



Meet Schedule 2018-2019

Date	Day	Meet	Location	Start
November 30	Friday	DCL Relay Carnival	Atkinson Pool 40 Fairbank Rd, Sudbury	4:30
December 4	Tuesday	Maroon-White Intrasquad Meet	Beede Center 498 Walden St, Concord	3:30
December 7	Friday	Lincoln-Sudbury	Atkinson Pool 40 Fairbank Rd, Sudbury	4:00
December 11	Tuesday	Waltham	Beede Center 498 Walden St, Concord	4:00
December 14	Friday	Acton-Boxborough <i>Boys Only</i>	ABRHS 36 Charter Rd, Acton	4:15
December 18	Tuesday	Newton South	Beede Center 498 Walden St, Concord	4:00
December 21	Friday	Bedford	Beede Center 498 Walden St, Concord	7:00
January 3	Thursday	Westford Academy	Costello Pool, UMass-Lowell 100 Pawtucket St, Lowell	4:00
January 4	Friday	Wayland	Beede Center 498 Walden St, Concord	7:00
Jan 11	Friday	Mystic Valley	Mystic Valley Bayrd Natatorium 576 Eastern Ave, Malden	4:45
January 15	Tuesday	Boston Latin <i>Boys Only</i>	Richard Murphy School 1 Worrell St, Dorchester	TBA
January 18	Friday	Weston	Beede Center 498 Walden St, Concord	7:00
January 22	Tuesday	Cambridge Rindge & Latin Senior Recognition	Beede Center 498 Walden St, Concord	4:00
Feb 1-2	Fri-Sat	Possible DCL-bad weather	WPI	PM-AM
February 3	Sunday	Girls DCL Swim & Dive	WPI	AM
		Boys DCL Swim & Dive		PM
February 9	Saturday	Girls North Sectionals	MIT Zesiger Center 120 Vassar St, Cambridge	TBA
February 10	Sunday	Boys North Sectionals		
February 16	Saturday	Girls D1 States	Boston University 915 Commonwealth Ave, Boston	TBA
February 17	Sunday	Boys D1 States		

There may be another girls meet scheduled.



Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3-5 PM All Divers Most Swimmers	3-5 PM All Divers and Swimmers	3-5 PM All Divers Most Swimmers	3-5 PM All Divers and Swimmers	3-5 PM All Divers and Swimmers	6:45-10 AM Some Swimmers
5:30-6:15 Optional Weight Training		5:30-6:15 Optional Weight Training			
7-8:30 PM Some Swimmers	Most Tuesdays we have meets	7-8:30 PM Some Swimmers		Most Fridays we have meets	

December Vacation

Monday 12/24	Tuesday 12/25	Wednesday 12/26	Thursday 12/27	Friday 12/28	Saturday
Christmas Eve No Practice	Christmas No Practice	3-5 PM All Divers and Swimmers	3-5 PM All Divers and Swimmers	3-5 PM All Divers and Swimmers Alumni Meet	6:45-10 AM Some Swimmers

Midyear Exam Week

Practices during Midyear Exam week are OBHR (optional but highly recommended). Missing training this late in the season *will* affect your end-of-season performance. Exercise is also a great stress reducer! Even one hour of exercise can improve brain function.



Post-Season Qualifiers

Swimmers & Divers that qualify for the postseason AND *alternates* will practice through the Sectional and State meets. While they are currently scheduled to end February 16 & 17 (the first weekend of vacation), the season may be extended if the Sectional or State meets are postponed for weather or other unforeseen events.

All others will be finished after the DCL Championships..

February Vacation

States should be over with the first weekend of February vacation, but in the event of a weather cancellation, States qualifiers will need to practice through February vacation.