

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1 Dryland:</b> Elite/Silver: 5-6pm <b>Pool:</b> Elite/Silver 6-8pm Black 6-8 pm Red 6-7:30 pm	<b>2</b> (Elite @ Pennington 5:30-7am) <b>Pool:</b> Elite/Silver 5-7 pm Black OFF Red 5:30-7 pm Mini Plus 6-7 pm Mini 6-6:45 pm	<b>3 Dryland:</b> Elite/Silver: 5-6pm <b>Pool:</b> Elite/Silver 6-8pm Black 6-8 pm Red 6-7:30 pm	<b>4</b> (Elite @ Pennington 5:30-7am) <b>Pool:</b> Elite/Silver 6-8 pm Black 6-8 pm Red OFF Mini Plus 6-7 pm Mini 6-6:45 pm	<b>5</b> <b>Pool:</b> Elite/Silver 5-7pm Black 5-7pm Red 5-6:30pm	<b>6</b> <b>No Practice</b> <b>Mini Champs @ Seton Hall</b>  13/O Silver Bronze @ Rutgers
<b>7</b> Anyone who has a meet left 8-10am @ JW  13/O Silver Bronze @ Rutgers	<b>8 Dryland:</b> Elite/Silver: 5-6pm <b>Pool:</b> Elite/Silver 6-8pm Black 6-8 pm Red 6-7:30 pm	<b>9</b> (Elite @ Pennington 5:30-7am) <b>Pool:</b> Elite/Silver 5-7 pm Black OFF Red 5:30-7 pm Mini Plus 6-7 pm Mini 6-6:45 pm	<b>10 Dryland:</b> Elite/Silver: 5-6pm <b>Pool:</b> Elite/Silver 6-8pm Black 6-8 pm Red 6-7:30 pm	<b>11</b> <b>Pool:</b> Elite/Silver 5-7 pm Black 5-7 pm Red OFF Mini Plus 6-7 pm Mini 6-6:45 pm	<b>12</b> <b>Pool:</b> Elite/Silver 5-7pm Black 5-7pm Red 5-6:30pm	<b>13</b> Elite/Silver 8-10am Black 8-10 am Red 9:30-11am Mini Plus 10-11am  11/12 Silver Bronze @ Raritan Valley CC
<b>14</b> <b>No Practice</b>  11/12 Silver Bronze @ Raritan Valley CC	<b>15 Dryland:</b> Elite/Silver: 5-6pm <b>Pool:</b> Elite/Silver 6-8pm Black 6-8 pm Red 6-7:30 pm	<b>16</b> <b>Pool:</b> Elite/Silver 5-7 pm Black OFF Red 5:30-7 pm Mini Plus 6-7 pm Mini 6-6:45 pm	<b>17</b> <b>Last day of practice!</b> <b>Pool:</b> Elite/Silver 5-7pm Black 5-7 pm Red 5-7 pm	<b>18</b> <b>All JO's Swimmer's only 5-7pm</b>	<b>19</b> <b>No Practice</b>  <b>Junior Olympics @ Rutgers</b>	<b>20</b> <b>No Practice</b>
<b>21</b> <b>No Practice</b>  <b>Junior Olympics @ Rutgers</b>	<b>22</b> Sectionals/ Zones: 4-6pm	<b>23</b> Sectionals/ Zones: 4-6pm	<b>24</b> Sectionals/ Zones: 4-6pm	<b>25</b> NJ Zone Team Practice	<b>26</b> Zones: 4-6pm	<b>27</b> NJ Zone Team Practice
				<b>Sectionals</b>		
<b>28</b> <b>No Practice</b>  <b>Sectionals</b>	<b>29</b> Zones 4-6pm	<b>30</b> Zones 4-6pm	<b>31</b> Good Luck Zones Swimmers!!	<b>March 2010</b>		