



HAMMERHEADS

February/March 2010



HAMMERHEADS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:45-7:15 TR/R/B/SR	2 HS GIRLS MEET AT NAC – 6:00 Warm Up 5:45-6:45 YHH/WHITE 6:45-8:45 TR/R/B/SR 6:45-8:30 ADULT LAP	3 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	4 5:45-6:45 YHH/WHITE 6:45-8:45 TR/R/B/SR	5 5:45-7:30 TR/R/B/SR 7:30-8:30 WHITE 5:45-7:30 ADULT LAP	6 10:30-11:45 HFSC COACHES
7 9-10:30 TR/R/B/SR 10:30-11:30 YHH/WHITE 3:00-5:00 HFSC COACHES	8 5:45-7:15 TR/R/B/SR	9 5:45-6:45 YHH/WHITE 6:45-8:45 TR/R/B/SR 6:45-8:30 ADULT LAP	10 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	11 5:45-6:45 YHH/WHITE 6:45-8:45 TR/R/B/SR	12 CONFERENCE SWIMMERS ONLY 6:00-7:30 6:00-7:30 ADULT LAP	13 CONFERENCE @ BRADLEY 11:30 WARM UP 1:00 MEET START
14 9-10:30 TR/R/B/SR 10:30-11:30 YHH/WHITE 3:00-5:00 HFSC COACHES	15 5:45-7:15 TR/R/B/SR	16 5:45-6:45 YHH/WHITE 6:45-8:45 TR/R/B/SR 6:45-8:30 ADULT LAP	17 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	18 5:45-6:45 YHH/WHITE 6:45-8:45 TR/R/B/SR	19 LAST DAY OF SEASON 5:45-7:30 TR/R/B/SR 7:30-8:30 YHH/WHITE 5:45-7:30 ADULT LAP	20 ULTIMATE/HSC MEET
21 NO PRACTICE MAKE THE CUT MEET @ HF	22 5:45-7:15 TR/R/B/SR	23 6:00-7:30 TR/R/B/SR 6:00-7:30 ADULT LAP	24 6-7:30 TR/R/B/SR	25 6:00-7:00 TR/R/B/SR 6:00-7:00 ADULT LAP	26 REGIONAL CHAMPIONSHIP MEET @ HF	27 REGIONAL CHAMPIONSHIP MEET @ HF
28 REGIONAL CHAMPIONSHIP MEET @ HF	MARCH 1 WINTER BANQUET 6:00 INFORMATION COMING SOON	MARCH 2 5:45-7:15 TR/R/B/SR 5:45-7:15 ADULT LAP	MARCH 3 5:45-7:15 TR/R/B/SR	MARCH 4 SENIOR CHAMIONSHIPS 5:45-7:15 TR/R/B/SR 5:45-7:15 ADULT LAP	MARCH 5 SENIOR CHAMIONSHIPS 5:45-7:15 TR/R/B/SR	MARCH 6 SENIOR CHAMPIONSHIPS
MARCH 7 SENIOR CHAMPIONSHIPS NO PRACTICE	MARCH 8 5:45-7:15 TR/R/B/SR	MARCH 9 5:45-7:15 TR/R/B/SR	MARCH 10 5:45-7:15 TR/R/B/SR	MARCH 11 5:45-7:15 TR/R/B/SR	MARCH 12 AGE GROUP CHAMPIONSHIPS	MARCH 13-14 AGE GROUP CHAMPIONSHIPS