




JULY 2017

PRACTICE TIMES (MON-FRI: NO FRI NIGHT PRACTICE)
13-18 YEAR OLDS..... 8:00-8:45 AM OR 6:15-7:00 PM
9-12 YEAR OLDS.....8:45-9:30 AM OR 5:30-6:15 PM
5-8 YEAR OLDS.....9:30-10:00 AM OR 5:00-5:30 PM

Mon	Tue	Wed	Thu	Fri	Sat
6/19	6/20	6/21 AM & PM Practices	6/22 AM & PM Practices	6/23 AM Practices	6/24
6/26 AM & PM Practices	6/27 AM & PM Practices	6/28 AM & PM Practices	6/29 AM & PM Practices	6/30 AM Practices	1 <i>Coach: Meet 1 Events File sent by host; visiting team returns entries Sun night</i>
3 AM Practices MEET 1 Sussex Y @ home	4  <i>Coach: Meet 2 Events File sent by host</i>	5 AM & PM Practices <i>Coach: Visiting team returns Meet 2 entries to host</i>	6 AM Practices MEET 2 Culver @ home <i>Meet doesn't count toward record, but times count</i>	7 AM Practices	8 <i>Coach: NW Jersey Invitational entries due by 8:00 pm. Meet 3 Events File sent by host; visiting team returns entries Sun night</i>
10 AM Practices MEET 3 Tranquility @ Home	11 AM & PM Practices <i>Coach: Kittatinny Time Trials entries due by 8:00 pm</i>	12 AM Practices WVSC SWIM-A-LONG! KITTATINNY TIME TRIALS	13 AM & PM Practices	14 AM Practices	15 NW JERSEY INVITATIONAL @NEWTON <i>Coach: Meet 4 Events File sent by host; visiting team returns entries Sun night</i>
17 AM Practices MEET 4 Newton (away)	18 AM & PM Practices <i>Coach: Meet 5 Events File sent by host</i>	19 AM & PM Practices <i>Coach: Visiting team returns Meet 5 entries to host</i>	20 AM Practices MEET 5 Forest @ home	21 AM Practices	22 <i>Coach: CHAMPS ENTRIES DUE Entry File & Proof Of Times Report PDF required this season. Meet 6 Events File sent by host; visiting team returns entries Sun night</i>
24 AM Practices MEET 6 Tamarack (away) <i>Coach: Meet 7 Events File sent by host</i>	25 AM & PM Practices <i>Coach: Visiting team returns Meet 7 entries to host</i>	26 AM Practices MEET 7 Cliffwood (Away) <i>Coach: Late Entries from 24th-26th due by 10:00 PM</i>	27 AM Practices END OF SEASON MEETING @ NEWTON	28 AM Practices	29 WVSC CHAMPS@NEWTON Rain date Sunday, 7/30 30 (SUNDAY) END OF SEASON PICNIC@CRANDON 2:00-6:00 PM

GOLD DIVISION: Kittatinny, Newton, Sussex Y, Tranquility, Forest, Tamarack **SILVER DIVISION:** Stockholm, Culver, Cliffwood, O'burg, Lackawanna