

JUNE 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 VERITAS 7:00-8:30 AM @NSC	16 NO PRACTICE ELIZ. MANOR MEET (HOME)	17	18	19 BARRACUDA MEET (AWAY)
ACCS CONFERENCE						
20	21	22	23 CHURCHLAND MEET (AWAY)	24 ELIZ. MANOR make-up MEET (HOME)	25 CHURCHLAND make-up MEET (AWAY)	26 MARLIN MEET (HOME)
KEATING VACATION						
27	28 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	29 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	30 VERITAS 7:00-8:30 AM @NSC SUFFOLK MEET (HOME)			

JULY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 VERITAS 7:00-8:30 AM @ NSC	2 VERITAS 7:00-8:30 AM @ NSC	3
4	5 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	6 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	7 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA SMITHFIELD MEET (HOME)	8 VERITAS 7:00-8:30 AM @ NSC	9 VERITAS 7:00-8:30 AM @ NSC	10 TSUNAMI MEET (HOME)
11	12 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	13 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	14 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	15 VERITAS 7:00-8:30 AM @ NSC	16 VERITAS 7:00-8:30 AM @ NSC	17 ALL STARS MEET
18	19 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	20 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	21 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	22 VERITAS 7:00-8:30 AM @ NSC	23 VERITAS 7:00-8:30 AM @ NSC	24
				LC Senior Champs @ VT-CAC		
25 LC Senior Champs	26 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	27	28	29 VERITAS 7:00-8:30 AM @ NSC	30 VERITAS 7:00-8:30 AM @ NSC	31
		YMCA Long Course Swimming Nationals @ College Park, MD		LC Age Group Champs @ VT-CAC		

AUGUST 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 LC Age Group Champs	2	3	4	5	6	7
	2010 AAU JUNIOR OLYMPIC GAMES NEWPORT NEWS, VA					
8	9 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	10 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	11 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	12 VERITAS 7:00-8:30 AM @ NSC	13 VERITAS 7:00-8:30 AM @ NSC	14
15	16 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	17 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	18 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	19 VERITAS 7:00-8:30 AM @ NSC	20 VERITAS 7:00-8:30 AM @ NSC	21
22	23 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	24 NO PRACTICE	25 VERITAS 8:30-10:00 PM @ GREENBRIER YMCA	26 VERITAS 7:00-8:30 AM @ NSC	27 VERITAS 7:00-8:30 AM @ NSC	28
29	30	31				