

Mon-Tues-Thurs 2007-2008 Swim and Dive Practice Schedule

George Washington	Lee District	Providence District	Oak Marr Rec	Spring Hill Rec	Wakefield Park	Mt. Vernon Rec .	South Run Rec	Cub Run Rec
Mt. Vernon 4:00 - 5:00	Hayfield 3:30 - 4:30	Marshall 3:00 - 4:00 pm	Madison 3:30 - 4:30	McLean 3:15 - 4:15	Lake Braddock 3:30 - 4:30	West Potomac 3:00 - 4:00	Robinson 3:15-4:15	Westfield 3:00-4:00
Edison 3:30-4:30	Stuart 3:15 - 4:15	Fairfax 3:30-4:30	Langley 3:30 - 4:30	Annandale 3:30 - 4:30	South County 3:30-4:30	Chantilly 3:15 - 4:15		
With Diving 3:45 - 5:00	With Diving 3:00 - 4:15		With Diving 3:00 - 4:15		With Diving 3:00 - 4:15	With Diving 3:00 - 4:15		
	Lee 4:30 - 5:30	Falls Church 4:00 - 5:00	Oakton 4:30 - 5:30 pm		Jefferson 4:30 - 5:30			Centreville 4:15 - 5:15
			Woodson 4:30 - 5:30		West Springfield 4:30 - 5:30			
	With Diving 4:15 - 5:30	All Diving 4:15 - 5:30	With Diving 4:15 - 5:30	All Diving 4:15 - 5:30	With Diving 4:15 - 5:30		All Diving 4:15-5:30	All Diving 4:15 - 5:30

Herndon - Herndon Community Center
 TC Williams - Chinquapin Park Recreation Center (meter pool)

Wakefield, Washington-Lee and Yorktown - School Pools

Wednesday 2007-2008 Northern Region Swim and Dive Practice Schedule

4 lanes only

George Washington	Lee District	Providence District	Oak Marr Rec	Springhill Rec	Wakefield Park	Mt. Vernon Rec .	South Run Rec	Cub Run Rec
Mt. Vernon 4:00 - 5:00	Hayfield 3:30 - 4:30	Marshall 3:00 - 4:00 pm	Madison 3:30 - 4:30	McLean 3:00 - 4:00	Lake Braddock 3:30 - 4:30	West Potomac 3:00 - 4:00	Robinson 3:30 - 4:30	Westfield 3:00-4:00
	Edison 3:30 - 4:30	Stuart 3:15 - 4:15		Langley 3:00 - 4:00	Annandale 3:30 - 4:30			
	R. E. Lee 4:30 - 5:30	Falls Church 4:00 - 5:00	Oakton 4:30-5:30		Jefferson 4:30 - 5:30		South County 4:30 - 5:30	Centreville 4:15 - 5:15
			Woodson 4:30-5:30		West Springfield 4:30 - 5:30			

Herndon - Herndon Community Center

Wakefield, Washington-Lee and Yorktown - School Pools

South Lakes - Reston Community Center (meter pool)

TC Williams - Chinquapin Park Recreation Center (meter pool)

