

Swim Season 2023

Meets

Sept 6, 6 pm Wellington

Sept 7, 4 30 pm Boca

Sept 14, 4 30 pm Boca

Sept 21, 6 30 pm Boca

Oct 7 Conference Championships at Boca

Counties TBA

Districts Oct 24 – 28

Regions Oct 31- Nov 4

States Nov 10-11 Ocala FL

Practice

Monday to Friday 3:30 to 5 at Boca High

You must attend 4 practices a week and participate in 6 meets plus districts to letter and get your hours.

You must have a ride to and from the pool. Practice ends at 5 pm, Coaches will not wait past 5:15 pm. Parents must pick you up on time.

- Contact Coach Taback 954 234 6399 or email megyn.taback@palmbeachschools.org