

FEBRUARY 2024

March 2024

S	M	T	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2024

S	M	T	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	Preseason (4-5 @ Utah)	Preseason (4-5 @ Utah)	Preseason (4-5 @ Utah)	Preseason (4-5 @ Utah)	No Practice	No Practice
18	19	20	21	22	23	24
	No Practice	4:00 - 6:00pm @ Utah	4:00 - 5:00pm @ Utah	Practice TBD	Practice TBD	No Practice
			5:30 - 7:00 @ Creek	I will be chaperoning TSA during these dates		
25	26	27	28	29		
	4:00 - 5:00pm @ Utah	4:00 - 6:00pm @ Utah	4:00 - 5:00pm @ Utah	OHS @ CT		
	5:30 - 7:00 @ Creek		5:30 - 7:00 @ Creek	Mullen @ Creek		
		Legend				

	Preseason Schedule
	NO PRACTICE
	PRACTICE @ OVERLAND
	PRACTICE @ CREEK

	OVERLAND MEET
	CHERRY CREEK MEET

MARCH 2024

April 2024

S	M	T	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024

S	M	T	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																
					1 4:00 - 6:00pm @ Utah	2 8:00am - 10:00am @ Creek																
3	4 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	5 4:00 - 6:00pm @ Utah	6 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	7 Grandview @ OHS Smoky @ Creek	8 4:00 - 6:00pm @ Utah	9 8:00am - 10:00am @ Creek																
10	11 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	12 Creek @ Grandview No Overland Practice	13 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	14 4:00 - 6:00pm @ Utah	15 COACHES INVITE (More info to come)	16 No Practice																
17	18 No Practice	19 No Practice	20 No Practice	21 Practice TBD	22 Practice TBD	23 Practice TBD																
SPRING BREAK																						
24	25 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	26 4:00 - 6:00pm @ Utah	27 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	28 OHS @ Arapahoe Creek @ CT	29 4:00 - 6:00pm @ Utah	30 8:00am - 10:00am @ Creek																
31		Legend <table border="1" style="display: inline-table; margin: 10px;"> <tr><td style="background-color: #e0f0ff;"></td><td>SPRING BREAK</td></tr> <tr><td style="background-color: #ffe0ff;"></td><td>NO PRACTICE</td></tr> <tr><td style="background-color: #e0ffe0;"></td><td>PRACTICE @ OVERLAND</td></tr> <tr><td style="background-color: #ffe0e0;"></td><td>PRACTICE @ CREEK</td></tr> </table> <table border="1" style="display: inline-table; margin: 10px;"> <tr><td style="background-color: #e0ffe0;"></td><td>PRACTICE TBD</td></tr> <tr><td style="background-color: #ffe0e0;"></td><td>OVERLAND MEET</td></tr> <tr><td style="background-color: #e0e0ff;"></td><td>CHERRY CREEK MEET</td></tr> <tr><td style="background-color: #ffe0e0;"></td><td>COACHES INVITE</td></tr> </table>						SPRING BREAK		NO PRACTICE		PRACTICE @ OVERLAND		PRACTICE @ CREEK		PRACTICE TBD		OVERLAND MEET		CHERRY CREEK MEET		COACHES INVITE
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	PRACTICE @ CREEK																					
	PRACTICE TBD																					
	OVERLAND MEET																					
	CHERRY CREEK MEET																					
	COACHES INVITE																					

APRIL 2024

May 2024

S	M	T	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2024

S	M	T	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																
	1 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	2 OHS @ Smoky No Creek Practice	3 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	4 Arapahoe @ Creek No Overland Practice	5 4:00 - 6:00pm @ Utah	6 8:00am - 10:00am @ Creek																
7	8 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	9 4:00 - 6:00pm @ Utah	10 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	11 Mullen @ OHS Creek @ Regis	12 4:00 - 6:00pm @ Utah	13 Fossil @ Creek																
14	15 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	16 4:00 - 6:00pm @ Utah	17 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	18 Overland @ Creek	19 John Strain Memorial Invite 4:00 - 6:00pm @ Utah	20																
21	22 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	23 4:00 - 6:00pm @ Utah	24 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	25 4:00 - 6:00pm @ Utah	26 4:00 - 6:00pm @ Utah	27 CENTENNIAL B LEAGUE																
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	INVITATIONAL INFORMATION																					