2007-2008 Northern Region Swim and Dive Schedule

FINAL 10-9

Date	Herndon CC	Oak Marr	Lee District	Audrey Moore	Prov District	Spring Hill	South Run	Mount Vernon	G W Rec	Cub Run	Wakefield HS	Wash- Lee	York- town	Ida Lee	GMU	Claude Moore
11/30/2007	<u>Hern@Ffx</u>	<u>SB@McI</u>	<u>SC@Ann</u>	Closed	<u>MtV@Stu</u>	<u>Mad@Mar</u>	<u>WTW@SL</u>	<u>WS@WP</u>	<u>Hay@Lee</u>	<u>Chan@Oak</u>	<u>WF@Wake</u>	<u>Ed@WL</u>	<u>FC@YT</u>			
#1	7:00 PM	6:00 PM	6:00 PM	Closed	6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM			
		<u>Lang@TJ</u>	<u>TCW@LB</u>	Closed												
		8:30 PM	8:30 PM	Closed												
12/1/2007		<u>Rob@CV</u>														
#1		7:30 PM														
12/7/2007	<u>Chan@Herr</u>	<u>SL@Lang</u>	<u>Lee@TCW</u>	<u>LB@WS</u>	<u>FC@Ffx</u>	<u>Mar@WTW</u>	<u>WP@SC</u>		<u>WL@MtV</u>	<u>Rob@WF</u>	<u>Stu@WAK</u>		<u>YT@Ed</u>	<u>TJ@SB</u>		
#2	7:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM	6:30 PM		6:30 PM	6:30 PM	6:30 PM		6:30 PM	7:00 PM		
		<u>CV@Oak</u>	<u>Ann@Hay</u>	<u>McL@Mad</u>												
		8:30 PM	8:30 PM	8:30 PM												
12/14/2007	<u>Ffx@Chan</u>	<u>Oak@WF</u>	<u>Stu@Ed</u>	<u>Mad@WTW</u>	<u>Lang@Mar</u>	<u>McL@TJ</u>	<u>Hay@TC</u>	<u>Ann@WP</u>		<u>Hern@CV</u>	<u>MtV@WAK</u>	<u>WL@FC</u>				<u>SB@SL</u>
#3	7:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM		6:30 PM	6:30 PM	6:30 PM				6:00 PM
		<u>Rob@YT</u>	<u>WS@Lee</u>	<u>SC@LB</u>												
		8:30 PM	8:30 PM	8:30 PM												
12/21/2007	<u>Hern@WF</u>	<u>TJ@Mad</u>	<u>Lee@SC</u>	<u>LB@Ann</u>	<u>Wake@FC</u>	<u>Mar@SB</u>	<u>Oak@Rob</u>	<u>TCW@WS</u>	<u>MtV@Ed</u>	<u>Ffx@CV</u>		<u>WL@Chan</u>	<u>YT@Stu</u>			
#4	7:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM		6:30 PM	6:30 PM			
		<u>WTW@Lang</u>	<u>WP@Hay</u>	<u>SL@McL</u>												
		8:30 PM	8:30 PM	8:30 PM												
1/4/2008	<u>SB@WTW</u>	<u>CV@Chan</u>	<u>WP@LB</u>	<u>TJ@SL</u>	<u>McL@Mar</u>	<u>Mad@Lang</u>	<u>Hay@WS</u>	<u>SC@TCW</u>	<u>Ann@Lee</u>	<u>Rob@Hern</u>		<u>Wake@WL</u>	<u>YT@MtV</u>			
#5	7:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM		6:30 PM	6:30 PM			
		<u>WF@Ffx</u>	<u>Ed@FC</u>	<u>Stu@Oak</u>												
		8:30 PM	8:30 PM	8:30 PM												
1/11/2008	<u>Oak@Hern</u>	<u>ED@CV</u>	<u>LB@Hay</u>	<u>Mar@TJ</u>	<u>MtV@FC</u>	<u>WTW@McL</u>	<u>Rob@Ffx</u>	<u>Lee@WP</u>		<u>WF@Chan</u>		<u>Stu@WL</u>	<u>Wake@YT</u>			<u>Lang@SB</u>
#6	7:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM		6:30 PM		6:30 PM	6:30 PM			8:00 PM
		<u>SL@Mad</u>	<u>TCW@Ann</u>	<u>WS@SC</u>												
		8:30 PM	8:30 PM	8:30 PM												
1/18/2008	<u>SL@Mar</u>	<u>Cent@WF</u>	<u>LB@Lee</u>	<u>Ann@WS</u>	<u>FC@Stu</u>	<u>McL@Lang</u>	<u>Hay@SC</u>		<u>Hern@MtV</u>	<u>Ffx@Oak</u>	<u>Wake@Ed</u>	<u>YT@WL</u>				<u>Mad@SB</u>
#7	7:00 PM	6:00 PM	6:00 PM	6:00 PM	6:30 PM	6:30 PM	6:30 PM		6:30 PM	6:30 PM	6:30 PM	6:30 PM				8:00 PM
		<u>Chan@Rob</u>	<u>WP@TC</u>	<u>TJ@WTW</u>												
		8:30 PM	8:30 PM	8:30 PM												
1/24/2008				Concorde	National											
				Dive	Dive											
1/25-26/08			Patriot	Liberty	National					Concorde						
			Swm/Dve	Swm/Dve	Swim					Swim						
1/29/2008	Region Dive-Boys @ Oak Marr															
1/30/2008	Region Dive-Girls @ Oak Marr															
1/31/08-2/2/08	Region Swim @ Oak Marr			*****Start times are listed. Warm-ups begin 30 minutes prior to start time.*****												
2/8-9/08	State Swim & Dive at GMU															
	Snow Date #1 January 5, 2008 for Meet #1 or Meet #2 or Meet #3															
	Snow Date #2 January 12, 2008 for Meet #4 or #5 additional date for December meets															
	Snow Date #3 January 19, 2008 for Meet #5 or Meet #6 (No make-up for Meet #7)															

