

FFSC SCHEDULE

October 30-November 12, 2023

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	10/30	10/31	11/1	11/2	11/3	11/4	11/5	11/6	11/7	11/8	11/9	11/10	11/11	11/12
BRONZE														
Swim	6:15-7:15	OFF	OFF	6:15-7:15	OFF	8:00-9:00	MEET	6:15-7:15	6:15-7:15	OFF	6:15-7:15	OFF	9:45-10:45	OFF
						AM							AM	
SILVER														
Dryland	7:00-7:15			7:00-7:15				7:00-7:15	7:00-7:15		7:00-7:15			
Swim	7:15-8:30	OFF	7:00-8:30	7:15-8:30	6:15-7:45	8:00-9:00	MEET	7:15-8:30	7:15-8:30	7:00-8:30	7:15-8:30	6:15-7:45	8:15-9:45	OFF
						AM							AM	
GOLD														
DL/Swim	6:15-8:30	5:30-7:00	6:15-8:30	6:15-8:30	6:00-7:30	8:00-9:00	MEET	6:15-8:30	6:15-8:30	6:15-8:30	6:15-8:30	TBD	8:00-10:00	OFF
					AM	AM							AM	
NEWS & EVENTS														
		Happy Halloween!				HS Girls Sectionals	FFSC Intrasquad Meet						Veterans Day	

Notes & Reminders

- > Good luck to all of FFSC's high school girls in their sectional meet on Nov. 4!
- > Volunteer sign-up for the intrasquad meet will be available on the meet page on Monday 10/30.
- > New parents: Don't forget to check out the Meet FAQ page under the Team Resources tab on the left taskbar. You must be logged in to your account to view this page.
- > **Please remember that the elevated parking lot behind the pool is for IWU staff only and may NOT be used for parking, drop-off, or pickup.**