MAY 2024

June 2024

S	M	T	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday										
			1 4:00 - 5:00pm @ Utah 5:30 - 7:00 @ Creek	2 4:00 - 6:00pm @ Utah	3 CENTENNIAL A LEAGUE @ Smoky Hill High School Practice TBD	4										
5	6 Practice TBD	7 Practice TBD	8 Practice TBD	9 Practice TBD	10 CHSAA 5A STATE SWIM & DIVE CHAMPIONSHIP	11										
12	13	14	15	16	17	18										
19	20	21	22	23	24	25										
26	27	28	29	30	31											
		Legend	<table border="1"> <tr> <td style="background-color: #90EE90;"></td> <td>PRACTICE @ OVERLAND</td> </tr> <tr> <td style="background-color: #F08080;"></td> <td>PRACTICE @ CREEK</td> </tr> <tr> <td style="background-color: #90EE90;"></td> <td>PRACTICE TBD</td> </tr> <tr> <td style="background-color: #FFDAB9;"></td> <td>A LEAGUE</td> </tr> <tr> <td style="background-color: #00CED1;"></td> <td>CHSAA 5A STATE</td> </tr> </table>		PRACTICE @ OVERLAND		PRACTICE @ CREEK		PRACTICE TBD		A LEAGUE		CHSAA 5A STATE			
	PRACTICE @ OVERLAND															
	PRACTICE @ CREEK															
	PRACTICE TBD															
	A LEAGUE															
	CHSAA 5A STATE															



Sign up for important updates from M. Sedlmayr.

Get information for OHS-CCHS 2024 Dive Remind right on your phone—not on handouts.

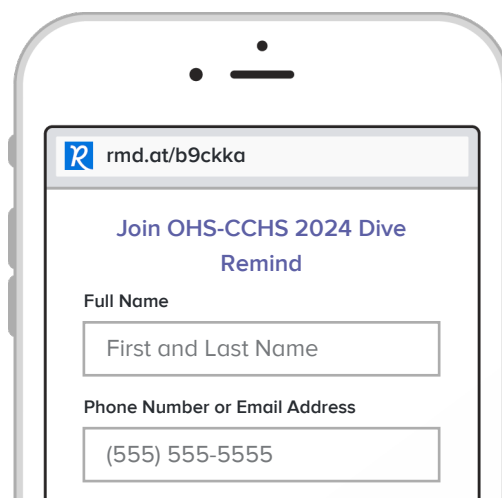
Pick a way to receive messages for OHS-CCHS 2024 Dive Remind:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/b9ckka

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

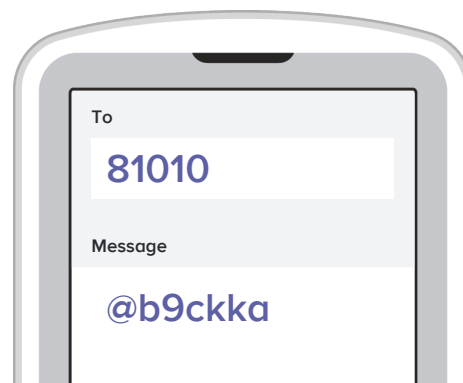


B If you don't have a smartphone, get text notifications.

Text the message [@b9ckka](https://t.me/b9ckka) to the number **81010**.

If you're having trouble with **81010**, try texting [@b9ckka](https://t.me/b9ckka) to **(563) 265-6842**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/b9ckka on a desktop computer to sign up for email notifications.