

September 2009

Oyster River Otters.

Tentative

Su	Mo	Tue	We	Th	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Monday and Wednesday Nights

- 7 and unders: pick 1 time for season
4:30-5:00, 5:00-5:30 OR 7:00-7:30
- 8-10 year olds: 4:30-5:30 OR 7:00-8:00
- 11 and up swimmers 7:30-9:00 (first 1/2 hour dry-land) OR 8:00-9:00

**If possible, we will move the youngest 11 and up swimmers into an earlier slot.

Saturday and Sunday

- 8 and unders: 5:00-6:00pm
- 9-11 year olds: Saturday 5:30-7:00 (first 1/2 hour dry lands); Sunday: 6:00-7:00
- 12 and up: Saturday 6:30-8:00pm (first 1/2 hour dry lands); Sunday 7:00-8:00

1m Diving Program

- Saturday and Sunday nights: Sept 26-Nov 7
- 5-6pm, 6-7pm, and 7-8pm
- We will coordinate the diving and swimming practices so a swimmer can do both.

October 2009 Tentative

Oyster River Otters.

Su	Mo	Tue	We	Th	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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Oct 31:

- 5-8pm 11 and up

Mini Meet/Halloween Activities

November 2009

Tentative

Oyster River Otters.

Su	Mo	Tue	We	Th	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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- 12 and up: Saturday 6:30-8:00pm (first 1/2 hour dry lands); Sunday 7:00-8:00

November 1

- 5-8pm 10 and under
Mini Meet/Halloween Activities

November 8

- Meet for all swimmers 7am warm ups

November 14-15

- Optional SSA meet

December 2009

Oyster River Otters.

Tentative

Su	Mo	Tue	We	Th	Fri	Sat
		1	2	3	4	5
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December 12

- Meet for all swimmers 7am warm ups

December 4,5

- Optional Exeter Meet

Note:

- HS meets Dec 13 and 19 do not conflict with our practices

January 2010 Tentative

Oyster River Otters.

Su	Mo	Tue	We	Th	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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January 17

- Meet for all swimmers, 7am warm ups

January 9,10

- Optional SSA meet

Note:

- HS Holiday Meet Jan 2 all day, no practices
- HS meet Jan 13, no practices
- HS meet on Jan 16 does not conflict with our practices
- HS Bobcat Meet Jan 31 all day, no practices

February 2010 Tentative

Oyster River Otters.

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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
	Oyster River Winter Break					
28						

Monday and Wednesday Nights

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New England Regional Meet and Age Group Meet are normally held this month

Note:

- HS State Meet February 12-14, no practices

March 2010 Tentative

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March 6

- All swimmers warm ups 7am

TSSA Champs

- March 20-21
- All swimmers who have participated in 3 meets will compete at Champs
- Based on 2009 meet: 10 and unders swim in the mornings; 11 and up in the afternoons.
This will be confirmed or changed in early

New England Open/13 and Up Age group Meet normally held early March