

## **2009 MEET SCHEDULE**

July 4 <sup>th</sup>	at Pocono Woodlands
July 11 <sup>th</sup>	vs. Conashaugh
July 18 <sup>th</sup>	vs. Birchwood Lake
July 25 <sup>th</sup>	at Silver Lake
August 1 <sup>st</sup>	vs. Gold Key

### **Championship Date:**

August 8<sup>th</sup> at Lake Adventure

- All meets begin at 8:30 am
- Warm-ups begin at 8:00am SHARP
- ALL swimmers should be poolside (for home meets) by 7:45 am.
- We will meet in the upper parking lot for all away meets (times to be announced)
- Signups will be held each Friday night at 7:30 in the clubhouse.
- Practices are held Monday through Thursday 9-11 am in the lower pool.