



# Express Swim Team

## October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1 @ North</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM	<i>2 @ North</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM	<i>3 @ South</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8	<i>4 @ North</i>  <b>Pool Unavailable            HOME FOOTBALL            DGN Homecoming</b>	<i>5 @ North</i>  <b>Pool Unavailable            Homecoming            Set-up</b>
6	<i>7 @ South</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8	<i>8 @ North</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM	<i>9 @ North</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM	<i>10 @ South</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM	<i>11 @ North</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8	<i>12 @ North</i>  <b>Express Time Trial            @ DGN            10:00-12:00</b>
13	<b>NO SCHOOL            COLUMBUS DAY            D99 Buildings            Closed</b>	<i>15 @ North</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8	<i>16 @ North</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM	<i>17 @ South</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8	<i>18</i>  <b>Dual Meet            @ Elmhurst ST            York High School</b>	<i>19 @ North</i> SN-10-10:45 BZ-10-11:15 SV-10-11:30 GSH-10-1200 RX-10-10:45
20	<i>21 @ South</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM (Add)	<i>22 @ North</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM	<i>23 @ North</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM End Ses1	<i>24 @ South</i>  <b>Pools Unavailable            Parent-Teacher            Conferences</b>	<i>25 @ North</i>  <b>Pools Unavailable            Parent-Teacher            Conferences</b>	<i>26 @ North</i>  <b>Swim Meet            Express            Trick-or-Treat            Pentathlon</b>
<i>27 @ North</i>  <b>Swim Meet            Express            Trick-or-Treat            Pentathlon</b>	<i>28 @ South</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8	<i>29 @ North</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM Begin Se2	<i>30 @ North</i> SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM	<i>31 @ South</i> SN— no practice BZ— no practice SV— no practice G/S/H—6-8 RX— no practice	<b>SN-SuperNOVA            BZ-Bronze            SV-Silver            GSH-Gold/Senior/HS            RX-RecExpress</b>	<b>swimexpress.com</b>