

Gold 1 Combined

(both Matthews & Uptown practice groups)

Gold 1 Saturday Practice Schedule	Saturdays	Matthews	Queens
	Sept 6	10:30 - 12:15 PM	
	Sept 13		11:00-12:45PM
	Sept 20	10:30 - 12:15 PM	
	Sept 27	TCS Meet on Friday - No Practice	
	Oct 4		11:00-12:45PM
	Oct 11	QCD Meet - No Practice	
	Oct 18	10:30 - 12:15 PM	
	Oct 25		11:00-12:45PM
	Nov 1		11:00-12:45PM
	Nov 8	10:30 - 12:15 PM	
	Nov 15	ISCA Meet - No Practice	
	Nov 22		11:00-12:45PM
	Nov 29	10:30 - 12:15 PM	
	Dec 6		11:00-12:45PM
	Dec 13	STAR Meet - No Practice	
	Dec 20	10:30 - 12:15 PM	
	Dec 27		11:00-12:45PM
	Jan 3	Sailfish Meet on Sunday- No Practice	
	Jan 10	10:30 - 12:15 PM	
	Jan 17		11:00-12:45PM
	Jan 24	Western Open - No Practice	
	Jan 31		11:00-12:45PM
	Feb 7	10:30 - 12:15 PM	
	Feb 14	MAC Qualifer Meet - No Practice	
	Feb 21		11:00-12:45PM
	Feb 28	10:30 - 12:15 PM	
	Mar 7	10:30 - 12:15 PM	
	Mar 14		11:00-12:45PM
	Mar 21	Tarheel Meet - No Practice	
	Mar 28	Sunkissed Meet - No Practice	

Gold 3 Combined

(both Matthews & Uptown practice groups)

Gold 3 Saturday Practice Schedule	Saturdays	Matthews	Queens
	Sept 6	10:15 - 11:15 AM	
	Sept 13		11:00 - 12:00 PM
	Sept 20	10:15 - 11:15 AM	
	Sept 27	TCS Meet on Friday - No Practice	
	Oct 4		11:00 - 12:00 PM
	Oct 11	QCD Meet -No Practice	
	Oct 18	10:15 - 11:15 AM	
	Oct 25		11:00 - 12:00 PM
	Nov 1		11:00 - 12:00 PM
	Nov 8	10:15 - 11:15 AM	
	Nov 15	RAYS Meet- No Practice	
	Nov 22		11:00 - 12:00 PM
	Nov 29	10:15 - 11:15 AM	
	Dec 6		11:00 - 12:00 PM
	Dec 13	QCD Meet -No Practice	
	Dec 20	10:15 - 11:15 AM	
	Dec 27		11:00 - 12:00 PM
	Jan 3	Sailfish Meet on Sunday- No Practice	
	Jan 10	10:15 - 11:15 AM	
	Jan 17		11:00 - 12:00 PM
	Jan 24	Western Open - No Practice	
	Jan 31		11:00 - 12:00 PM
	Feb 7	10:15 - 11:15 AM	
	Feb 14	MAC Qualifer Meet- No Practice	
	Feb 21		11:00 - 12:00 PM
	Feb 28	10:15 - 11:15 AM	
	Mar 7	March Madness Meet - No Practice	
	Mar 14		11:00 - 12:00 PM