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| **Date** | **Host Team** | **Visiting Teams** | **Warm Up/Start** |
| **9/22** | South Florida Aquatics | Deerfield Beach, Tsunamis, North Miami Beach, Park Swim, Broward Barracudas, J Swim | 11 am/12 pm |
| **9/22** | Margate | Swim Academy, Lauderdale Lakes | 8 am/8:30 am |
| **9/29** | Riviera Beach/J Swim @Riviera | Bolt, Palm Beach Gardens, Swim Academy | 8 am/9 am |
| **9/29** | Palm Springs North | AD Barnes | 8 am/9 am |
| **10/6** | Boca YMCA | North Miami Beach, Lauderdale Lakes, Park Swim, Broward Barracudas | 9 am/10 am |
| **10/13** | Tsunamis | Swim Academy, Deerfield Beach, Boca Mantas, AD Barnes | 8 am/9 am |
| **10/20** | Riviera Beach/J Swim @Riviera | Margate, Palm Beach Gardens, Park Swim, South Florida Aquatics | 8 am/9 am |
| **10/20** | Palm Springs North | Miami Gardens, Broward Barracudas | 8 am/9 am |
| **10/27** | Bolt Aquatics | Palm Beach Gardens, J Swim, Swim Academy | 9 am/10 am |
| **11/3** | Boca Mantas | Boca YMCA, Swim Academy, Broward Barracudas | 8 am/9 am |
| **11/3** | North Miami Beach | Tsunamis, AD Barnes, Miami Gardens, J Swim, Park Swim, PSN | 8 am/9 am |
| **11/10** | Lauderdale Lakes | Margate, AD Barnes, Riviera Beach | 11 am/12 pm |
| **11/17** | Deerfield Beach | South Florida Aquatics, Boca Mantas, Miami Gardens, Boca Y, Swim Academy, Broward Barracudas, J Swim, AD Barnes, North Miami Beach, Bolt | 8 am/9 am |
| **12/8** | Sailfish Splash | ALL TEAMS | TIMES TBA |

**Pool Addresses:**

Deerfield Beach 501 SE 6th Ave, Deerfield Beach (right next to Deerfield Middle)

Tsunamis 2424 Lyons Road Coconut Creek (Inside the Township Development – follow signs for Township Aquatic Center, right off of Lyons Road – may swim at Deerfield HS)

Boca YMCA 6631 Palmetto Cir S, Boca Raton, FL 33433

Margate 6200 Royal Palm Blvd, Margate, FL 33063

Lauderdale Lakes 3077 NW 39th St, Lauderdale Lakes, FL 33309

Boca Mantas 1300 NW 8th St, Boca Raton, FL 33486

South Florida Aquatics 2901 SW 52nd St, Fort Lauderdale, FL 33312

Riviera Beach 1621 W Blue Heron Blvd, Riviera Beach, FL 33404

Palm Beach Gardens 4404 Burns Road, Palm Beach Gardens, FL 33410

Palm Springs North 7895 NW 176th St, Hialeah, FL 33015

Bolt Aquatics 9450 Co Rd 512, Sebastian, FL 32958

Lauderdale Lakes 3077 NW 39th St, Lauderdale Lakes, FL 33309

North Miami Beach 1980 NE 171 St, North Miami Beach, FL 33162

Sailfish Splash 931 SE Ruhnke St, Stuart, FL 34994