



MARCH 2010

Please follow the normal practice schedule unless a change is listed below.
The last day of practice is 3/19/10 except those competing in other meets.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Updated 3/4/10	1	2	3	4	5 OHIO SENIOR CHAMPIONSHIPS Miami University	6 SENIOR CHAMPS National: 8:00-10:00 a.m. Platinum: 8:00-10:00 a.m. Varsity: 8:00 –10:00 a.m. Gold: 11:00-1:00 (11:30 in water) Silver: 9:45-11:30 a.m. Bronze: 10:45-12:15 p.m. Blue: 9:45-11:00 a.m. Green 10:45-12:00 White: 11:45-11:00 p.m.
7 OHIO SENIOR CHAMPIONSHIPS Miami University Timed Final	8 Junior Olympic Team Practice 4:15-5:30 p.m. JO Team Psych Dinner afterwards at Mimi's at 6:00 pm. Sectionals: 3:30--5:30 pm No School —Mason All other groups no practice!	9	10	11 Sectional Swimmers 3:30-5:45 p.m. Platinum JO Swimmers 1:00-4:00 p.m. (anytime) All other JO Swimmers Gold, Silver, Bronze Normal Practice	12 Sectional Swimmers: 3:30-5:30 p.m. JO Swimmers Not Swimming Friday 4:30-5:30 No Platinum Practice White, Green, & Blue Normal JO CHAMPIONSHIPS Bowling Green, Ohio	13 Sectionals : 8-10:30 am JO Swimmers Not Swimming Saturday 9:00-10:00 am No Platinum, Gold, Silver Practice Bronze, White, Green & Blue Normal Practice JO CHAMPIONSHIPS Bowling Green, Ohio
14 No Practice OHIO 14 & UNDER JUNIOR OLYMPICS CHAMPIONSHIPS Bowling Green (time standards)	15	16	17	18	19	20 Normal Spring Saturday Practice Schedule
21	22	23	24	25 Senior Sectional Championships Indianapolis 800W, 1500M, 50 Free, 200 BK, 200 Br	26 Senior Sectional Championships Indianapolis Normal Practice Begin Loveland Spring Break	27 Senior Sectional Championships Indianapolis No practice all groups
28 Senior Sectional Championships Indianapolis	29	30	31 Last Day of Practice Short Course Season Over	MANTA RAY SPRING BREAK: NO PRACTICE — APRIL 1 though APRIL 12		