



MARCH 2014

Please follow the normal practice schedule unless a change is listed below.
The last day of practice is 3/22/13 except those competing in other meets.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Updated 3/15/14</p> <p>Daylight Savings Begins March 9</p>					<p>28</p> <p>OHIO SENIOR CHAMPIONSHIPS Miami University</p> <p>Normal Practice</p>	<p>1 SENIOR CHAMPS Natl & Platinum: No Practice Gold: 7:00-9:00 a.m. Silver: 7:00-8:45 a.m. Bronze: 9-10:30 a.m. Teal: 10:15-11:30 am Pups, White, Green, & Blue: 11:30-2:00 p.m. Parents v. Kids Party</p>
<p>2</p> <p>OHIO SENIOR CHAMPIONSHIPS Miami University Prelim/Final</p>	<p>3</p> <p>Junior Olympic Team Practice: 4:15-5:30 p.m. JO Team Psych Dinner afterwards @ TBA at 6:00 pm. National/Platinum: 3-4:30 All other groups no practice</p>	<p>4</p>	<p>5</p>	<p>6 Sectional Swimmers 3:30-5:45 p.m. JO Swimmers leaving early 1:00-4:00 p.m. (anytime or go with their group at normal times) All other JO Swimmers Gold, Silver, Bronze Normal Practice</p>	<p>7 Platinum & National 3:30-5:30 p.m. <i>See web site for other Practice times</i> JO CHAMPIONSHIPS Columbus, Ohio</p>	<p>8</p> <p>JO CHAMPIONSHIPS Columbus, Ohio</p> <p>Natl & Plat: 8-10:15 am other practice groups please see web site news section</p>
<p>9</p> <p>OHIO 14 & UNDER JUNIOR OLYMPICS CHAMPIONSHIPS Ohio State University (time standards)</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15 No practice except for Jr Natl and Sectional Swimmers 8-10 am</p>
<p>16</p>	<p>17</p>	<p>18</p> <p>JR NATIONALS ORLANDO</p>	<p>19</p> <p>JR NATIONALS ORLANDO</p>	<p>20</p> <p>JR NATIONALS ORLANDO</p>	<p>21</p> <p>Last Day of Practice for all groups except Sectional swimmers Short Course Season Over (except Sectional swimmers)</p>	<p>22</p> <p>JR NATIONALS ORLANDO</p>
<p>23</p> <p>30 Senior Sectional Championships Indianapolis</p>	<p>24 Sectional Only</p>	<p>25 Sectional Only</p>	<p>26 Sectional Only</p>	<p>27</p> <p>Senior Sectional Championships Indianapolis</p>	<p>28</p> <p>Senior Sectional Championships Indianapolis</p>	<p>29</p> <p>Senior Sectional Championships Indianapolis</p>
<p>31</p>	<p>MANTA RAY SPRING BREAK: NO PRACTICE — MARCH 22 though April 6</p>					