





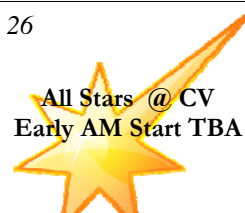
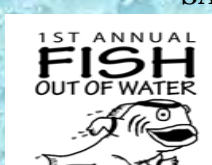
Meet Emergency Contact # 717-350-0428

Use this number **ONLY** to report a no show for the meet or a late arrival. This number will be available from 9:00pm on Fridays before a meet or invitational until the end of the event.

Sea Lions Swim Team Calendar February 2012



Bad Weather Alert: If Lower Dauphin School District is closed or dismisses early we will not have practice

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*If your swimmer is NOT swimming in divisionals or the Valentine Invitational your last practice will be Feb.3.</p> <p>**If your swimmer is swimming in the Valentine Invitational but NOT divisionals your last practice will be Feb.10.</p>			1 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	2 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	3 One Practice Only All Swimmers 6:30 – 7:30 *	4 Sea Lions @ Redland Warm ups 9:30pm Start 10:00am VS. AC West Shore
5	6 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	7 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	8 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	9 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	10 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30 **	11
12 Valentine Invitational 9 and unders 	13 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	14 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	15 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	16 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	17 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	18
Practice only for swimmers going to Divisionals.						
19	20 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	21 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	22 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	23 White Practice 6:30 – 7:15 Blue Practice 7:15 – 8:30	24 One Practice Only All Swimmers 6:30 – 7:30	25 Divisionals @ Redland Hosted by AC West Shore Early AM Start TBA 
Practice only for swimmers going to Divisionals.						
26 All Stars @ CV Early AM Start TBA 	27	28	29	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">SAVE THE DATE:</p> <div style="display: flex; align-items: center;"> <div style="text-align: center;">  <p>1ST ANNUAL FISH OUT OF WATER 5K</p> </div> <div style="margin-left: 20px;"> <p style="text-align: center;">Sea Lions 1st Annual “Fish out of Water 5K Run” April 22, 2012 Fun Run 1:00pm 5K Run 2:00pm</p> </div> </div> </div>		