


# November 2009 – Stagg H.S.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>1</u></p> 	<p><u>2</u></p> <p>Grp 1: 6:00 – 6:45 Grp 2: No practice Grp 3: No practice Elite/HS1: 6:45-8:45 Grp4/HS2: 6:45-8:45</p>	<p><u>3</u></p> <p>Grp 1: 6 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:30 – 8:00 Elite/HS1: 7:15-9:15 Grp4/HS2: 7:30-9:15</p>	<p><u>4</u></p> <p>Grp 1: 6 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:30 – 8:00 Elite/HS1: 7:15-9:15 Grp4/HS2: 7:30-9:15</p>	<p><u>5</u></p> <p>Grp 1: 6 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:30 – 8:00 Elite/HS1: 7:15-9:15 Grp4/HS2: 7:30-9:15</p>	<p><u>6</u></p> <p><b>BSC USS Meet</b> W-Up: 5pm all ages <b>At Stagg</b> Grp 1: 6 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:30 – 8:00 Elite/HS1: 7:15-9:15 Grp4/HS2: 7:30-9:15</p>	<p><u>7</u></p> <p><b>BSC USS Meet</b> <u>AM Session</u> 7am: 9-10 &amp; 11-12 <u>PM Session</u> 12pm: 8 &amp; Under &amp; 13 &amp; Over</p>
<p><u>8</u></p> <p><b>BSC USS Meet</b> <u>AM Session</u> 7am: 9-10 &amp; 11-12 <u>PM Session</u> 12pm: 8 &amp; Under &amp; 13 &amp; Over</p>	<p><u>9</u></p> <p>Grp 1: No practice Grp 2: 6:00 – 7:15 Grp 3: 6:00 – 7:15 Elite/HS1: 7:15-9:15 Grp4/HS2: 7:15-9:15</p>	<p><u>10</u></p> <p>Grp 1: 6 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:30 – 8:00 Elite/HS1: 7:15-9:15 Grp4/HS2: 7:30-9:15</p>	<p><u>11</u></p> <p><b>Dual Meet</b> <b>LHSC @ HWSA</b> <b>at Stagg H.S.</b></p> <p><b>W-Ups: 5:45</b> <b>Starts: 6:30</b></p>	<p><u>12</u></p> <p>Grp 1: 6 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:30 – 8:00 Elite/HS1: 7:15-9:15 Grp4/HS2: 7:30-9:15</p>	<p><u>13</u></p> <p>Grp 1: 6 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:30 – 8:00 Elite/HS1: 7:15-9:15 Grp4/HS2: 7:30-9:15</p>	<p><u>14</u></p> <p>Elite/HS1: 10:00a-12:00p Grp4/HS2 :10:00a-12:00p Grp 3: 11:30a-1:00p</p>
<p><u>15</u></p>	<p><u>16</u></p> <p>Grp 1: 6:00 – 6:45 Grp 2: No practice Grp 3: No practice Elite/HS1: 6:45-8:45 Grp4/HS2: 6:45-8:45</p>	<p><u>17</u></p> <p>All practices are cancelled</p> <p>Stagg – 8<sup>th</sup> Grade Orientation</p>	<p><u>18</u></p> <p>Grp 1: 6 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:30 – 8:00 Elite/HS1: 7:15-9:15 Grp4/HS2: 7:30-9:15</p>	<p><u>19</u></p> <p>Grp 1: 6 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:30 – 8:00 Elite/HS1: 7:15-9:15 Grp4/HS2: 7:30-9:15</p>	<p><u>20</u></p> <p><b>WTSC USS Meet</b> W-Up: 4:00 for milers W-Up: 4:40pm all ages</p> <p><b>At Stagg</b> Grp 1: 6 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:30 – 8:00 Elite/HS1: 7:15-9:15 Grp4/HS2: 7:30-9:15</p>	<p><u>21</u></p> <p><b>WTSC USS Meet</b> <u>AM Session</u> 8am: 9-10 &amp; 11-12 <u>PM Session</u> 12pm: 13 &amp; Over, 8 &amp; Under <u>Finals:</u> 3:45 &amp; 4:30 <b>GILS USS Meet</b> <u>AM Session</u> 7:00am: 8&amp;U,11-12,15&amp;O Boys <u>PM Session</u> 12pm: 9-10,13-14,15&amp;O Girls</p>
<p><u>22</u></p> <p><b>WTSC USS Meet</b> <u>AM Session</u> 8am: 9-10 &amp; 11-12 <u>PM Session</u> 12pm: 13 &amp; Over, 8 &amp; Under <u>Finals:</u> 3:45 &amp; 4:30</p>	<p><u>23</u></p> <p>Grp 1: 6 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:30 – 8:00 Elite/HS1: 7:15-9:15 Grp4/HS2: 7:30-9:15</p>	<p><u>24</u></p> <p><b>Dual Meet</b> <b>HFSC @ HWSA</b> <b>at Stagg H.S.</b></p> <p><b>W-Ups: 5:45</b> <b>Starts: 6:30</b></p>	<p><u>25</u></p> <p>Grp 1: 6 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:30 – 8:00 Elite/HS1: 7:15-9:15 Grp4/HS2: 7:30-9:15</p>	<p><u>26</u></p> 	<p><u>27</u></p> <p>Elite/HS1: 11:00a-1:00p Grp4/HS2 :11:00a-1:00p</p>	<p><u>28</u></p> <p>Elite/HS1: 10:00a-12:00p Grp4/HS2 :10:00a-12:00p Grp 3: 11:45a-1:15p Grp 2: 11:45p-1:00p Grp 1: 12:45p-1:30p</p>
<p><u>29</u></p>	<p><u>30</u></p> <p>Grp 1: 6 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:30 – 8:00 Elite/HS1: 7:15-9:15 Grp4/HS2: 7:30-9:15</p>					