

13-14 Schedule September 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|--|
| | | | | | Sept 7th TCNJ 4:30-6:00 PM | Sept 8th OFF |
| Sept 9th OFF | Sept 10th Rider 6:45-9:00 PM | Sept 11th Rider 6:45-9:00 PM | Sept 12th Rider 6:45-9:00 PM | Sept 13th Rider 6:45-9:00 PM | Sept 14th AM Option* JW 5:30 AM-School Rider 6:45-9:00 PM *Ocean Swimmers | Sept 15th Ocean Swim 1500 Meters for Mike Details Below* |
| Sept 16th Rider 8:00-10:00 AM Ocean Swimmers OFF DAY | Sept 17th Rider 6:45-9:00 PM | Sept 18th Rider 6:45-9:00 PM | Sept 19th Rider 9:00-11:00 AM | Sept 20th JW 5:30 AM-School TCNJ 4:30-5:30 PM Dryland By Invite Only | Sept 21st JW 5:30 AM-School TCNJ Ultimate Swim Shop 4:30 to 7:00 PM Team Suits/Caps/Equip | Sept 22ⁿ JW 12:00 – 2:30 PM |
| Sept 23rd Rider 7:30-10:00 AM | Sept 24th Lawrenceville 6:30-8:45 PM | Sept 25th JW 5:30 AM-School | Sept 26th Lawrenceville 6:30-8:00 PM | Sept 27th (Double Day) JW 5:30 AM-School TCNJ 4:30-5:30 PM Dryland By Invite Only | Sept 28th Lawrenceville 6:30-8:45 PM | Sept 29th Lawrenceville 8:00-10:30 AM |
| Sept 30th OFF / No SWIM AM Make up Only 3:30-5:00 pm Princeton | | | | | | |

- Meters for Mike Heaney East Main & 1st Ave, Manasquan, NJ (New Location) Sign Up: www.metersformike.com
All 13/overs are encouraged to try

Please Note: AM Practices on 5:10 AM-School days will be the only in water practice of the day.
Swimmers are expected to stay as late as they can on those days. The pool will be available until 7:45 AM.

13-14's Schedule October 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|---|--|
| | Oct 1st Lawrenceville 6:30-8:45 PM | Oct 2nd JW 5:30 AM-School | Oct 3rd Lawrenceville 6:30-8:00 PM | Oct 4th JW 5:30 AM-School TCNJ 4:30-5:30 PM Dryland By Invite Only | Oct 5th Lawrenceville 6:30-8:45 PM | Oct 6th JW 12:00 – 2:30 PM |
| Oct 7th Rider 7:30-10:00 AM | Oct 8th (Double Option) Rider 9:00-11:00 AM Lawrenceville 6:45-8:45 PM | Oct 9th JW 5:30 AM-School | Oct 10th Lawrenceville 6:30-8:00 PM | Oct 11th (Double Day) JW 5:30 AM-School TCNJ 4:30-5:30 PM Dryland By Invite Only | Oct 12th Lawrenceville 6:30-8:45 PM | Oct 13th JW 10:45-12:00 AM |
| Oct 14th Swim Meet 8:00 AM – Noon SJAC (Voorhees) | Oct 15th TCNJ | | | | | |

Sunday, Oct 28th 12:00-3:30 PM Ghosts and Goblins @ TCNJ

Saturday, Nov 3rd and Sunday, Nov 4th Fall Shootout @TCNJ Prelims / Finals ~ Main Fall Race Opportunity ~ awaiting confirmation

Sunday, Nov 18th Mercer County Throwdown @TCNJ 1 Session

Saturday, December 8th Monmouth Meet@Neptune 1 Session (No Cuts)

Friday-Sunday, Dec 14-16th Holiday Classic@Rutgers ~ Mid Season Championship Meet