

September 2010 Practice Schedule

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|---|--|--|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6. No practice | 7. <u>SR/SE 4:30-7 PM</u> <u>NO GOLD/SILVER/</u> <u>BRONZE</u> | 8 . <u>SR/SE 4:30-7 PM</u> <u>NO GOLD/SILVER/</u> <u>BRONZE</u> | 9 . <u>SR/SE 4:30-7 PM</u> <u>NO GOLD/SILVER/</u> <u>BRONZE</u> | 10 . <u>SR/SE 4:30-7 PM</u> <u>NO GOLD/SILVER/</u> <u>BRONZE</u> | 11 SR/SE 7-9:30 AM <u>RAC TRYOUTS FOR</u> <u>NEW SWIMMERS</u> <u>10-11 AM</u> |
| 12 | 13 SE 4:45-6:45 PM SR 6-8:45 PM BR 4:45-5:45 PM SILVER 5:45-7 PM GOLD 6:15-8:45 PM | 14 SE 4:45-7:45 PM SR 6:30-8:45 PM OW 4:45-5:30 PM GOLD 4:45-7 PM SILVER 7:45-8:45 PM | 15 <u>SE 5:45-7:45PM</u> <u>SR 5:45-7:15 PM</u> <u>GOLD 7:15-8:45 PM</u> <u>BR/SILVER 7:45-8:45</u> <u>PM</u> <u>RHS SWIM MEET</u> | 16 SE 4:45-7:45 PM SR 6:30-8:45 PM OW 4:45-5:30 PM GOLD 4:45-7 PM BRONZE 7:45-8:45 PM | 17 SE 4:45-6:45 PM SR 6-8:45 PM BR 4:45-5:45 PM SILVER 5:45-7 PM GOLD 6:15-8:45 PM | 18. SR/SE 7-10:15 AM G/S 9:30-11 AM BRONZE 9:30-10:45 AM |
| 19 | 20 SE 4:45-6:45 PM SR 6-8:45 PM BR 4:45-5:45 PM SILVER 5:45-7 PM GOLD 6:15-8:45 PM | 21 SE 4:45-7:45 PM SR 6:30-8:45 PM OW 4:45-5:30 PM GOLD 4:45-7 PM SILVER 7:45-8:45 PM | 22 SE 4:45-6:45 PM SR 6-8:45 PM BR 4:45-5:45 PM SILVER 5:45-7 PM GOLD 6:15-8:45 PM | 23 SE 4:45-7:45 PM SR 6:30-8:45 PM OW 4:45-5:30 PM GOLD 4:45-7 PM BRONZE 7:45-8:45 PM | 24 SE 4:45-6:45 PM SR 6-8:45 PM BR 4:45-5:45 PM SILVER 5:45-7 PM GOLD 6:15-8:45 PM | 25 SR/SE 7-10:15 AM G/S 9:30-11 AM BRONZE 9:30-10:45 AM |
| 26 | 27 <u>SE 5-6:30 AM</u> SE 4:45-6:45 PM SR 6-8:45 PM BR 4:45-5:45 PM SILVER 5:45-7 PM GOLD 6:15-8:45 PM | 28 SE 4:45-7:45 PM SR 6:30-8:45 PM OW 4:45-5:30 PM GOLD 4:45-7 PM SILVER 7:45-8:45 PM | 29. <u>SE 5-6:30 AM</u> SE 4:45-6:45 PM SR 6-8:45 PM BR 4:45-5:45 PM SILVER 5:45-7 PM GOLD 6:15-8:45 PM | 30 SE 4:45-7:45 PM SR 6:30-8:45 PM OW 4:45-5:30 PM GOLD 4:45-7 PM BRONZE 7:45-8:45 PM | 1. <u>SE 5-6:30 AM</u> <u>SE 5:45-7:45PM</u> <u>SR 5:45-7:15 PM</u> <u>GOLD 7:15-8:45 PM</u> <u>SI/BR 7:45-8:45 PM</u> <u>RHS SWIM MEET</u> | 2. SR/SE 7-10:15 AM G/S 9:30-11 AM BRONZE 9:30-10:45 AM |