

MAY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	KMS Twister (Edmond)	Swim Meet
5	6	7	8	9	10	Claremore 11
KMS Twister Swim Meet (Edmond)	Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	8:30-10:30am +D
12	13	14	15	16	17	Claremore 18
Mother's Day	Ola va va va	GroundBreaking Ceremony! 6:30pm				8:30-10:30am +D
Trident Moms are the BEST!	Claremore 4:30-6:30 +D	(Swim @Claremore 4:30-5:45pm)	Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	
19	Joplin Meet Registration Due	21	22 ORU 7-8:45am +D	23 ORU 7-8:45am +D	24 ORU 7-8:45am +D	Claremore 8:30-10:30am +D
	Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	
26	27	28	29	30	31	June 1
	Memorial Day	ORU 7-8:45am +D	ORU 7-8:45am +D	ORU 7-8:45am +D	ORU 7-8:45am +D	Claremore 8:30-10:30am +D
	Claremore 4:30-6:30 +D	(Claremore is clo	sed for annual maintena	nce thru Friday)		0.50-10.50am +D

"+D" indicates Drylands, which may run past the noted practice completion time each day. This only applies on days each swimmer has their drylands scheduled.



JUNE 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Claremore	ORU 7-8:45am +D Claremore	ORU 7-8:45am +D Claremore	6 ORU 7-8:45am +D	7 Berzerker (c	oplin, MO) Swim Party (after meet)
9	4:30-6:30 +D 10	4:30-6:30 +D 11 ORU 7-8:45am +D	4:30-6:30 +D ORU 7-8:45am +D	0RU 7-8:45am +D	14	15
Berzerker (Joplin, MO)	Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D		Summer Spla	,
Father's Day Summer Splash	17	ORU 7-8:45am +D	ORU 7-8:45am +D Claremore		ORU 7-8:45am +D	Claremore 8:30-10:30am +D
(Edmond)	Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	4:30-6:30 +D	Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	
23	ORU 7-8:45am +D Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	ORU 7-8:45am +D Claremore 4:30-6:30 +D	Claremore 4:30-6:30 +D	ORU 7-8:45am +D Claremore 4:30-6:30 +D	Claremore 8:30-10:30am +D
30						



JULY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Claremore 4:30-6:30 +D	ORU 7-8:45am +D Claremore 4:30-6:30 +D	ORU 7-8:45am +D Claremore 4:30-6:30 +D	4 Independence Day	5 KMS Firecra	cker (Edmond)
KMS Firecracker (Edmond)	Claremore 4:30-6:30 +D	ORU 7-8:45am +D Claremore 4:30-6:30 +D	ORU 7-8:45am +D Claremore 4:30-6:30 +D	11 ORU 7-8:45am +D Claremore 4:30-6:30 +D	ORU 7-8:45am +D Claremore 4:30-6:30 +D	DIV II (Jenks)
DIV II (Jenks)	15 ORU 7-8:45am +D Claremore 4:30-6:30 +D	ORU 7-8:45am +D Claremore 4:30-6:30 +D	ORU 7-8:45am +D Sectionals (Jer	18 nks, OK)	19	20
21	22 ORU 7-8:45am +D Claremore 4:30-6:30 +D	23 ORU 7-8:45am +D Claremore 4:30-6:30 +D	24 ORU 7-8:45am +D Claremore 4:30-6:30 +D	25	OKS State Champ	ionship (Edmond)
OKS State Championship (Edmond)	29	30 ORU 7-8:45am +D Claremore 4:30-6:30 +D	ORU 7-8:45am +D Claremore 4:30-6:30 +D			

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TRIDENT AUGUST 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					(lowa) —————	
				ZONES (N	D) ——————	
4	5	6	7	8	9	10
FUTURES (lowa)						
ZONES (ND)		JUNIOR NA	TIONALS (CA) ————			
ZONZO (ND)						
11	12	13	14	15	16	17
		Trident				
		Team Party				
40	40	-	-			24
18	19	20	21	22	23	24
25	26	27	28	29	30	31
25	20	21	20	29	30	31