



Nittany Lion Aquatic Club

October 2010 Training and Meet Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<i>We are</i> 						1 Senior TBD Jr Blue TBD Junior TBD @ TBD	2 NLAC @ WSY Invite Senior 10:00-12:00 Jr Blue 10:00-11:45 Junior 10:00-11:30 Nov Blue 10:00-11:00 @ PSU
NLAC @ WSY Invite 3 Nov Blue 12:00-1:00 Novice 12:00-1:00 @ PSU	4 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	5 Senior 6:30-8:30 Jr Blue 6:30-8:15 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	6 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	7 Senior 6:30-8:30 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	8 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	9 Senior 9:00-11:00 Jr Blue 9:00-10:45 Junior 10:45-12:00 Nov Blue 11:00-12:00 @ SCAHS	
10 Nov Blue 12:00-1:00 Novice 12:00-1:00 @ PSU	11 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	12 Senior 6:30-8:30 Jr Blue 6:30-8:15 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	13 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	14 Senior 6:30-8:30 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	15 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	16 Senior 10:00-12:00 Jr Blue 10:00-11:45 Junior 10:00-11:30 Nov Blue 10:00-11:00 @ PSU	
17 Nov Blue 12:00-1:00 Novice 12:00-1:00 @ PSU	18 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	19 Senior 6:30-8:30 Jr Blue 6:30-8:15 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	20 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	21 Senior 6:30-8:30 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	22 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	23 NLAC @ MA SR Meet Senior 9:00-11:00 Jr Blue 9:00-10:45 Junior 10:45-12:00 Nov Blue 11:00-12:00 @ SCAHS	
NLAC @ MA SR Meet 24 Nov Blue 12:00-1:00 Novice 12:00-1:00 @ PSU	25 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	26 Senior 6:30-8:30 Jr Blue 6:30-8:15 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	27 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	28 Senior 6:30-8:30 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	29 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	30 Senior 9:00-11:00 Jr Blue 9:00-10:45 Junior 10:45-12:00 Nov Blue 11:00-12:00 @ SCAHS	
31 Nov Blue 12:00-1:00 Novice 12:00-1:00 @ PSU	Tentative October through December 2010 Meet Schedule				Swimming as Members of		
		WSY Fall Invitational at Cumberland Valley HS October 2-3	Wmsprt Halloween Invite at Williamsport HS late October	TYR Cup at F&M College December 11-12; <u>or</u> Pitt Invitational at Univ of Pittsburgh December 18-19			
		MA Fall Classic Senior Meet at TBD October 23-24	NLAC Fall Kick-Off Meet at Penn State November 13-14				