



HAMMERHEADS

REVISED November 2009



HAMMERHEADS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 NO PRACTICE NORTH AQUATICS MEET 3:00-5:00 ADULT LAP	2 5:45-7:15 T/R/B/SR	3 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 R/R/B/SR	4 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	5 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	6 5:45-7:30 TR/R/B/SR 7:30-8:30 WHITE 6:00-8:00 ADULT LAP	7
8 9-10:30 TR/R/B/SR 10:30-11:30 WHITE 10:30-11:30 YHH 3:00-5:00 ADULT LAP	9 5:45-7:15 T/R/B/SR	10 NO PRACTICE DUAL MEET @ HF AGAINST JOLIET/MORRIS 5:45 WARM UP 6:30 MEET STARTS	11 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	12 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	13 NO PRACTICE CROWN POINT MEET	14 CROWN POINT MEET
15 CROWN POINT MEET 3:00-5:00 ADULT LAP	16 NO PRACTICE DUAL MEET @ ANDREW H.S. 5:45 WARM UP 6:30 MEET STARTS	17 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	18 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	19 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	20 5:45-7:30 TR/R/B/SR 7:30-8:30 WHITE 6:00-8:00 ADULT LAP	21 9:30-10:30 WHITE/ YHH
22 NO PRACTICE HFSC 1ST CHANCE/ LAST CHANCE MEET	23 5:45-7:15 T/R/B/SR	24 NO PRACTICE DUAL MEET @ STAGG H.S. 5:45 WARM UP 6:30 MEET STARTS	25 5:45-6:45 YHH 5:45-6:45 WHITE 6:45-8:45 TR/R/B/SR	26 NO PRACTICE	27 NO PRACTICE	28 NO PRACTICE
29 9-10:30 TR/R/B/SR 10:30-11:30 WHITE 10:30-11:30 YHH	30 5:45-7:15 T/R/B/SR					