


Summer Swim Practice Schedule 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26 Practice: Milford HS: 7:15-8:30 am	27
28	29 Practice: Milford HS: 7:15-8:30am	30 No meet!	July 1 Practice: Milford HS: 7:15-8:30am	2 No meet!	3 No practice!	4 
5	6 Practice: Milford HS: 7:15-8:30am	7 Meet Day! Sherborn 5:30pm Warm Up 6pm Start	8 Practice: Milford HS: 7:15-8:30am	9 Meet Day! Natick 5:00pm Warm Up 5:30pm Start	10 Practice: Milford HS: 7:15-8:30am	11
12	13 Practice: Milford HS: 7:15-8:30am	14 Meet Day! Newton 5:30pm Warm Up 6pm Start	15 Practice: Milford HS: 7:15-8:30am	16 Meet Day! Westwood 5:00pm Warm Up 5:30pm Start	17 Practice: Milford HS: 7:15-8:30am	18
19	20 Practice: Milford HS: 7:15-8:30am	21 Meet Day! Canton 5:30pm Warm Up 6pm Start	22 Practice: Milford HS: 7:15-8:30am	23 Meet Day! Walpole 5:30pm Warm Up 6pm Start	24 Mile Relay Practice: Milford HS: 7:15-8:30am	25
26	27 Practice: Milford HS: 7:15-8:30am	28 Meet Day! Norwood 5:30pm Warm Up 6pm Start	29 Practice: Milford HS: 7:15-8:30am	30 Meet Day! Dedham 5:30pm Warm Up 6pm Start	31 Practice: Milford HS: 7:15-8:30am	August 1
2	3 Practice: Milford HS: 7:15-8:30am	4 Meet Day! Medfield 5:30pm Warm Up 6pm Start	5 Practice: Milford HS: 7:15-8:30am	6 Meet Day! Needham 5:30pm Warm Up 6pm Start	7 Practice: Milford HS: 7:15-8:30 am	8 League Championships Newton All day More info to come