

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| 2/22 – 1 st Day Practice A-day Students 3:30-5pm | 2/23 Practice B-day Students 3:30-5pm | 2/24 Practice A-day Students 3:30-5pm | 2/25 Practice B-day Students 3:30-5pm | 2/26 Practice B-day Students 6-7am |
| 3/1 Practice A-day Students 3:30-5pm | 3/2 Practice B-day Students 3:30-5pm | 3/3 Practice A-day Students 3:30-5pm | 3/4 Meet #1 Carey @ Laramie TBD | 3/5 Practice B-day Students 6-7am |
| 3/8 Practice A-day Students 3:30-5pm | 3/9 Practice B-day Students 3:30-5pm | 3/10 Practice A-day Students 3:30-5pm | 3/11 Meet #2 McCormick @ Laramie, TBD | 3/12 Practice B-day Students 6-7am |
| 3/15 | 3/16 | 3/17 | 3/18 | 3/19 |
| Spring Break: No Practices or Competitions This Week! | | | | |
| 3/22 Practice A-day Students 3:30-5pm | 3/23 Practice B-day Students 3:30-5pm | 3/24 Practice Conference Team 3:30-5pm | 3/25 Conference Meet @ Laramie TBD | 3/26 |

COVID Protocols, Procedures, and Adjustments:

- Students will only attend practices on their A/B day assignments (Lab School and SRA students will be assigned a day based personal preference).
- Athletes may change into their swimsuits at the high school, just before practice. Locker rooms will NOT be available after practice. The expectation is athletes will dry off, put their clothes on, and go home to shower and change.
- Swim meets will be run at the two pools that have enough space to have socially distanced competitions. Laramie will only attend home meets this season as we have a hosting facility.
- Meets will be divided into sessions: girls swimming events, boys swimming events, and diving events. These will be run consecutively, with timelines being sent out the week of each meet based on number of participants. An example could be: boys swim meet start time at 2pm (bussed from school at ~12:30 for warm-up), girls warm-up at 3:30 (bussed after school) and swim meet start at 4:30, diving would warm-up at 6 and start at 7pm. Divers would need parents to bring them to the pool.
- Meet Schedule: **Each meet will allow for 2 spectators per athlete.**
 - Meet #1, 3/4/2021:
 - Carey @ Laramie – All swimmers will be able to participate. Divers may compete if they know how to do three dives (Coach Ben will determine who has learned 3 dives).
 - Meet # 2, 3/11/2021:
 - McCormick @ Laramie – All swimmers will be able to participate. Divers may compete if they know how to do 4 dives.
 - Conference Meet, 3/25/2021
 - Carey, McCormick, and Johnson @ Laramie
 - Team sizes will be limited in order to follow county health orders on crowd sizes.
 - The top 20 girls, top 20 boys, and top 4 divers of each gender will be able to compete in this meet. Divers must know how to do 5 dives. Roster will be posted Monday, 3/22.