




# November 2009

## ELITE GROUP



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Silver: 4:00-5:30 PM Gold: 4:00-6:15PM Platinum: 4:00-6:15PM <b>DRYLAND 5:45-615pm</b>	3 Silver: 4:00-5:30 PM Gold: 4:00-6:15PM Platinum: 4:00-6:15PM	4 Silver: 4:00-5:30 PM Gold: 4:00-5:30PM Platinum: 4:00-6:00PM	5 Silver: 4:00-5:30 PM Gold: 4:00-6:15PM Platinum: 4:00-6:15PM <b>DRYLAND 5:45-615pm</b>	6 Silver: 4:00-5:30PM Gold: 4:00-6:00PM Platinum: 4:00-6:00PM	7 <b>NO PRACTICE</b>
8	9 Silver: 4:00-5:30 PM Gold: 4:00-6:15PM Platinum: 4:00-6:15PM <b>DRYLAND 5:45-615pm</b>	10 Silver: 4:00-5:30 PM Gold: 4:00-6:15PM Platinum: 4:00-6:15PM	11 Silver: 4:00-5:30 PM Gold: 4:00-5:30PM Platinum: 4:00-6:00PM	12 Silver: 4:00-5:30 PM Gold: 4:00-5:30PM Platinum: 4:00-6:00PM	13 Silver: 4:00-5:30PM Gold: 4:00-5:30PM Platinum: 4:00-5:30PM	14 SWIM MEET: ORINDA A+ PASA Invite
15 SWIM MEET: ORINDA A+ PASA Invite	16 Silver: 4:00-5:30 PM Gold: 4:00-6:15PM Platinum: 4:00-6:15PM <b>DRYLAND 5:45-615pm</b>	17 Silver: 4:00-5:30 PM Gold: 4:00-6:15PM Platinum: 4:00-6:15PM	18 Silver: 4:00-5:30 PM Gold: 4:00-5:30PM Platinum: 4:00-6:00PM	19 Silver: 4:00-5:30 PM Gold: 4:00-6:15PM Platinum: 4:00-6:15PM <b>DRYLAND 5:45-615pm</b>	20 Silver: 4:00-5:30PM Gold: 4:00-5:30PM Platinum: 4:00-5:30PM	21 <b>NO PRACTICE</b>
22	23 Silver: 4:00-5:30 PM Gold: 4:00-5:45PM Platinum: 4:00-6:15PM	24 Silver: 4:00-5:30 PM Gold: 4:00-5:45PM Platinum: 4:00-6:15PM	25 Silver: 4:00-5:30 PM Gold: 4:00-5:45PM Platinum: 4:00-5:45PM	26  <b>NO PRACTICE</b>	27 <b>NO PRACTICE</b>	28 Elite Swimmers Attending JO Champs 7:15—9:00 AM OHLONE COLLEGE
29	30 Silver: 4:00-5:30 PM Gold: 4:00-5:30PM Platinum: 4:00-6:00PM	Dec 1, 2009 Silver: 4:00-5:30 PM Gold: 4:00-5:30PM Platinum: 4:00-6:00PM	Dec 2, 2009 Silver: 4:00-5:30 PM Gold: 4:00-5:30PM Platinum: 4:00-6:00PM	Dec 3, 2009 Silver: 4:00-5:30 PM Gold: 4:00-5:30PM Platinum: 4:00-6:00PM	<b>Winter JO Championships DEC 4-6, 2009 Pleasanton, CA</b>	