RUSSELL MILL
Swim & Tennis Club

2026 Swim and Dive Schedule:

Wednesday July 1st: @ CS&T
Dive: WU 1:30; Start 2:00
Swim: WU 3:00; Start 4:00

Wednesday July 8th: ANA @ Home
Swim WU: 3:00; Start 4:00
Dive: Will dive a practice meet during dive team

Wednesday July 15: Bradford Swim Club @ Home
Dive: WU 1:30; Start 2:00
Swim: WU 3:00; Start 4:00

Monday July 20th: @ Rye Beach Club
THIS MEET IS LIMITED TO 50 participants; a sign up will go out first week of the season
WU: 9:30 AM; Start 10:00 AM

Wednesday July 22nd: @ Cedardale
WU 8:30 AM
Dive Start 9:00; Swim Start 9:30

Friday July 31st: Indian Ridge Country Club @ Home
Swim: WU 7:00 AM / Start 8:00 AM
Dive: Will dive during dive team

SAL Dive Championships: @ Russell Mill Swim and Tennis Club:
Tuesday August 4th
WU: est. 1:30 PM; Start 3:30 PM

SAL 6 and under Championships: @ Cedardale
Thursday August 6th
WU: 10:30 AM/ Start 11:15 AM
Ice Cream and Ribbons/Medals after for participant athletes

SAL D1 & D2 Championships: @ Cedardale
Saturday August 8th
WU: 7:15 AM; Start 8:45 AM