

Gael Aquatic Club

March 2010

S	M	T	W	T	F	S
	1 BRZ-4:30-5:30 GOLD-430-6:00 P-SR-6:00-7:30 SEN-530-7:30	2 SLV-4:30-5:30 GOLD-4:30-600 P-SR-5:30-7:00 SENIOR 5:00-7:00pm	3 STARFISH: 4:30-5:30 BRZ-4:30-5:30 P-SR-5:30-7:00 SEN-5:30-7:30	4 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	5 BRZ/SLV: 4:30-5:30 GOLD-500-6:30 P-SR-5:30-7:00 SEN-5:30-7:00 Silver Champs Felix Festa	6 Silver Champs At Felix Fest Details to Follow Starfish 9-10
7 Silver Champs At Felix Fest Details to Follow	8 BRZ-4:30-5:30 GOLD-430-6:00 P-SR-6:00-7:30 SEN-530-7:30	9 SLV-4:30-5:30 GOLD-4:30-600 P-SR-5:30-7:00 SENIOR 5:00-7:00pm	10 Grand Prix 5 4:30 warm-up 5 pm start Free/Long Br Sr/Pre-Sr 6:00-7:30	11 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	12 BRZ/SLV: 4:30-5:30 GOLD-500-6:30 P-SR-5:30-7:00 SEN-5:30-7:00	13 GOLD+P-SR+ SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30 8/u Champs in LI details to Follow
14 ALL OFF	15 BRZ-4:30-5:30 GOLD-430-6:00 P-SR-6:00-7:30 SEN-530-7:30	16 SLV-4:30-5:30 GOLD-4:30-600 P-SR-5:30-7:00 SENIOR 5:30-7:00pm	17 STARFISH: 4:30-5:30 BRZ-4:30-5:30 P-SR-5:30-7:00 SEN-5:30-7:30	18 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	19 BRZ/SLV: 4:30-5:30 GOLD-500-6:30 P-SR-5:30-7:00 SEN-5:30-7:00 JO's Details to Follow	20 JO's for Qualifiers NO OTHER SESSION
21 JO's for Qualifiers Details to Follow	22 BRZ-4:30-5:30 GOLD-430-6:00 P-SR-6:00-7:30 SEN-530-7:30	23 SLV-4:30-5:30 GOLD-4:30-600 P-SR-5:30-7:00 SENIOR 5:00-7:00pm	24 Grand Prix 6 Long Free Sr/Pre-Sr 6:00-7:30	25 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	26 BRZ/SLV: 4:30-5:30 GOLD-500-6:30 P-SR-5:30-7:00 SEN-5:30-7:00 Age Group Champs	27 Age Group Champs at Lehman Details to Follow Starfish 9-10 Last Starfish Session
28 Age Group Champs @ Lehman Details to Follow	29 BRZ-4:30-5:30 GOLD-430-6:00 P-SR-6:00-7:30 SEN-530-7:30	30 SLV-4:30-5:30 GOLD-4:30-600 P-SR-5:30-7:00 SENIOR 5:00-7:00pm	31 BRZ-4:30-5:30 P-SR-5:30-7:00 SEN-5:30-7:30	Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: jhansbury@iona.edu ncavataro@iona.edu		
A circled date indicates something special or different than the "normal" schedule.				KEY: BRZ = Bronze SLV = Silver P-SR = PreSr SEN = Senior		