

## Laurel Hill Tritons 2019 Swim Season

### Practice begins on May 28th

4:30-5:15pm (11 & older), 5:15-6:00pm (10 & under) thru the last day of school (June 15<sup>th</sup>)

8:00-9:00am (11 & older), 9:00-10:00am (10 & under) starting June 18<sup>th</sup> – July 27<sup>th</sup>

\*\*Little Tritons: 4x30 min sessions from 8:00-10:00am (June 18<sup>th</sup>-July 28<sup>th</sup>)

Saturday Competitions (A) Meets: 9:00-11:30am

Monday Developmental (B) Meets: 6:30-9:00pm

### Schedule of Swim Events

<i>Time Trials</i>	<i>June 15</i>	<i>@ Laurel Hill</i>
<i>A Meet (Home)</i>	<i>June 22</i>	<i>Fox Mill Estates @ Laurel Hill</i>
<i>B Meet (Home)</i>	<i>June 24</i>	<i>Village West @ Laurel Hill</i>
<i>A Meet (Home)</i>	<i>June 29</i>	<i>Rutherford @ Laurel Hill</i>
<i>B Meet</i>	<i>July 1</i>	<i>Laurel Hill @ Hunt Valley</i>
<i>A Meet</i>	<i>July 6</i>	<i>Laurel Hill @ Hollin Meadows</i>
<i>B Meet</i>	<i>July 8</i>	<i>Laurel Hill @ Daventry</i>
<i>Div Relay Carnival</i>	<i>July 10</i>	<i>@ Rutherford</i>
<i>A Meet</i>	<i>July 13</i>	<i>Laurel Hill @ Somerset-Older Creek</i>
<i>B Meet (Home)</i>	<i>July 15</i>	<i>South Run @ Laurel Hill</i>
<i>A Meet (Home)</i>	<i>July 20</i>	<i>Annandale @ Laurel Hill</i>
<i>Divisional</i>	<i>July 27</i>	<i>@ Annandale</i>
<i>End of Season Party</i>	<i>July 27</i>	<i>5pm to close at Laurel Hill Pool and Clubhouse</i>

**TGI Fridays** are 6:00pm to closing on Friday nights before a Home swim meet (6/21, 6/28, 7/19).

**Open to all Pool Members and Guests!** TGIF's are a good opportunity to get out of the kitchen, relax, mingle with your neighbors and show some support for the Laurel Hill Tritons. The dinner menu will vary, but hamburgers and hot dogs are sure to make an appearance with some music on the side!

For Swim Team questions, please contact: laurelhilltritonsgmail.com

Please send a Facebook friend request to: [Laurel Hill Tritons](#)