

***The Lakeland Swim Conference
Highland Lakes Swim Team***

Swim Team Summer Practice Schedule

9 am - 10 am: ages 13+

10 am - 11 am: ages 9 - 12

11 am - 11:45 am: ages 8 and under

11:30 am - 12 pm: ages 6 and under

2019 Swim Team Meet Schedule

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| July 3 | Highland Lakes @ Green Pond |
| July 10 | Highland Lakes @ Mountain Lakes |
| July 12 | Canistear Cup @ Highland Lakes |
| July 13 | Odd Age Invitational @ Packanack Lake |
| July 17 | Highland Lakes @ Packanack Lake |
| July 20 | Individual Age Invitational @ Pequannock |
| July 24 | Pequannock @ Highland Lakes |
| July 27 | Highland Lakes "B" Invitational |
| July 31 | Lake Mohawk @ Highland Lakes |
| August 1 | Coaches Choice @ TBD |
| August 3 | Erskine "C" Invitational @ Erskine |
| August 7 | Fayson Lakes @ Highland Lakes |
| August 10 | "A" Championships @ Fayson Lakes |