

## June

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## Tidal Wave 2009 Swimmer Availability Form

Please mark your swimmer(s)' availability below, and  
mark those dates in your own calendar, too.

We need plenty of parent volunteers to run each meet.

## July

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Date	Swimmer Name	Swimmer Name	Swimmer Name	Swimmer Name	Meet
	_____	_____	_____	_____	Saturday "A" Meets run from 8:00 am (warm-ups) to 11:30 am. Monday "B" Meets run from 5:00 pm (warm-ups) to 8:30 pm.
Sat, June 13					Time Trials Highland Park at VH 9 am (HOME)
Mon, June 15					"B" Meet at Stratford Landing 6 pm (AWAY)
Sat, June 20					"A" Meet Herndon at VH 9 am (HOME)
Mon, June 22					"B" Meet Little Hunting Park at VH 6 pm (HOME)
Sat, June 27					"A" Meet at Somerset Old Creek 9 am (AWAY)
Mon, June 29					"B" Meet at Highland Park 6 pm (AWAY)
Sat, July 4					"A" Meet Bryn Mar-Edsall Park at VH 9 am (HOME)
Mon, July 6					"B" Meet Lorton Station at VH 6 pm (HOME)
Wed, July 8					Division Relay Carnival at Edsall Park 3 pm
Sat, July 11					"A" Meet at Pinewood 9 am (AWAY)
Mon, July 13					"B" Meet Hayfield at VH 6 pm (HOME)
Sat, July 18					"A" Meet at Broyhill Crest 9 am (AWAY)
Mon, July 20					IM Invitational 5 pm
Sat, July 25					Divisionals at Pinewood 8:30 am