

## June/July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21 <b>First day of practice!</b> Practice: Milford HS: 7:15-8:30am	22	23 Practice: Milford HS: 7:15-8:30am	24
25	26 Practice: Milford HS: 7:15-8:30am	27	28 Practice: Milford HS: 7:15-8:30am	29 Practice: Milford HS: 7:15-8:30am	30 <b>No practice</b>	1
2 <b>No practice</b>	3	4 	5 Practice: Milford HS: 7:15-8:30am	6 Meet Day! <b>Canton</b> 5:30pm Warm Up 6pm Start	7 Practice: Milford HS: 7:15-8:30am	8
9	10 Practice: Milford HS: 7:15-8:30am	11 Meet Day! <b>Hopkinton (Non-League)</b> 5:30pm Warm Up 6pm Start	12 Practice: Milford HS: 7:15-8:30am	13 Meet Day! <b>Sherborn</b> 5:30pm Warm Up 6pm Start	14 Practice: Milford HS: 7:15-8:30am	15
16	17 Practice: Milford HS: 7:15-8:30am	18 Meet Day! <b>Newton</b> 5:30pm Warm Up 6pm Start	19 Practice: Milford HS: 7:15-8:30am	20 Meet Day! <b>Norwood</b> 5:30pm Warm Up 6pm Start	21 Practice: Milford HS: 7:15-8:30am	22
23	24 Practice: Milford HS: 7:15-8:30am	25 Meet Day! <b>Needham</b> 5:30pm Warm Up 6pm Start	26 Practice: Milford HS: 7:15-8:30am	27 Meet Day! <b>Dedham</b> 5:30pm Warm Up 6pm Start	28 Practice: Milford HS: 7:15-8:30am	29 <b>Mile Swim</b> <b>TBD</b>
30	31 Practice: Milford HS: 7:15-8:30am					

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