

## 15 and Overs Schedule September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Sept 7<sup>th</sup></b> TCNJ 15/O 4:00-6:00 PM	<b>Sept 8<sup>th</sup></b> OFF
<b>Sept 9<sup>th</sup></b> OFF	<b>Sept 10<sup>th</sup></b> Rider 9:00-11:30 AM or 6:30-9:00 PM	<b>Sept 11<sup>th</sup> (Double Day)</b> JW 5:10-6:40 AM Rider 6:00-9:00 PM	<b>Sept 12<sup>th</sup></b> Rider 6:30-9:00 PM	<b>Sept 13<sup>th</sup> (Double Day)</b> JW 5:10-6:40 AM Rider 6:00-9:00 PM	<b>Sept 14<sup>th</sup> AM Option*</b> JW 5:10 AM-School Rider 6:00-9:00 PM *Ocean Swimmers	<b>Sept 15<sup>th</sup></b> <b>Ocean Swim</b> <b>1500 Meters for Mike</b> <b>Details Below*</b>
<b>Sept 16<sup>th</sup></b> Rider 7:30-10:00 AM Ocean Swimmers OFF DAY	<b>Sept 17<sup>th</sup></b> Rider 6:30-9:00 PM	<b>Sept 18<sup>th</sup> (Double Day)</b> JW 5:10-6:40 AM Rider 6:00-9:00 PM	<b>Sept 19<sup>th</sup></b> Rider 9:00-11:30 AM	<b>Sept 20<sup>th</sup> (Double Day)</b> JW 5:10 AM-School TCNJ 4:00-5:30 PM Dryland	<b>Sept 21<sup>st</sup></b> JW 5:10 AM-School TCNJ Ultimate Swim Shop 4:30 to 7:00 PM Team Suits/Caps/Equip	<b>Sept 22<sup>n</sup></b> JW 11:30 AM – 2:30 PM
<b>Sept 23<sup>rd</sup></b> Rider 7:30-10:30 AM	<b>Sept 24<sup>th</sup></b> Lawrenceville 6:00-8:45 PM	<b>Sept 25<sup>th</sup> (Double Day)</b> JW 5:10 AM-School TCNJ 4:00-5:30 PM Dryland	<b>Sept 26<sup>th</sup></b> Lawrenceville 6:00-8:00 PM Sect/Select til 8:45	<b>Sept 27<sup>th</sup> (Double Day)</b> JW 5:10 AM-School TCNJ 4:00-5:30 PM Dryland	<b>Sept 28<sup>th</sup></b> Lawrenceville 6:00-8:45 PM	<b>Sept 29<sup>th</sup></b> Lawrenceville 8:00-11:00 AM
<b>Sept 30<sup>th</sup></b> OFF / No SWIM AM Make up Only 3:30-5:00 pm Princeton						

- Meters for Mike Heaney      East Main & 1<sup>st</sup> Ave, Manasquan, NJ (New Location)      Sign Up: [www.metersformike.com](http://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.

## 15 and Overs Schedule October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Oct 1<sup>st</sup></b> Lawrenceville 6:00-8:45 PM	<b>Oct 2<sup>nd</sup> (Double Day)</b> JW 5:10 AM-School TCNJ 4:00-5:30 PM Dryland	<b>Oct 3<sup>rd</sup></b> Lawrenceville 6:00-8:00 PM Sect/Select til 8:45	<b>Oct 4<sup>th</sup> (Double Day)</b> JW 5:10 AM-School TCNJ 4:00-5:30 PM Dryland	<b>Oct 5<sup>th</sup></b> Lawrenceville 6:00-8:45 PM	<b>Oct 6<sup>th</sup></b> JW 11:30 AM – 2:30 PM
<b>Oct 7<sup>th</sup></b> Rider 7:30-10:30 AM	<b>Oct 8<sup>th</sup></b> <b>(Optional Double)</b> Rider 9:00-11:30 AM Lawrenceville 6:45-8:45 PM	<b>Oct 9<sup>th</sup> (Double Day)</b> JW 5:10 AM-School TCNJ 4:00-5:30 PM Dryland	<b>Oct 10<sup>th</sup></b> Lawrenceville 6:00-8:00 PM Sect/Select til 8:45	<b>Oct 11<sup>th</sup> (Double Day)</b> JW 5:10 AM-School TCNJ 4:00-5:30 PM Dryland	<b>Oct 12<sup>th</sup></b> Lawrenceville 6:00-8:45 PM	<b>Oct 13<sup>th</sup></b> JW 10:45-12:30 AM
<b>Oct 14<sup>th</sup></b> Swim Meet 8:00 AM – Noon SJAC (Voorhees)	<b>Oct 15<sup>th</sup></b> <b>TCNJ</b>					

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

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

Sunday, Nov 18<sup>th</sup>      Mercer County Throwdown @TCNJ      1 Session

Saturday, December 8<sup>th</sup>      Monmouth Meet@Neptune 1 Session

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