

# arbor heights

swim and tennis club



## IMPORTANT Swim Team Dates - 2023

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<b><u>Registration</u></b>	Opens and Closes – Please sign up before closed	Open, April 17 <sup>th</sup> - June 17 <sup>th</sup>
<b><u>Spring Practice</u></b>	2023 Schedule posted at AHSTC.COM	Monday PM, May 15 <sup>th</sup>
<b><u>Spring Swim Clinic</u></b>	Stroke, Starts & Turns	TBD
<b><u>All Teams BBQ &amp; Potluck</u></b>	Summer Teams Kick Off	Friday 6PM, June 16 <sup>th</sup>
<b><u>Red Vs. Blue Meet</u></b>	Team Timed Trials	Saturday 8AM, June 17 <sup>th</sup>
<b><u>Summer Practice</u></b>	2023 Schedule posted at AHSTC.COM	Tuesday AM, June 20 <sup>th</sup>

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Away Meet – Arbor Heights @ <u>Kent Swim</u>	Thursday 6PM, June 22 <sup>nd</sup>
<b>HOME</b> Meet – Twin Lakes @ <u>Arbor Heights</u>	Tuesday 6PM, June 27 <sup>th</sup>
<b>HOME</b> Meet – Gregory Sea @ <u>Arbor Heights</u>	Thursday 6PM, June 29 <sup>nd</sup>
Away Meet - Arbor Heights @ <u>Marine Hills</u>	Thursday 6PM, July 6 <sup>th</sup>
<b>HOME</b> Meet – Olympic View @ <u>Arbor Heights</u>	Tuesday 6PM, July 11 <sup>th</sup>
TEAM Pictures – Breakfast @ <u>Arbor Heights</u>	Wednesday 8AM, July 12 <sup>th</sup>
Away Meet – Arbor Heights @ <u>Normandy Park</u>	Thursday 6PM, July 13 <sup>th</sup>
Away Meet – Arbor Heights @ <u>Lakeridge</u>	Tuesday 6PM, July 18 <sup>th</sup>

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### **Post Season Championships**

B-Champs – @ <u>Arbor Heights</u>	Thursday, July 20 <sup>st</sup>
Girls Prelims – @ <u>Gregory Seahurst</u>	Monday, July 24 <sup>th</sup>
Boys Prelims – @ <u>Olympic View</u>	Tuesday, July 25 <sup>th</sup>
Southern Division Championships – @ <u>Arbor Heights</u>	Thursday, July 27 <sup>th</sup>
All-City Championships @ <u>Aqua Club</u>	Tuesday, August 1 <sup>nd</sup>

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Awards Banquet - @ <u>Arbor Heights</u>	Thursday, August 3 <sup>th</sup>
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