



SP East Girls Swim & Dive



Swim Meet Schedule

Meet	Date	Day	Time	Opponent	Location
1	August 21st	Friday	5:00pm	Verona	Verona High School
2	August 22nd	Saturday	TBD	Deforest Invitational	DeForest High School
3	August 27th	Thursday	5:00pm	Middleton	Sun Prairie East High School
4	August 29th	Saturday	1:00pm	SP East Invitational	UW Madison
5	September 4th	Friday	5:00pm	Janesville Craig	Janesville Craig High School
6	September 8th	Tuesday	5:00pm	Janesville Parker	Sun Prairie East High School
7	September 12th	Saturday	10:00am	Ashwaubenon Invitational	Ashwaubenon High School
8	September 18th	Friday	5:00pm	Madison West	Madison West High School
*	September 19th	Saturday	12:15pm	Notre Dame JV Invitational	St. Norbert College
9	September 19th	Saturday	11:45am	Blackshirt Invitational	Waukesha South High School
10	September 23rd	Wednesday	5:00pm	Madison Memorial	Sun Prairie East High School
*	September 26th	Saturday	9:30am	Verona JV Invitational	Verona High School
11	October 2nd	Friday	5:00pm	Madison East	Madison East High School
12	October 9th	Friday	5:00pm	Sun Prairie West	Sun Prairie East High School
13	October 16th	Friday	5:00pm	Madison La Follette	Madison La Follette High School
*	October 24th	Saturday	1:00pm	JV Conference Swimming	TBD
14	October 31st	Saturday	1:00pm	Conference Swimming	Madison West High School
*	November 7th	Saturday	1:00pm	Sectionals	TBD
*	November 14th	Saturday	2:30pm	State	Waukesha South High School

Dive Meet Schedule

Meet	Date	Day	Time	Opponent	Location	# of Entries
1	August 21st	Friday	5:00pm	Verona	Verona High School	3 VR, 3 JV
2	August 27th	Thursday	5:00pm	Middleton	Sun Prairie East HS	3 VR, 3 JV
3	September 8th	Tuesday	5:00pm	Janesville Parker	Sun Prairie East HS	3 VR, 3 JV
4	September 11th	Friday	5:15pm	Ashwaubenon Diving Invite	Ashwaubenon High School	TBD
5	September 16th	Wednesday	TBD	Verona Invite	Verona High School	TBD
6	September 18th	Friday	5:00pm	Madison West	Madison West High School	3 VR, 3 JV
7	September 23rd	Wednesday	5:00pm	Madison Memorial	Sun Prairie East HS	3 VR, 3 JV
8	October 9th	Friday	5:00pm	Sun Prairie West	Sun Prairie East HS	3 VR, 3 JV
*	October 23rd	Friday	6:00pm	JV Conference Diving	TBD	TBD
9	October 24th	Saturday	9:00am	Neenah Diving Invitational	Neenah High School	TBD
10	October 30th	Friday	6:00pm	Conference Diving	Madison West High School	TBD
*	November 6th	Friday	TBD	Sectionals Diving	TBD	TBD
*	November 14th	Saturday	9:30am	State	Waukesha South High School	TBD



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July 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 No Contact WIAA	2 No Contact WIAA	3 No Contact WIAA	4 No Contact WIAA
5 No Contact WIAA	6 No Contact WIAA	7	8	9	10	11 Car Wash Fundraiser: 11-3
12	13	14 Contact Day: 7:00a - 8:15a	15	16 Contact Day: 5:30p - 6:30p	17	18
19	20	21 Contact Day: 7:00a - 8:15a	22	23 Contact Day: 5:30p - 6:30p	24	25
26	27	28 Contact Day: 7:00a - 8:15a	29	30 Contact Day: 5:30p - 6:30p	31	



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August 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Week 0	3 Pre-Season Meeting - HS @ 6:00p	4	5	6 **Land of Natura** Bus @ 9:00a	7 Pro-Productions 3:00p	8
9 Week 1	10	11 - First Practice 🏊 Swim 5:10p - 6:45p	12 🏊 Swim 5:10p - 6:45p	13 🏊 Swim 5:10p - 6:45p	14 🏊 Swim 5:10p - 6:45p Singo 7p (GNP)	15 🏊 Swim 8:00a - 12:00p
16 Week 2	17 🏊 Swim 6:30a - 8:00a 🏊 Lift 8:00a - 9:00a	18 🏊 Swim 6:30a - 8:00a 🏊 Dryland 8:00a - 9:00a	19 🏊 Swim 6:30a - 8:00a 🏊 Lift 8:00a - 9:00a	20 🏊 Dryland 4:00p - 5:00p 🏊 Swim 5:10p - 6:30p Pasta: 6:30p	21 🚌 Dual Meet Verona HS 5:00p (Diving)	22 🚌 Invitational DeForest High School TBD
23 Week 3	24 🏊 Swim 6:30a - 8:00a 🏊 Lift 8:00a - 9:00a	25 🏊 Swim 6:30a - 8:00a 🏊 Dryland 8:00a - 9:00a	26 🏊 Lift 4:00p - 5:00p 🏊 Swim 5:10p - 6:30p Pasta: 6:30p	27 🏠 Dual Meet Vs. Middleton 5:00p Parent Night (Diving)	28 🏊 Dryland 4:00p - 5:00p 🏊 Swim 5:10p - 6:45p	29 🚌 Invitational SP East 📍 UW Madison 1:00p
30 Week 4	31 🏊 Lift 4:00p - 5:00p 🏊 Swim 5:10p - 6:45p					



