

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Nov 16	Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22
Senior Elite	3:45-5:15pm	3:45-5:30pm		3:45-5:30pm	Intrasquad Meet	Intrasquad Meet	
Senior	5:45-7:00pm	6:00-7:00pm		6:00-7:00pm	Intrasquad Meet	Intrasquad Meet	
Pre Senior		5:00-6:00pm	6:00-7:00pm	5:00-6:00pm	Intrasquad Meet	Intrasquad Meet	
Junior	3:45-4:45pm		3:45-5:00pm		Intrasquad Meet	Intrasquad Meet	
Gold	4:45-5:45pm		5:00-6:00pm		Intrasquad Meet	Intrasquad Meet	
Silver		4:15-5:00pm	5:00-6:00pm	4:15-5:00pm	Intrasquad Meet	Intrasquad Meet	
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	3:45-4:15pm	Intrasquad Meet	Intrasquad Meet	
Bronze 10U	5:15-5:45pm		4:30-5:00pm		Intrasquad Meet	Intrasquad Meet	

FAC Intrasquad Meet November 20-21 during our regular practice time

Friday 3:45-7:00pm

Saturday 8:30-11:30am