

## March 2010 Practice Schedule

All 10/under swimmers except those who have qualified for USA JO's (follow the Blue practice schedule) or 8/u's attending the UMLY meet on March 7th are done with their winter swim season. Congrats to the 10/unders on a great year!

### Week of Feb 28 - March 6

#### Sunday 2/28

Blue 4:45-6:30 PM @ HCY  
Senior 1/2 5:15-7:00 PM @ HCY  
Senior 3 4:45-7:00 PM @ HCY

#### Monday & Wednesday (3/1 & 3/3)

Blue 6:15-8:00 PM @ HCY  
Senior 1/2 & 3 5:15-7:45 PM @ RVCC

#### Tuesday & Thursday (3/2 & 3/4)

8/u's attending UMLY meet only 4:30-5:30 PM @ HCY  
Senior 1/2 & 3 5:15-7:00 PM @ HCY

#### Friday (3/5)

Blue 5:15-7:00 PM @ HCY

(March 6-7 - 13/14 & 15/18 USA Silver/Bronze @ Rutgers; March 7 - UMLY 8/u Meet)

### Week of March 7-13

All 13/18's except those attending JO's or Nationals are now done with their season. 11/12's may continue to practice for the USA Silver/Bronze meet at the end of this week.

#### Sunday (3/7)

Blue 4:45-6:30 PM @ HCY  
Senior 1/2 & 3 4:45-7:00 PM @ HCY

#### Monday & Wednesday 3/8 & 3/10

Blue 6:15-8:00 PM @ HCY  
Senior 1/2 & 3 5:15-7:45 PM @ RVCC

#### Tuesday & Thursday 3/9 & 3/11

Senior 1/2 & 3 5:15-7:00 PM @ HCY

#### Friday 3/12

Blue 5:15-7:00 PM @ HCY

(March 12-14 - 13/over Y States @ F&M, March 13-14 - 11/12 USA Silver/Bronze @ RVCC)

### Week of March 14-20

The only swimmers continuing to practice this week are JO & National Team swimmers.

#### Monday & Wednesday 3/15 & 3/17

Blue, Senior 1/2 & 3 6:15-8:00/8:30 PM @ HCY

#### Tuesday & Thursday 3/16 & 3/18

Blue, Senior 1/2 & 3 5:15-7:00 PM @ HCY

(March 19-21 - all ages USA JO's @ Rutgers)

### Weeks of March 21-Apr 4

Y National Team practice only - schedule TBA @ HCY