

**Waukesha Express Swim Team
2009/2010 Short Course Season
Intra-squad and Stroke Clinic Schedules**

Intra-squad Meet Dates

Warm-ups: 5:30 PM

Meet starts: 6:15 PM

Friday, October 2, 2009 “Friday Night Lights”

11 & Olders

Longer races (to earn points for IMX Scores)

For more information on IMX use this link:

<http://usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=801&Alias=Rainbow&Lang=en>

10 & Unders

Sprint events

Thursday, February 11, 2010 “Time Trial Meet”

Stroke Clinics

Ribbons and Bronze: 3:00 – 4:00 PM

Silver and Gold: 4:00 – 5:00 PM

Sunday, September 27, 2009

Sunday, October 4, 2009

Sunday, October 25, 2009

Sunday, November 15, 2009

Sunday, November 29, 2009

Sunday, December 6, 2009

Sunday, December 20, 2009

Sunday, January 3, 2010