

# June 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Practice	2 SR/G1:7:30-9:30am-C SR/G1:5:30-7:30pm-W	3 SR <u>only</u> :7:30-9:30am-C SR/G1:5:30-7:30pm-W	4 SR/G1:7:30-9:30am-C SR/G1:5:30-7:30pm-W	5 SR <u>only</u> :7:30-9:30am-C SR/G1:5:30-7:30pm-W	6 SR/G1:7:30-9:30am-C Springfield Meet	7 Practice: TBA
8 No Practice	9 SR/G1:7:30-9:30am-C SR/G1:5:30-7:30pm-W	10 SR <u>only</u> :7:30-9:30am-C SR/G1:5:30-7:30pm-W	11 SR/G1:7:30-9:30am-C SR/G1:5:30-7:30pm-W	12 SR <u>only</u> :7:30-9:30am-C SR/G1:5:30-7:30pm-W	13 SR/G1:7:30-9:30am-C <u>SR only</u> :4-6pm-C	14 SR/G1:8am-noon Springfield
15 No Practice	16 SR/G1:7:30-9:30am-C SR/G1:5:30-7:30pm-W	17 SR <u>only</u> :7:30-9:30am-C SR/G1:5:30-7:30pm-W	18 SR/G1:7:30-9:30am-C SR/G1:5:30-7:30pm-W	19 SR <u>only</u> :7:30-9:30am-C SR/G1:5:30-7:30pm-W	20 <u>SR/G1:7-9am-C</u> <u>SR only</u> :4-6pm-C	21 SR/G1:8am-noon Springfield
22 No Practice	23 SR/G1:7:30-9:30am-C SR/G1:5:30-7:30pm-W	24 SR <u>only</u> :7:30-9:30am-C SR/G1:5:30-7:30pm-W	25 SR/G1:7:30-9:30am-C SR/G1:5:30-7:30pm-W	26 SR <u>only</u> :7:30-9:30am-C SR/G1:5:30-7:30pm-W	27 <u>SR/G1:7-9am-C</u> <u>SR only</u> :4-6pm-C	28 SR/G1:8am-noon Springfield
29 No Practice	30 SR/G1:7:30-9:30am-C SR/G1:5:30-7:30pm-W					

<p><b>Senior-Gold One Practice Schedule</b></p> <p>Springfield practices are limited to swimmers participating in PAWW Long Course meets. More information will be coming.</p> <p><b><u>Week of June 22, we may cancel some morning practices. More to Follow.....</u></b></p>	<p><b>Notes:</b> Woodruff= "W" Central="C"</p>	<p><b>Holidays:</b></p>
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