



## MARCH 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Senior A 4:30-5:15 DL 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	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	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	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	Sen A/B- 4:30-6:30 PM Silver – 5:45-6:45 PM Gold/Jun-6:30-7:45 PM <b>Silver Champs</b> In Nyack All 4:00 PM warm-up	Sen A/B-6:30-8:15 AM Silver – 8:15-9:15 AM Bronze- 9:15-10:00 AM <b>Silver Champs</b> 10/U & 13-14 7:30 AM 11-12 & 15-18 TBA
7	8	9	10	11	12	13
Sen A/Gold & Jun 7:00-8:30 AM  <b>Silver Champs</b> 10/U & 13-14 7:30 AM 11-12 & 15-18 TBA	Senior A 4:30-5:15 DL 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	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	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	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  <b>Sectionals</b>	<b>Middies Swim-A-Thon</b> See Web Site for Details  <b>Sectionals</b>	Sen A/B-6:30-8:30 AM Silver – 8:30-10 AM <b>8/Under Champs</b> In LI Girls 9 AM Boys 1:30 PM  <b>Sectionals</b>
14	15	16	17	18	19	20
Gold/Jun-7-8:30 AM <b>8/Under Champs</b> In LI Girls 9 AM Boys 1:30 PM Sen A/B – 5:30-7:00 PM	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	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	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	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	<b>Junior Olympics</b> In LI 11-12/13-14 7:00 AM 9-10/15-18 12:00 PM Finals 4:30 PM Sen A/B- 4:30-6:30 PM Silver – 5:45-6:45 PM Gold/Jun-6:30-7:45 PM	Sen A/B-6:30-8:15 AM Silver – 8:15-9:15 AM Bronze- 9:15-10:00 AM <b>Junior Olympics</b> In LI 11-12/13-14 7:00 AM 9-10/15-18 12:00 PM Finals 4:30 PM
21	22	23	24	25	26	27
Gold/Jun-7-8:30 AM  <b>Junior Olympics</b> In LI 11-12/13-14 7:00 AM 9-10/15-18 12:00 PM Finals 4:30 PM  Sen A/B – 5:30-7:00 PM	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	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	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	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 <b>SunKissed Invitational</b>	Zone Prac-4:30-6:00 PM Non-Age Group-6-7:30 P  <b>Age Group Champs</b> All 4:00 PM <b>SunKissed Invitational</b>	Zone Prac-7:30-9:00 AM 8/Under Prac-9-10 AM <b>Age Group Champs</b> 9-10/13-14 7:30 AM 11-12/15-18 1:30 PM <b>SunKissed Invitational</b>
28	29	30	31	<p>Make sure to note the many Friday, Saturday and Sunday practice changes due to meets.</p> <p>Also, we will be taking a week off from Monday, March 29<sup>th</sup> to Sunday, April 4<sup>th</sup>. We will resume all practices on the 5<sup>th</sup>.</p> <p>The Zone Meet is Thursday, April 1<sup>st</sup>-Saturday, April 3<sup>rd</sup>. if any swimmers make the team practices will be added before we leave.</p>		
No Practices <b>Age Group Champs</b> 9-10/13-14 7:30 AM 11-12/15-18 1:30 PM <b>SunKissed Invitational</b>	All Off	All Off	All Off			