

Warrior Swimming – December 2009 (updated 12/2/2009)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	8 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	9 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	10 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	11 Meet at Gahanna 4pm Bus at 2:45pm	12 Water practice 8:00am–10am Dryland 10:05am-10:35am at REC
13	14 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	15 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	16 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	17 Meet at Thomas Worthington 4:45pm Bus at 3:15pm	18 Weights 3:00pm – <u>4:00 pm at HS</u> HOME MEET vs Olentangy 6:00pm Warm-up 4:45pm	19 Water practice 8:00am–10am Dryland 10:05am-10:35am at REC
20	21 Dryland 5:20pm-5:50pm Water practice 6:00pm – 8:45pm at REC	22 Water practice 6:00pm – 8:45pm at REC	23 Dryland 5:20pm-5:50pm Water practice 6:00pm – 8:45pm at REC	24 Water practice 10:00am – 12pm at REC	25 NO PRACTICE	26 Alumni meet 9am Warm-up 8am
27 Leave for BG 1pm Water practice 5:00pm – 7:30pm	28 Dryland 9:20am-9:50am Water practice 10:00am-12:00pm 5:00pm – 7:30pm	29 Dryland 9:20am-9:50am Water practice 10:00am-12:00pm 4:00pm – 6:30pm	30 Athletic Challenge 10:45am-1pm at WNHS Aux. Gym Water practice 6:00pm – 8:45pm at REC	31 Water practice 10:00am – 12pm at REC	1 NO PRACTICE	2 Dryland 12:25pm-12:55pm Water practice 1:00pm–3:00pm at REC
3	4 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	5 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	6 Weights 3:00pm – <u>4:00 pm at HS</u> Water practice 6:30pm – 8:45pm at REC	7 Dryland 5:50pm-6:25pm Water practice 6:30pm – 8:45pm at REC	8 Meet at Thomas Worthington 4:45pm Bus at 3:15pm	9 Ned Reeb Invitational at Ohio State 9:15am Carpool at 7am (Qualifiers Only)