**Middle School Boys Swimming**

Hosted by Lincoln High School

Schools Involved: Brody, McCombs, Weeks

Grades Involved: 7th and 8th

Start Date: Tuesday 1/7/20 7-8pm

Practice Schedule: T/TH 7-8pm and Saturday’s 12:30-1:30pm

Learn the basics of competitive swimming, all four strokes, how to properly do a competitive start and turn, and get to know future high school swim teammates.

See your middle school athletic director for registration through IC.

**Meet Schedule**

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| **DATE** | **SCHOOLS** | **LOCATION** |
| Tues 1/14/20 | ALL METRO | NORTH HS |
| Tues 1/28/20 | ALL METRO | HOOVER HS |
| Tues 2/4/20 | ALL METRO | LINCOLN HS |
| Tues 2/11/20 | ALL METRO | EAST HS |
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