

# JULY 2010

**\*\*The times listed are for arrival, 15 minutes before the start of practice.\*\***

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5 SR/SE 6:00-8:15 AM SE 4:15-6:30 PM BR 4:15-5:30 SI 5:15-6:45 G 5:45-8:00	6 SE 6:00-8:15 AM SR 4:15-7:15 PM G 4:15-6:30 SI 5:45-7:15 BR 7:00-8:15 OW 4:15-5:15	7 SR/SE 6:00-8:15 AM SE 4:15-6:30 PM BR 4:15-5:30 SI 5:15-6:45 G 5:45-8:00	8 SE 6:00-8:15 AM SR 4:15-7:15 PM G 4:15-6:30 PM SI 5:45-7:15 BR 7:00-8:15	9 SE 6:00-8:15  <b><u>NO OTHER PRACTICE</u></b> <b><u>CONDOR MEET AT</u></b> <b><u>WEST NYACK</u></b>	10 SE 7:00-10:15  <b><u>NO OTHER PRACTICE</u></b> <b><u>CONDOR MEET AT</u></b> <b><u>WEST NYACK</u></b>
11	12 SR/SE 6:00-8:15 AM SE 4:15-6:30 PM BR 4:15-5:30 SI 5:15-6:45 G 5:45-8:00	13 SE 6:00-8:15 AM SR 4:15-7:15 PM G 4:15-6:30 SI 5:45-7:15 BR 7:00-8:15	14 SR/SE 6:00-8:15 AM SE 4:15-6:30 PM BR 4:15-5:30 SI 5:15-6:45 G 5:45-8:00	15 SE 6:00-8:15 AM SR 4:15-7:15 PM G 4:15-6:30 PM SI 5:45-7:15 BR 7:00-8:15	16 SR/SE 6:00-8:15 AM SE 4:15-6:30 PM <b><u>G/S/B State with SE PM</u></b> <b><u>NO B/S/G PRACTICE</u></b> <b><u>CT REGIONALS</u></b>	17 SE 7:00-10:15 SR 7:00-10:15 <b><u>G/S/B State with SR/SE</u></b> <b><u>NO B/S/G PRACTICE</u></b> <b><u>CT REGIONALS</u></b>
18	19 SR/SE 6:00-8:15 AM SE 4:15-6:30 PM <b><u>G/S/B STATE 6:15-8:00</u></b> <b><u>REGIONAL SWIMMER</u></b> <b><u>END OF SEASON</u></b> <b><u>MEETING 4:15-5:30</u></b>	20 SE 6:00-8:15 AM SR 4:15-7:15 PM <b><u>G/S/B STATE 6:15-8:00</u></b>	21 SR/SE 6:00-8:15 AM SE 4:15-6:30 PM <b><u>G/S/B STATE 6:15-8:00</u></b>	22 SE 6:00-8:15 AM SR 4:15-7:15 PM <b><u>G/S/B STATE 6:15-8:00</u></b>	23 SR/SE 6:00-8:15 AM SE 4:15-6:30 PM <b><u>G/S/B STATE 6:15-8:00</u></b>	24 SE 7:00-10:15 SR 7:00-10:15 <b><u>G/S/B STATE 9:15-11:00</u></b>
25	26 SR/SE 6:00-8:15 AM SE 4:15-6:30 PM <b><u>G/S/B STATE 6:15-8:00</u></b>	27 SE 6:00-8:15 AM SR 4:15-7:15 PM <b><u>G/S/B STATE 6:15-8:00</u></b>	28 SR/SE 6:00-8:15 AM SE 4:15-6:30 PM <b><u>G/S/B STATE 6:15-8:00</u></b>	29 SE 6:00-8:15 AM  <b><u>STATE MEET</u></b> <b><u>NO STATE PRACTICE</u></b>	30 SR/SE 6:00-8:15 AM  <b><u>STATE MEET</u></b> <b><u>NO STATE PRACTICE</u></b>	31 SE 7:00-09:15  <b><u>STATE MEET</u></b> <b><u>NO STATE PRACTICE</u></b>
1 <b><u>Barlow MT Pool Drained</u></b> <b><u>for renovations - JR Nat /</u></b> <b><u>Sec / Zone practice @</u></b> <b><u>Wilton --&gt;</u></b>	2 JR/SEC/ZONE 5:45-8:00 AM @ Wilton YMCA <b><u>State Swimmer end of</u></b> <b><u>Season Meeting</u></b> <b><u>Location TBD</u></b>	3 JR/SEC/ZONE 5:45-8:00 AM @ Wilton YMCA	4 JR/SEC/ZONE 5:45-8:00 AM @ Wilton YMCA	5 JR/SEC/ZONE 5:45-8:00 AM @ Wilton YMCA	6 JR/SEC/ZONE 5:45-8:00 AM @ Wilton YMCA	7 JR/SEC/ZONE 5:45-8:00 AM @ Wilton YMCA