



# 2019 VJO Fall Schedule

## AUGUST

- Aug 5-18 - Team Break (two weeks)
- Aug 19 - First Day of Fall Practice
- Aug 24 - Swim-A-Thon (9:45-12pm, Potluck & Ice Cream Social to follow)
- Aug 29 - Shark Pride Day (5-7pm, All Groups)

## SEPTEMBER

- Sept 2 - NO PRACTICE (Labor Day Holiday)
- Sept 5 - Team Suit Fitting (Cunningham Pool, 4-7pm)
- Sept 10 - First Day of Senior Group Morning Practice (Tues & Thurs 5:30-7am)
- Sept 14 - VJO Awards Banquet (5-9pm ACHS Cafeteria)
- Sept 21-22 - WAVES C/B/A+ Meet (All Groups, St. Helena)**
- Sept 25 - General Membership Meeting \*MANDATORY FOR PARENTS\* (6-7:30pm, Portables)  
Combined Practice Schedule:
  - 4-6pm SR/JR2/JR
  - 6-7:30pm H1/H2/LS/MS
  - 6-6:45pm Pre-Team
- Sept 26 - Shark Pride Day (5-7pm, All Groups)
- Sept 28-29 - WCAB SR Open Meet (Senior Group Only, Pleasant Hill)**

## OCTOBER

- Oct 5-6 - Sebastopol Sea Serpents C/B/A+ Meet (All Groups)**
- Oct 12-13 - Fitter & Faster Swim Clinic (Cunningham Pool)
- Oct 19-20 - OAPB Senior Open Meet (Senior Grp Only, Moraga, CA)**
- Oct 24 - Halloween Shark Pride Day & Potluck (5-7pm, All Groups)
- Oct 31 - NO PRACTICE (Halloween)

## NOVEMBER

- Nov 2-3 - NAPA Valley Swim Team C/B/A+ Meet (All Groups)**
- Nov 9 - Applebee's Flapjack Fundraiser (8-10am, Vallejo)
- Nov 16-17 - VJO Senior Open Meet (Cunningham Pool) \*HOME MEET\***
- Nov 21 - Shark Pride Day (5-7pm, All Groups)**
- Nov 28-29 - NO PRACTICE (Happy Thanksgiving!)
- Nov 28 - Turkey Trot (Fairfield, CA)

## DECEMBER

- Dec 6-8 - Junior Olympic 14 & Under Champs (QSS, San Jose, CA)**
- Dec 7-8 - Senior 2 Trials & Finals (WCAB, Pleasant Hill, CA)**
- Dec 13-15 - Speedo Sectional Championships (Qualified SR Groupers)**
- Dec 13-15 - Neptune Swimming C/B/A+ Meet (Santa Rosa, CA)**
- Dec 23-27 - NO PRACTICE (Happy Holidays!)

## JANUARY

- Jan 18-19 - Zone 3 Winter Championships (Qualifying Meet, SRJC)**
- Jan 20 - NO PRACTICE (MLK Holiday)
- Jan 24 - SASO Distance Dual Meet (\*Tentative Date\*)**