

SWIM LOUISIANA – COACH PJ'S GROUP

SEPTEMBER - 2009

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
08/30	08/31 NAT PREP & SR 4:00 – 6:15 PM	09/01 NAT PREP & SR 4:00 – 7:00 PM BRING SHORTS & SHOES	09/02 NAT PREP & SR 4:00 – 6:15 PM	09/03 NAT PREP & SR 4:00 – 7:00 PM BRING SHORTS & SHOES	09/04 NAT PREP 5:00 – 7:00 AM SENIOR OFF	09/05 NAT PREP & SR 9:00 – 12:00 PM BRING SHORTS & SHOES
09/06	09/07 NAT PREP & SR 4:00 – 6:15 PM LOG-ON & PICK DUAL MEET EVENT CHOICES	09/08 NAT PREP & SR 4:00 – 7:00 PM BRING SHORTS & SHOES	09/09 NAT PREP & SR 4:00 – 6:15 PM	09/10 NAT PREP & SR 4:00 – 7:00 PM BRING SHORTS & SHOES	09/11 NAT PREP 5:00 – 7:00 AM SENIOR OFF	09/12 NAT PREP & SR 9:00 – 12:00 PM BRING SHORTS & SHOES
09/13 SWIM V. COLA DUAL MEET At SPAR 1:00P Warm-up 1:45P Start	09/14 NAT PREP & SR 4:00 – 6:15 PM	09/15 NAT PREP & SR 4:00 – 6:15 PM PJ IN CHICAGO USA SWIMMING MEETINGS	09/16 NAT PREP & SR 4:00 – 6:00 PM PJ IN CHICAGO USA SWIMMING MEETINGS	09/17 NAT PREP & SR 4:00 – 6:15 PM PJ IN CHICAGO USA SWIMMING MEETINGS	09/18 NAT PREP & SR OFF PJ IN CHICAGO USA SWIMMING MEETINGS	09/19 NAT PREP & SR 9:00 – 11:00 AM PJ IN CHICAGO USA SWIMMING MEETINGS
09/20 PJ IN CHICAGO USA SWIMMING MEETINGS	09/21 NAT PREP & SR 4:00 – 6:15 PM	09/22 NAT PREP & SR 4:00 – 7:00 PM BRING SHORTS & SHOES	09/23 NAT PREP & SR 4:00 – 6:15 PM	09/24 NAT PREP & SR 4:00 – 7:00 PM BRING SHORTS & SHOES	09/25 NAT PREP 5:00 – 7:00 AM SENIOR OFF	09/26 NAT PREP & SR 9:00 – 12:00 PM BRING SHORTS & SHOES
09/27	09/28 NAT PREP & SR 4:00 – 6:15 PM	09/29 NAT PREP & SR 4:00 – 7:00 PM	09/30 NAT PREP & SR 4:00 – 6:15 PM			