



JULY 2009

Please follow the normal practice schedule unless a change is listed below.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Updated 7/24/09</p> <p>2009-2010 MANTA RAY TRYOUTS WEDNESDAY, July 29 or WEDNESDAY, August 12 5:00 pm 9 & Younger, 6:00 pm 10 & Older Please e-mail kheis@masonoh.org with any questions.</p>			1	2	3 No Practice White, Green, Blue Nat: 7:30-10:30 a.m. Varsity: 3-5 p.m. Platinum: 6-8 am, 1-3 pm Gold: 10-11:45 am City of Mason's Red, Rhythm, & Boom!	4 Independence Day Nat: 8:00-11:00 a.m. (lift 1st) Varsity: No Practice Platinum: 7:00-9:00 a.m. Gold: 7:00-9:00 a.m. Coach Brian's Wedding
5	6	7 Championship Qualifier Meet Keating Natatorium (for swimmer's Close to Ohio State Times JO's) Home Water Moc Meet	8	9 Ohio Senior Championships Kenyon College	10 Practice: See Newsletter Ohio Regional Championships St. X High School Ohio Senior Championships Kenyon College	11 Practice: See Newsletter Ohio Regional Championships St. X High School Ohio Senior Championships Kenyon College
12 Ohio Regional Championships St. X High School	13	14 Home Water Moc Meet	15	16 Practice: See Newsletter Ohio Junior Olympics Miami University Ohio JO Time or better	17 Practice: See Newsletter Ohio Junior Olympics Miami University Ohio JO Time or better	18 Practice: See Newsletter Ohio Junior Olympics Miami University Ohio JO Time or better
19 Ohio Junior Olympics Championships Time Standards Ohio State Time or better Miami University	20 Manta Ray Day at THE BEACH See Flyer for Details Speedo Senior Sectionals Oxford	21 Normal Practice except National practices with Platinum Speedo Senior Sectionals Oxford, Ohio	22 Same as 7/21 Last Day of Practice for all groups except those swimming at Zones/Jr Nats Speedo Senior Sectionals Oxford, Ohio	23 Speedo Senior Sectionals Oxford, Ohio	24 National, Platinum & Zone Team Only Practice: 8-10 a.m.	25 Zone Team: 8-10 a.m. Jr. Nat: 9-11 a.m. (only for Zone, & Junior National Qualifiers) No practice all other groups
26	27 Zone Team: 8-10 a.m. Jr. Nat: 10-12 a.m. (only for Zone, & Junior National Qualifiers) No practice all other groups	28 Practice Same as 7/27	29 2009-2010 MANTA RAY TRYOUTS 5 pm 9 & Younger 6 pm 10 & Older Zone Practice: 1-3 p.m. Jr. National: 10-12 p.m.	30 Practice Same as 7/27	31 Practice Same as 7/27	1 AUGUST Practice Same as 7/27 (except Junior National 9-11 a.m.)