Swim and Dive Practice Calendar

Nov-07

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12 1st Day of Practice	13 Regular Practice	14 Regular Practice	15 Regular Practice	16 NO PRACTICE	17
18	19 Regular Practice	20 Regular Practice	21 Regular Practice	22 NO PRACTICE - Thanksgiving Holiday	23 NO PRACTICE	24
25	26 Regular Practice	27 Regular Practice	28 Regular Practice	29 Regular Practice	30 Meet # 1	

Monday/Tuesday/Thursday all teams have 5 lanes and diving. Wednesday all teams have 4 lanes with no diving

Swimming Reduced Weeks	Diving Reduced Weeks
All Teams have 2 lanes: 12/26-28, 2/4-7	Divers use only 1 Board: 12/26-28 ALL Divers use Aud Moore, Oak Marr, Lee: 2/4-7

Swim and Dive Practice Calendar

Dec-07

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					30 Meet # 1	1
2	3 Regular Practice	4 Regular Practice	5 Regular Practice	6 Regular Practice	7 Meet # 2	8
9	10 Regular Practice	11 Regular Practice	12 Regular Practice	13 Regular Practice	14 Meet # 3	15
16	17 Regular Practice	18 Regular Practice	19 Regular Practice	20 Regular Practice	21 Meet # 4	22
23	24 No Practice	25	26	27	28	29
30	31 Regular Practice - Reduced Lanes (2 Lanes)		Regular Practice - Reduced Lanes (2 Lanes)	Regular Practice - Reduced Lanes (2 Lanes)	Regular Practice - Reduced Lanes (2 Lanes)	

Swimming Reduced Weeks	Diving Reduced Weeks
All Teams have 2 lanes: 12/26-28, 2/4-7	Divers use only 1 Board: 12/26-28 ALL Divers use Aud Moore, Oak Marr, Lee: 2/4-7

Swim and Dive Practice Calendar

Jan-08

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 Regular Practice - Reduced Lanes (2 Lanes)	1	2 Regular Practice	3 Regular Practice	4 Meet # 5	5
6	7 Regular Practice	8 Regular Practice	9 Regular Practice	10 Regular Practice	11 Meet # 6	12
13	14 Regular Practice	15 Regular Practice	16 Regular Practice	17 Regular Practice	18 Meet # 7	19
20	21 Regular Practice	22 Regular Practice	23 Regular Practice	24 Regular Practice (No diving at Audrey Moore)	25 District Swim & Dive Meets	26 District Swim & Dive Meets
27	28 Regular Practice	29 Regular Practice Region Diving - Boys	30 Regular Practice Region Diving - Girls	31 Region Swimming		

Monday/Tuesday/Thursday all teams have 5 lanes and diving. Wednesday all teams have 4 lanes with no diving

Swimming Reduced Weeks	Diving Reduced Weeks
All Teams have 2 lanes: 12/26-28, 2/4-7	Divers use only 1 Board: 12/26-28 ALL Divers use Aud Moore, Oak Marr, Lee: 2/4-7

Swim and Dive Practice Calendar

Feb-08

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Region Swimming	2 Region Swimming
3	4 Diving: 3:30 - 5:30 (Oak Marr, Aud Mor, Lee - ONLY)	5 Diving: 3:30 - 5:30 (Oak Marr, Aud Mor, Lee - ONLY)	6 NO DIVING	7 Diving: 3:30 - 5:30 (Oak Marr, Aud Mor, Lee - ONLY)	8 State Swim and Dive Meet	9 State Swim and Dive Meet
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

Monday/Tuesday/Thursday all teams have 5 lanes and diving. Wednesday all teams have 4 lanes with no diving

Swimming Reduced Weeks	Diving Reduced Weeks
All Teams have 2 lanes: 12/26-28, 2/4-7	Divers use only 1 Board: 12/26-28 ALL Divers use Aud Moore, Oak Marr, Lee: 2/4-7