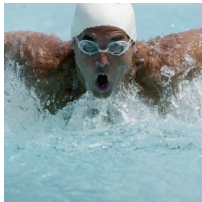






DAAC July 2010

www.swimdover.org



Sun	Mon	Tue	Wed	Thu	Fri	Sat
DIVISIONAL ENTIRES DUE : MONDAY JULY 12th				1 SR: 8-10:00 AM 3:45-5:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	2 4th of July Holiday! NO DAAC PRACTICE	3 
4 Happy 4th of July Coach J	5 SR: 4:00-5:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	6 SR: 8-10:00 AM 3:45-5:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	7 SR: 8-10:00 AM 3:45-5:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	8 SR: 8-10:00 AM 3:45-5:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	9 All DAAC teams: 5:15 to 6:15 p.m. Starts: Backstroke & Freestyle	10 DAAC vs. South Middleton (A) WU: 8:30 AM MEET: 9:00 AM GO DAAC!
11	12 SR: 4:15-5:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STK: CHAMP PREP	13 SR: 8-10:00 AM 3:45-5:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STK: CHAMP PREP	14 SR: 8-10:00 AM 3:45-5:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STK: CHAMP PREP	15 SR: 8-10:00 AM 3:45-5:15 Gold: 5:15-6:15 W & R: 6:15-7:15 STK: CHAMP PREP	16 All DAAC teams: 5:15 to 6:15 p.m. Championship warm up	17 DAAC vs. West Shore YMCA (H) WU: 7:30 AM MEET: 8:30 AM SWIM FAST!
18 	19 SR & Gold: 5:15-6:15 W & R: 6:15-7:15 STK: CHAMP PREP	20 SR & Gold: 5:15-6:15 W & R: 6:15-7:15 STK: CHAMP PREP	21 SR & Gold: 5:15-6:15 W & R: 6:15-7:15 STK: CHAMP PREP	22 SR & Gold: 5:15-6:15 W & R: 6:15-7:15 STK: CHAMP PREP	23 All DAAC teams: 5:15 to 6:15 p.m. Championship warm up	24 AAA Divisional Meet @ Spring Grove GOOD LUCK!
25 CASL All Star Championship Meet @ Camp Hill WAY TO GO!	26 Mid Cap Qualifiers: 5:15 to 6:15 p.m. Championship Preparation	27 DAAC Awards Banquet at 6:00 p.m. @ Dover Township Fire Hall No DAAC practice	28 Mid Cap Qualifiers: 5:15 to 6:15 p.m. Championship Preparation	29 Mid Cap Qualifiers: 5:15 to 6:15 p.m. Championship Preparation	30 Mid Cap Qualifiers: 5:15 to 6:15 p.m. Championship Preparation	31 Mid-Penn Championship Meet @ Cumberland Valley GO DAAC!