

Fall 2010 Practice Schedule (Starts Aug 30th)

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|-----|--------------|-------------------------------------|
| JR1 | Mon&Wed&Fri | 5:15pm – 6:00pm |
| JR2 | Mon-Fri | 5:45pm – 7:00pm |
| | Tue a.m. | 5:30am – 6:45am |
| SR1 | Mon&Wed&Fri | 3:45pm – 5:15pm |
| | Tue a.m. | 5:30am – 6:45am |
| | Tue&Thu p.m. | 3:45pm – 5:45pm |
| SR2 | Mon&Wed&Fri | 3:45pm – 5:15pm |
| | | 5:30pm – 6:15pm (Strength training) |
| | Tue a.m. | 5:30am – 6:45am |
| | Tue&Thu p.m. | 3:45pm – 6:00pm |

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Fall 2010 Meet Schedule

| <u>Date</u> | <u>Meet-Event/Location</u> | <u>Type</u> |
|-----------------------|-------------------------------|---------------------|
| Sept 6 th | Labor Day (No Practice) | |
| Sept 10 th | CUDA Parent Meeting | TBA (Live Oak Pool) |
| Sept 11 th | Parents vs Swimmers | The Hills 9-12pm |
| Sept 25-26 | EBSD, Hercules | C/B/A |
| Oct 2-3 | SJA, San Jose | JR+ |
| Oct 17 | Distance Meet, Petaluma | B/A |
| Oct 23-24 | AIA, Hayward | C/B/A |
| Nov 20-21 | EBAT, Oakland (Mills) | B/A |
| Dec 3-5 | Junior Olympics, Pleasanton | JO+ (14 and under) |
| Dec 10-12 | Pacific Champs, Pleasant Hill | 13-14 JO+ |
| | TBA | C/B/A |
| Jan 22-23 | SRVL, San Ramon | C/B/A |



Swimmers that wish to attend Winter JO's and/or Pac Champs, must make all practices during thanksgiving break.