



**North Lamar  
Swim Schedule  
2022-2023**

| Date             | Meet                  | Location  |
|------------------|-----------------------|-----------|
| November 18, 19  | Northeast TX<br>TISCA | Texarkana |
| December 2, 3    | TISCA 4A              | Grapevine |
| January 19, 2023 | District 7-4A Meet    | Frisco    |