

# TIMELINES

## AM PRACTICE

**Monday** - Swimming

**Wednesday** - Refer to Calendar

**Tuesday & Thursday** -

Conditioning Program

## SPARTAN JV INVITE

SATURDAY, OCTOBER 23

@ MADISON MEMORIAL H.S.

## State Taper Group -

On Deck @ JMM @ 7:45 AM

## Conference Taper Group -

On Deck @ JMM @ 8:15 AM

## JV Taper Group -

On Deck @ JMM @ 8:30 AM

Breakfast @ 10:00 AM

At Meet @ 11:45 AM

Meet Starts @ 1:00 PM

## CONFERENCE MEET

SATURDAY, OCTOBER 30

@ UW-Natorium

On Deck @ JMM @ 8:15 AM

Breakfast @ 9:30 AM

At Meet @ 11:30 AM

Meet Starts @ 1:00 PM



# OCTOBER 2010

SUN	MON	TUE	WED	THU	FRI	SAT	
For more information, visit: <a href="http://SPARTANSWIMMINGDIVING.COM">SPARTANSWIMMINGDIVING.COM</a>							
Week 8					1 <b>Madison LaFollette STARTS @ 5 PM</b>	2 Wisconsin Invite @ UW-Natorium PRELIMS @ 10 AM FINALS @ 5 PM	
Week 9	3	4	5	6 <b>EVERYONE PM ONLY</b>	7 <b>JV Taper Mornings Stop</b>	8 <b>Beloit Memorial STARTS @ 5 PM</b>	
Week 10	9 Junior Breakfast  AM Practice @ JMM - 6:45-9:00  Homecoming	10	11 <b>EARLY RELEASE PM PRACTICE 3:45 ON DECK</b>	12 @ Middleton Be at Middleton @ 3:45 PM STARTS @ 5 PM	13	14 Lancer JV Invite @ LaFollette H.S. STARTS @ 5 PM <b>Conference Taper Mornings Stop</b>	15 <b>AM Practice - State Group Only PM Practice - EVERYONE</b>
Week 11	16 Homestead Invite @ Homestead H.S. LEAVE @ 7:00 AM STARTS @ 10:30 AM	17	18	19	20 <b>Janesville Parker STARTS @ 5 PM (Parent's Night)</b>  <b>NO AM PRACTICE</b>	21 <b>SHAVE PM</b>	22 <b>Spartan JV Invite @ JMM STARTS @ 1 PM</b>  AM Practice - Listed
Week 12	23 Dinner @ 6:15 PM	24/31 24 -Halloween Party <b>HALLOWEEN</b>	25 <b>EVERYONE PM ONLY</b>	26	27	28 <b>AM Practice Only</b>  <b>State Taper Mornings Stop</b>	29 <b>SHAVE PM</b>  <b>NO SCHOOL 3:45 ON DECK</b>  Dinner @ 6:15 PM
						30 Big 8 Conference @ UW-Natorium WARMUP @ 11:30 STARTS @ 1 PM	