



JANUARY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ladies Night Out Meet We will be swimming both relays All Senior A boys will be helping at meet		MLK Going The Distance Meet January will be a great month for swimmers to build strength and confidence through the longer events			1 Happy New Year	2 Sen A/B 6:30-8:15 AM Silver 8:15-9:15 AM Bronze 9:15-10:00 AM
3 Sen A, Gold & Junior 7:00-8:30 AM Sen A/B – 5:30-7:00 PM	4 Senior A 5:15-7:15 PM Silver 5:00-6:00 PM Gold 6:00-7:15 PM Junior 7:15-8:45 PM Senior B 7:15-8:45 PM	5 <u>SA – 5-6:30 AM</u> Senior B 5:15-6:45 PM Bronze 5:15-6:00 PM Gold 6:00-7:00 PM Junior 7:00-8:15 PM Senior A 6:45-8:45 PM	6 Senior A 4:30-6:30 PM Silver 4:30-5:30 PM Gold 5:30-6:45 PM Senior B 6:30-8:15 PM Junior 6:45-8:15 PM	7 <u>SA – 5-6:30 AM</u> Senior B 5:15-6:45 PM Bronze 5:15-6:00 PM Gold 6:00-7:00 PM Junior 7:00-8:15 PM Senior A 6:45-8:45 PM	8 Middies “Ladies Night Out” Meet At the YWCA 4:30 PM warm-up No practices	9 Sen A/B 6:30-8:15 AM Silver 8:15-9:15 AM Bronze 9:15-10:00 AM
10 Sen A, Gold & Junior 7:00-8:30 AM Sen A/B – 5:30-7:00 PM	11 Senior A 5:15-7:15 PM Silver 5:00-6:00 PM Gold 6:00-7:15 PM Junior 7:15-8:45 PM Senior B 7:15-8:45 PM	12 <u>SA – 5-6:30 AM</u> Senior B 5:15-6:45 PM Bronze 5:15-6:00 PM Gold 6:00-7:00 PM Junior 7:00-8:15 PM Senior A 6:45-8:45 PM	13 Senior A 4:30-6:30 PM Silver 4:30-5:30 PM Gold 5:30-6:45 PM Senior B 6:30-8:15 PM Junior 6:45-8:15 PM	14 <u>SA – 5-6:30 AM</u> Senior B 5:15-6:45 PM Bronze 5:15-6:00 PM Gold 6:00-7:00 PM Junior 7:00-8:15 PM Senior A 6:45-8:45 PM	15 Senior B 4:15-5:45 PM Senior A 4:30-6:30 PM Silver 5:45-6:45 PM Gold 6:30-7:45 PM Junior 6:30-7:45 PM	16 Sen A/B 6:30-8:15 AM Silver 8:15-9:15 AM Bronze 9:15-10:00 AM
17 Sen A, Gold & Junior 7:00-8:30 AM Sen A/B – 5:30-7:00 PM	18 Middies “MLK Going the Distance” At the YWCA 12/Under 9 AM 13/Over 1:30 PM No practices	19 <u>SA – 5-6:30 AM</u> Senior B 5:15-6:45 PM Bronze 5:15-6:00 PM Gold 6:00-7:00 PM Junior 7:00-8:15 PM Senior A 6:45-8:45 PM	20 Senior A 4:30-6:30 PM Silver 4:30-5:30 PM Gold 5:30-6:45 PM Senior B 6:30-8:15 PM Junior 6:45-8:15 PM	21 <u>SA – 5-6:30 AM</u> Senior B 5:15-6:45 PM Bronze 5:15-6:00 PM Gold 6:00-7:00 PM Junior 7:00-8:15 PM Senior A 6:45-8:45 PM	22 Senior B 4:15-5:45 PM Senior A 4:30-6:30 PM Silver 5:45-6:45 PM Gold 6:30-7:45 PM Junior 6:30-7:45 PM	23 Sen A/B – 6:30-8:30 AM Silver – 8:30-10:00 AM BGNW Marlins 8/Under Meet In Mt. Kisco 3:30 PM warm-up
24 BGNW Marlins 8/Under Meet In Mt. Kisco 9-10 & 13-14 - 8:00 AM 11-12 & Open -1:00 PM No Practices	25 Senior A 5:15-7:15 PM Silver 5:00-6:00 PM Gold 6:00-7:15 PM Junior 7:15-8:45 PM Senior B 7:15-8:45 PM	26 <u>SA – 5-6:30 AM</u> Senior B 5:15-6:45 PM Bronze 5:15-6:00 PM Gold 6:00-7:00 PM Junior 7:00-8:15 PM Senior A 6:45-8:45 PM	27 Senior A 4:30-6:30 PM Silver 4:30-5:30 PM Gold 5:30-6:45 PM Senior B 6:30-8:15 PM Junior 6:45-8:15 PM	28 <u>SA – 5-6:30 AM</u> Senior B 5:15-6:45 PM Bronze 5:15-6:00 PM Gold 6:00-7:00 PM Junior 7:00-8:15 PM Senior A 6:45-8:45 PM	29 Sen A/B 4:30-6:30 PM Silver 5:45-6:45 PM Gold 6:30-7:45 PM Junior 6:30-7:45 PM Hawks Meet In Montgomery NY	30 Silver 8:15-9:15 AM Bronze 9:15-10:00 AM Hawks Trials & Finals Meet In Montgomery NY
31 Sen A, Gold & Junior 7:00-8:30 AM Sen A/B – 5:30-7:00 PM	<p align="center"> Hawks Trials and Finals Meet 11-2, 13-14 and 15 & over swimmers only We will be going to the movies as a team between trials and finals on Saturday </p>					