Sat: 8:00 - 9:30 am at Hackley</b> |                  |                  |                  |                  |                         |          |