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September 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 1st - First Day of School		1 Dryland 4:30p - 5:00p Swim 5:10p - 6:45p	2 Lift 4:00p - 5:00p Swim 5:10p - 6:45p	3 Dryland 4:30p - 5:00p Swim 5:10p - 6:30p Pasta: 6:30p	4 Dual Meet J. Craig High School 5:00p	5
6 Week 5	7 - Labor Day OFF	8 Dual Meet Vs. J. Parker 5:00p Youth Night (Diving)	9 Lift 4:00p - 5:00p Swim 5:10p - 6:45p	10 Dryland 4:30p - 5:00p Swim 5:10p - 6:45p	11 DIVING Ashwaubenon HS 6:00p Lift 4:00p - 5:00p Swim 5:10p - 6:45p	12 Invitational Ashwaubenon High School 10:00a
13 Week 6	14 Lift 4:00p - 5:00p Swim 5:10p - 6:45p	15 Dryland 4:30p - 5:00p Swim 5:10p - 6:45p	16 DIVING Ashwaubenon HS 6:00p Lift 4:00p - 5:00p Swim 5:10p - 6:45p	17 Dryland 4:30p - 5:00p Swim 5:10p - 6:30p Pasta: 6:30p	18 Dual Meet Mad. West High School 5:00p (SPE v SPW)	19 Blackshirt Invite Wauk. South 11:45a N. Dame JV Invite St Norbert 12:15p
20 Week 7	21 Lift 4:00p - 5:00p Swim 5:10p - 6:45p	22 Dryland 4:30p - 5:00p Swim 5:10p - 6:30p Pasta: 6:30p	23 Dual Meet Vs. Mad Memorial 5:00p Teacher Night	24 Dryland 4:30p - 5:00p Swim 5:10p - 6:45p	25 Lift 4:00p - 5:00p Swim 5:10p - 6:45p	26 JV Invitational Verona HS 9:30a DIVING Neenah HS 9:00a
27 Week 8	28 Lift 4:00p - 5:00p Swim 5:10p - 6:45p	29 Dryland 4:30p - 5:00p Swim 5:10p - 6:45p	30 Lift 4:00p - 5:00p Swim 5:10p - 6:45p			



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October 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dryland 4:30p - 5:00p Swim 5:10p - 6:30p Pasta: 6:30p	2 Dual Meet Mad. East High School 5:00p	3
4 Week 9	5 Lift 4:00p - 5:00p Swim 5:10p - 6:45p	6 Dryland 4:30p - 5:00p Swim 5:10p - 6:45p	7 Homecoming Parade Starts @ 6p	8 Dryland 4:30p - 5:00p Swim 5:10p - 6:30p Pasta: 6:30p	9 - No School Dual Meet Vs. SP West 5:00p Senior Night	10 SP East Homecoming
11 Week 10	12 Lift 4:00p - 5:00p Swim 5:10p - 6:45p	13 Dryland 4:30p - 5:00p Swim 5:10p - 6:45p	14 Lift 4:00p - 5:00p Swim 5:10p - 6:45p	15 Dryland 4:30p - 5:00p Swim 5:10p - 6:30p Pasta: 6:30p	16 Dual Meet Mad. La Foll. High School 5:00p	17 SP West Homecoming
18 Week 11	19 Lift 4:00p - 5:00p Swim 5:10p - 6:45p	20 Dryland 4:30p - 5:00p Swim 5:10p - 6:45p	21 Lift 4:00p - 5:00p Swim 5:10p - 6:45p	22 Dryland 4:30p - 5:00p Swim 5:10p - 6:45p	23 Swim 6:30a - 8:00a Dryland 8:00a - 9:00a Pre-Meet Dinner	24 Team WU & Food JV Conference TBD 11:45a Neenah Dive Invite Neenah 11:45a
25 Week 12	26 Dryland 4:30p - 5:00p Swim 5:10p - 6:45p	27 Dryland 4:30p - 5:00p Swim 5:10p - 6:45p	28 Dryland 4:30p - 5:00p Swim 5:10p - 6:45p	29 Dryland 4:30p - 5:00p Swim 5:10p - 6:45p	30 Swim 4:30p - 6:00p Pre-Meet Dinner	31 Team WU & Food Conference (Madison West) Starts @ 1p



November 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Week 13	2 S: 4:30p - 6:00p	3 S: 4:30p - 6:00p	4 S: 4:30p - 6:00p	5 S: 4:30p - 6:00p	6 S: 4:30p - 6:00p Pre-Meet Dinner	7 Team WU & Food Sectionals (TBD) Starts @ 1p
8 Week 14	9 - No School S: 4:30p - 6:00p	10 S: 4:30p - 6:00p	11 S: 4:30p - 6:00p	12 S: 4:30p - 6:00p	13 S: 4:30p - 6:00p Pre-Meet Dinner	14 Team WU & Food State @ Waukesha South
15 Week 15	16 Banquet: TBD	17	18	19	20	21

Coaching Staff

Head Coach	Zach Olstinske	(262) 332-3888	zjolsti@sunprairieschools.org
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Diving Coach			
Diving Coach			