

# **Salt Lake Tennis & Health Club** **2025 Swim & Dive Team Schedule**

- May 5-7**     **Swimming Tryouts (placement for New Athletes)**  
**5-5:30, 5:30-6, 6-6:30pm**  
**\*\*Dive tryouts are held on the first day of pre-season practices)**
- 5/12            Pre-Season Practices Begin ALL GROUPS
- 5/26            Memorial Day—no practices
- 5/31**            **Time Trials #1 (8:30 am warm-up, 9-11 Meet)**
- 6/2             Morning Practices Begin (Monday-Friday)
- 6/9**             **Hidden Valley CC @ TC home meet**
- 6/16**            **Northcrest @ TC home meet**
- 6/21**            **Time Trials #2**
- 6/25**            **TC @ Willowcreek CC**
- 6/27            Swim & Dive Team Breakfast (Team Picture) 8:30am
- 6/30**            **TC @ Salt Lake Country Club (SLCC)**
- 7/4             Independence Day—no practices
- 7/9**             **TC @ Pepperwood**
- 7/12**            **Time Trials #3**
- 7/14**            **Cottonwood CC @ TC (home meet)**
- 7/24            Pioneer Day—no practices
- 7/28**            **Dive Conference Championships @ UofU Natatorium**
- 7/29-30**       **Swim Conference Championships @ UofU Natatorium**
- TBD            Season-End Awards Banquet