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| **Date** | **Host Team** | **Visiting Teams** | **Warm Up/Start** |
| **6/2** | South Florida Aquatics | Boca Mantas, Park Swim United, Swim Academy, J Swim, Broward Barracudas | 11 am/12 pm |
| **6/9** | Riviera Beach/J Swim (@RBB) | Okeechobee, J Swim, Swim Academy | 8 am/ 9 am |
| **6/9** | Deerfield Beach | Palm Beach Gardens, Tsunamis, North Miami Beach, South Florida Aquatics, Miami Gardens, Margate Motion | 8 am/9 am |
| **6/16** | Boca Mantas | AD Barnes, Broward Barracudas, Okeechobee, Bolt, North Miami Beach | 8 am/9 am |
| **6/16** | Lauderdale Lakes | Miami Gardens, Palm Springs North, Park Swim United, South Florida Aquatics, Riviera Beach | 8 am/9 am |
| **6/23** | Boca Mantas | Swim Academy, Deerfield Beach, Margate, Tsunamis, AD Barnes, Okeechobee, Broward Barracudas | 8 am/9 am |
| **6/29** | Palm Beach Gardens | Swim Academy, Riviera Beach, J Swim, Okeechobee | 5:30 pm/6:30 pm |
| **6/30** | Boca YMCA | Miami Gardens, Bolt, South Florida Aquatics, Lauderdale Lakes, Park Swim United | 9 am/10 am |
| **7/7** | Okeechobee | Tsunamis, Bolt, Palm Beach Gardens | 8 am/9 am |
| **7/7** | Lauderdale Lakes | Palm Springs North, AD Barnes, Boca Mantas | 8 am/9 am |
| **7/14** | Tsunami | North Miami Beach, Deerfield Beach, South Florida Aquatics, Riviera Beach, AD Barnes, Palm Springs North | 8 am/9 am |
| **7/21** | South Florida Aquatics | Palm Springs North, Park Swim United, Bolt, Broward Barracudas, Miami Gardens, J Swim, Okeechobee | 11 am/12 pm |
| **7/21** | Margate | Swim Academy, Lauderdale Lakes | 8 am/9 am |
| **7/28-7/29** | 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 1501 NW 15th Ct, Boca Raton, FL 33486

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

Okeechobee 580 NW 27th Ln, Okeechobee, FL 34972

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

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

Sailfish Splash 931 SE Ruhnke St, Stuart, FL 34994