

Summer Conference Swim / Dive 2010 Meet Schedule

<u>Date:</u>	<u>Meet:</u>	<u>Required Dive:</u>
6/14	CTW @ MNTS FHCC @ RCC Springbrook/JJ @ Belvidere	Back Dive
6/21	Belvidere /JJ@ RCC CTW @ Springbrook FHCC @ MNTS	Reverse Dive
6/28	MNTS @ Belvidere Springbrook @ RCC CTW/JJ @ FHCC	Forward Dive
7/8	Rockford Relays @ Forest Hills Country Club	
7/12	CTW @Belvidere RCC/JJ @ MNTS FHCC @ Springbrook	Inward
7/19	CTW/JJ @ RCC Belvidere @ FHCC MNTS @ Springbrook	Twist
7/24	Conference Diving @ Springbrook Warm up @ 8 am meet @ 9 am	Twist (13-18 yrs) Forward (12 and under)
7/25	Conference Swimming @ Belvidere 9 am warm up meet @ 10 am	

Meet times: diving warm ups @ 4:30 **Springbrook home meets** diving warm-ups @ 4
meet @ 4:45 meet @ 4:15
swimming warm ups @ 5:45 swimming w/u @ 5:15
meet @ 6 meet @ 5:30

Belvidere meets: pool entry @ 4:30 pm