

Central MN Aquatics

Sartell Middle School (SMS): Main Entrance // CSB: Murray Hall Park in Lot 13 // Apollo: Door 11

July Practice Calendar

Updated 6/25/26

	Mon	Tues	Wed	Thur	Fri	
28 SFST Meet D3	29 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	30 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	1 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	2 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	3 No Practice Team Lake Swim @ Lake Warner 7:30 am Open to River, Quarry, Apex, Senior Level Groups Participants must have a buoy (empty jug) for safety	4
5	6 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	7 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	8 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	9 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	10 LCM @ New Hope Open To River, Quarry, Apex, Senior MRC Participants Apollo (AM): All Senior Level Groups 6:15-8:15 am	11 BAC Meet Day 1
12 BAC Meet D2 Speedo Day 4	13 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	14 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	15 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	16 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	17 No Practice, MRCs Day 1	18 MRCs Day 2
19 MRCs Day 3	20 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	21 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	22 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	23 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00 CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP: 6:00-7:45 CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	24 LCM @ New Hope Open To 11-14 State, Senior athletes Apollo (AM): All Senior Level Groups 6:15-8:15 am Senior State Day 2	25 Senior State D3 10 U State D1

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	Mon		Tues		Wed		Thur		Fri		
26 Senior State D4 10 U State D2	27 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00	CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP:6:00-7:45	28 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00	CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP:6:00-7:45	29 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00	CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP:6:00-7:45	30 SMS (AM): LS: 7:15-8:15 PP: 8:15-9:00 RS: 7:15-8:30 QS: 7:15-8:45 AP: 7:15-9:00	CSB (PM): PP: 6:45-7:30 LS: 6:45-7:45 RS: 6:00-7:15 QS: 6:00-7:30 AP:6:00-7:45	31 11-14 State Day 2 Apollo (AM): All Senior Level Groups 6:15-8:15 am	1 11-14 State Day 3	
	CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	NO Apollo (PM) Practice	CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	NO Apollo (PM) Practice	CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	NO Apollo (PM) Practice	CSB (AM): SR 6:15-8:15 Apollo (AM): SrE + Nat 6:15-8:15	NO Apollo (PM) Practice			
2 11-14 State Day 4	3 Zones Qualifiers Only Practice Time & Location TBD		4 Zones Qualifiers Only Practice Time & Location TBD		5 Zones Qualifiers Only Practice Time & Location TBD		6 Zones Day 1		7 Zones Day 2		8 Zones Day 3