|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | Wednesday | **Thursday** | **Friday** | **Saturday** |
|  |  |  |   | 30Cap order form due http://www.clipartbest.com/cliparts/pc5/oxA/pc5oxABcB.jpeg | 1 **Meet Entries due for**Home meet 11/7JAXY Pentathlon 11/13OZ A USA 11/19-21 Dec USA 12/3-5Tshirt Order Forms Due | 2 Audrey Noland Image result for birthday clip art freeJr/Gold Practice 7-8:45am |
| 3  | 4 | 5 Scarlett Sternke Image result for birthday clip art free | 6 | 7   | 8 Springfield meet—regular practice **Meet Entries due for**Away JCAY meet 10/23 | 9 Springfield meet |
| 10 Springfield meet Everleigh Spake Image result for birthday clip art free | 11 Jack Briscoe Image result for birthday clip art free | 12 | 13 | 14 Jack Murphy Atticus Sternke HS MeetAdjusted Practice4:30-5:20 B1 & 24:50-6 Silver4:50-6:30 Gold4:50-6:45 JR | 15 Reminder Oct Swim Fees Due Laura Webb Image result for birthday clip art free | 16Jr/Gold Practice 7-8:45am |
| 17 Zoe Winsel Larsson Colley Image result for birthday clip art free | 18 | 19 | 20 | 21 HS Meet Picture Day4:30 – Individuals5:00 Line up for Team, finish Ind.  | 22 | 23Jeff City Away MeetWarm ups 10Meet starts at 10:30 |
|  24 | 25 Coach Sarah Image result for birthday clip art free | 26 | 27 | 28 HS MeetAdjusted Practice4:30-5:20 B1 & 24:50-6 Silver4:50-6:30 Gold4:50-6:45 JR | 29 Jessa Todd Image result for birthday clip art free | 30 Jr/Gold Practice 7-8:45am |
| 31 Sarah Curry Image result for birthday clip art free http://images.clipartpanda.com/cute-halloween-clipart-Halloween-Pumpkin-Clip-art-Photo.jpg   | Upcoming events:HOME 11/7JAXY 11/13A Champs 11/19-21 |  RecPlex 12/3-4 MEXY PENT 12/18 |  |  |  |  |

**Bronze 1:** M W 4:45-5:30; T H 5-5:45 F – No practice; (Arrive with suit on and be ready 5 minutes prior to start for stretching on deck); **Bronze 2:** M W 5:30-6:30; T TH 4:00-5; F 5:15-6:15; Dryland M, W 4:30-5:15 **Silver:** M W 5:00-6; T TH 5:45-6:45; F 5-6:15; Dryland T TH 5-5:30; **Gold:** M W 3:30-4:45; T TH F 3:30-5; Dryland T, TH 5:15-5:45; **Junior:** M W 3:30-5; T TH 4:45-6:30; F 3:30-5:15 Dryland T TH 3:45-4:30