

November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3	4	5	6	7
8	Last Updated – 12/18/09 @ 12:30pm • Practices in normal type are for the entire team. • Practices in bold are for varsity only • <u>Practice in bold, underline, italics are for a few select swimmers.</u>		11	12	13	14
15			16	17	18	19
22	23 Woodruff – 7:30 – 9:30pm	24 Woodruff – 7:30 – 9:30pm	25 Central 10:30-1pm	26 Central 9-11am	27 Central 10:30-12:30pm	28 6:30-7:30am @ RC Central – 12-2pm
29	30 6-7am @ RC Woodruff – 7:30 – 9:30pm					

2009

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Woodruff – 7:30 – 9:30pm	2 Woodruff – 7:30 – 9:30pm	3 Woodruff – 7:30 – 9:30pm	4 - Pekin @ Pekin – 4PM	5 - Macomb Invite
6	7 6-7am @ RC Woodruff – 7:30 – 9:30pm	8 Woodruff – 7:30 – 9:30pm	9 Woodruff – 7:30 – 9:30pm	10 Woodruff – 7:30 – 9:30pm	11 – Richwoods @ Richwoods – 4pm	12 – Irish Invite @ 12pm
13	14 6-7am @ RC Woodruff – 7:30 – 9:30pm	15 Woodruff – 7:30 – 9:30pm	16 Woodruff – 7:30 – 9:30pm	17 Woodruff – 7:30 – 9:30pm	18 Woodruff – 5:30 – 7:30pm	19 - Richwoods Invite
20	21 6-7am @ RC Woodruff – 12-2pm	22 7-8am @ RC Woodruff – 11-1pm	23 6-7am @ RC Woodruff – 12-2pm	24 7-9am @ RC	25 CHRISTMAS - OFF	26 6:30-8:30am @ RC <u>4-6pm @ RP</u>
27	28 6-7am @ RC Woodruff – 12-2pm	29 7-8am @ RC Woodruff – 11-1pm	30 6-7am @ RC Woodruff – 11-1pm	31 7-8am @ RC Woodruff – 12-2pm		

2009

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 TBA	2 – JV Invite <u>4-6pm @ RP</u>
3	4 6-7am @ RC Woodruff – 7:30 – 9:30pm	5 Woodruff – 7:30 – 9:30pm	6 Woodruff – 7:30 – 9:30pm	7 Woodruff – 7:30 – 9:30pm	8 – Woodruff / Manual <u>5:30-7pm @ Woodruff</u>	9 – Charger Invite & RAM Relays
10	11 6-7am @ RC Woodruff – 7:30 – 9:30pm	12 Woodruff – 7:30 – 9:30pm	13 Woodruff – 7:30 – 9:30pm	14 - Peoria @ Central – 4pm <u>7:30-9:30pm @ Woodruff</u>	15 Woodruff – 5:30 – 7:30pm	16 Woodruff – 1-3pm
17	18 6-8am @ RC <u>4-6pm @ RP</u>	19 – Normal West @ NW – 5:30pm	20 Woodruff – 7:30 – 9:30pm	21 Woodruff – 7:30 – 9:30pm	22 Woodruff – 5:30 – 7:30pm	23 Eureka @ Central – 1pm
24	25 6-7am @ RC Woodruff – 7:30 – 9:30pm	26 Woodruff – 7:30 – 9:30pm	27 Freshman Invite Woodruff – 7:30 – 9:30pm	28 Woodruff – 7:30 – 9:30pm	29 Woodruff – 5:30 – 7:30pm	30 Sacred Heart Griffin Dual – 1 pm
31						

2010

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 6-7am @ RC Woodruff – 7:30 – 9:30pm	2 Woodruff – 7:30 – 9:30pm	3 Woodruff – 7:30 – 9:30pm	4 Woodruff – 7:30 – 9:30pm	5 Woodruff – 5:30 – 7:30pm	6 Conference
7	8 6-7am @ RC Central – 3:15-5:15pm	9 Central – 3:15-5:15pm	10 Central – 3:15-5:15pm	11 Central – 3:15-5:15pm	12 Central – 3:15-5:15pm	13 Central – 3:15-5:15pm
14	15 Central – 3:15-5:15pm	16 Central – 3:15-5:15pm	17 Central – 3:15-5:15pm	18 Central – 3:15-5:15pm	19 Central – 3:15-5:15pm	20 Sectionals
21	22 Central – 3:15-5:15pm	23 Central – 3:15-5:15pm	24 Central – 3:15-5:15pm	25 Riverplex - Noon	26 State	27 State
28						

2010