

HCY Stingrays Swimming

2008-09 North NJ YMCA Dual Meet Schedule Girls "A" Team

It is expected that every swimmer will attend these dual meets – Coach Barbara must be notified in writing if you have a serious conflict. If your swimmer is ill as of Friday night or Saturday morning, please be sure to call and leave a message any time day or night @ 782-1044, ext 655. Thank you!

Bus departure times (from HCY), warm-up times and arrival times to RVCC or HCY are indicated below. All swimmers are expected to take the bus to away meets. Any exceptions need to be cleared with a coach.

North NJ YMCA Dual Meets

| <u>Date</u> | <u>Opponent</u> | <u>Place</u> | <u>Times</u> |
|-------------|------------------|-------------------------------------|--|
| Oct 25 | Morris Center | @ MCY | Bus Leaves: 12:45 PM Warm-up: 2:00 PM Start: 2:30 PM |
| Nov 15 | Ridgewood Y | RVCC (Home) | Arrive @ RVCC: 2:45 PM Warm-up: 3:00 AM Start: 3:30 PM |
| Nov 22 | Lakeland Hills Y | @ LHY | Bus Leaves: 1:00 PM Warm-up: 2:15 PM Start: 2:45 PM |
| Dec 20 | Hamilton Y | RVCC (Home) | Arrive @ RVCC: 8:15 AM Warm-up: 8:30 AM Start: 9:00 AM |
| Jan 17 | Lakeland Hills Y | RVCC (Home) | Arrive @ RVCC: 8:15 AM Warmup: 8:30 AM Start: 9:00 AM |
| Jan 24 | Hamilton Y | @ John Witherspoon Middle School | Bus Leaves: 1:00 PM Warmup: 2:15 PM Start: 2:45 PM |

(updated 10-20-08)