

BEYOND THE LANE LINES - 7/13/09

~ Information for families and swimmers of Mount Joy Lions Swim Team ~
"these cats can swim"

Regular practice times: 7:45-9:30 AM (11&over)
9:30-10:30 AM (10&under)
10:30-11:00 AM (beginners)

TEAM WEB SITE: www.mountjoyswimteam.org

INVITATIONAL INFORMATION: www.mountjoyswimteam.org/2009invitationals.pdf

TIMER SCHEDULE: <http://www.mountjoyswimteam.org/timers2.htm>

DIRECTIONS: www.mountjoyswimteam.org/cgi-bin/events.cgi

7/13/09 week-at-a-glance:

Monday 7/13 -- **SAVE-A-LIFE-SWIM for Cancer** -- 9:00 -11:00 AM

Tuesday 7/14 -- regular practice

Wednesday 7/15 -- regular practice - **PASTA DINNER 6:00 PM** (ages 11&up) at Nelson house

Thursday 7/16 -- regular practice

Friday 7/17 -- regular practice

Saturday 7/18 -- **DIVISIONALS @ WOODRIDGE** - directions on web site; see add'l info below

**** IMPORTANT ** PLEASE CHECK THE LIST OF ALL LEAGUE QUALIFIERS ON THE WEB SITE. (updated 7/12 but may not be posted until 7/13 a.m.) IF YOU SEE SOMETHING THAT LOOKS INCORRECT WE NEED TO KNOW ASAP!** www.mountjoyswimteam.org/leagues09

ALL LEAGUES SIGN-OFF SHEET - is posted however we need to know by **MONDAY 7/13** if you cannot swim in either the relays (Friday 7/24 PM) and/or the individual events (Saturday 7/25 AM). **Please write your name on the sheet if you are not available to swim or reply to this e-mail and let me know!**

DIVISIONALS on Sat. 7/18 @ Woodridge (two sessions) - Entries have been submitted. You can check the events you are swimming in the folder at the pool.

Warm-up info: **AM SESSION** (11&up): arrive 7:15 a.m.; **PM SESSION** (10&under): arrive 12:15 p.m.

DUAL MEET RESULTS - can be found on the web site and in the folder at the pool labeled "Dual Meet Results." Please check the results to make sure your swimmers' times are entered correctly!

BEST TIMES- are posted on the web site in the schedule/results area.

TEAM PICNIC - will be held immediately following the All Leagues meet, from 6 to 10 PM, at the Mount Joy Pool. More details will come later this week.