

POTOMAC, MD - WESTLEIGH (OUTDOOR)		
		VIDEO ANALYSIS
July 18th, 2021	Sunday	Sign in 8am (or earlier) until 12pm.
		FREESTYLE GROUP A
		100 Yard Free: Boys 59 or faster. Girls 1:02 or faster
		FREESTYLE GROUP B
		100 Yard Free: Boys: 1:00-1:11. Girls 1:02-1:11
July 25, 2021	Sunday	Sign in 8:45am. Camp 9-12 pm
July 26, 2021	Monday	Sign in 9:45am. Camp 10-1 pm
July 27, 2021	Tuesday	Sign in 9:45am. Camp 10-1 pm
		BACKSTROKE GROUP A
		100 Yard Back: Boys 1:07 or faster. Girls 1:09 or faster
		FREESTYLE GROUP C
		100 Yard Free: Girls & Boys 1:12 and up
July 28, 2021	Thursday	Sign in 9:45am. Camp 10-1 pm
July 29, 2021	Friday	Sign in 9:45am. Camp 10-1 pm
July 30, 2021	Saturday	Sign in 8:45am. Camp 9-12 pm
		BACKSTROKE GROUP B
		100 Yard Back: Boys 1:08-1:21. Girls 1:10-1:21
		BACKSTROKE GROUP C
		100 Yard Back: Boys & Girls 1:22 and up
August 2, 2021	Monday	Sign in 10:15am. Camp 10:30-1 pm
August 3, 2021	Tuesday	Sign in 10:15am. Camp 10:30-1 pm
August 4, 2021	Wednesday	Sign in 10:15am. Camp 10:30-1 pm
		BREASTSTROKE GROUP A
		100 Yard Breast: Boys 1:15 or faster. Girls 1:19 or faster
		BREASTSTROKE GROUP B
		100 Yard Breast: Boys 1:16-1:31. Girls 1:20-1:31
August 6, 2021	Friday	Sign in 9:45am. Camp 10-1 pm
August 7, 2021	Saturday	Sign in 8:45am. Camp 9-12 pm
August 8, 2021	Sunday	Sign in 8:45am. Camp 9-12 pm
		BUTTERFLY GROUP A
		100 Yard Fly: Boys 1:06 or faster. Girls 1:09 or faster
		BREASTSTROKE GROUP C
		100 Yard Breast: Boys & Girls 1:32 and up
August 10, 2021	Tuesday	Sign in 9:45am. Camp 10-1 pm
August 11, 2021	Wednesday	Sign in 9:45am. Camp 10-1 pm
August 12, 2021	Thursday	Sign in 9:45am. Camp 10-1 pm
		BUTTERFLY GROUP B
		100 Yard Fly: Boys 1:07-1:21. Girls 1:10-1:21
		BUTTERFLY GROUP C
		100 Yard Fly: Boys & Girls 1:22 and up
August 14, 2021	Saturday	Sign in 9:15am. Camp 9:30-12 pm
August 15, 2021	Sunday	Sign in 9:15am. Camp 9:30-12 pm
August 16, 2021	Monday	Sign in 10:15am. Camp 10:30-1 pm
		IM RACE STRATEGY GROUP A
		200 Yard IM: Boys 2:26 and faster. Girls 2:32 and faster (Can't get into this group without a qualifying 200IM time. 100 IM's can't qualify.)
		IM RACE STRATEGY GROUP B
		100 Yard IM: Boys/Girls 1:21 and Faster OR 200IM: Boys 2:27 - 2:53. Girls 2:33-2:53
August 18, 2021	Wednesday	Sign in 9:45am. Camp 10-1pm
August 19, 2021	Thursday	Sign in 9:45am. Camp 10-1pm
		200/500 RACE STRATEGY GROUP A
		200 Yard Free. Boys 2:09 or faster. Girls 2:15 or faster. 500 Yard Free. Boys 5:50 or faster. Girls 6:00 or faster.
		IM RACE STRATEGY GROUP C
		100IM: Boys/Girls 1:22 and up OR 200IM: Boys/Girls 2:54 and up
August 21, 2021	Saturday	Sign in 8:45am. Camp 9-12 pm
August 22, 2021	Sunday	Sign in 8:45am. Camp 9-12 pm
		200/500 RACE STRATEGY GROUP B
		200 Yard Free: Boys 2:10-2:39. Girls 2:16-2:44. 500 Yard Free: Boys: 5:51-6:50. Girls 6:01-6:59.
		50/100 RACE STRATEGY GROUP C
		50 Yard Free: Boys 33+ Girls 34+ 100 Yard Free: Boys/Girls 1:12+
August 24, 2021	Tuesday	Sign in 10:15am. Camp 10:30-1 pm
August 25, 2021	Wednesday	Sign in 10:15am. Camp 10:30-1 pm
		50/100 RACE STRATEGY GROUP A
		50 Yard Free: Boys 27.4 and faster. Girls 28.4 and faster 100 Yard Free: Boys: 59 or faster. Girls 1:02 or faster
		50/100 RACE STRATEGY GROUP B
		50 Yard Free: Boys 27.5-32.99. Girls 28.5-33.99 100 Yard Free: Boys: 1:00-1:11. Girls 1:03-1:11
August 27, 2021	Friday	Sign in 9:45am. Camp 10-1 pm
August 28, 2021	Saturday	Sign in 8:45am. Camp 9-12 pm
		VIDEO ANALYSIS
September 4, 2021	Saturday	Sign in 8am (or earlier) until 12pm.