

# ITHACA AQUATICS CLUB

June 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 4 – 6:30	2 4 – 6:30	3 4-6:30	4 4-6:30 National Open Water - Long Beach CA	5 <b>STSL #2 @ Watkins Glen</b> National Open Water - Long Beach CA
6 National Open Water - Long Beach CA	7 4-6:30	8 4-6:30	9 4-6:30	10 4-6:30	11 4-6:30	12 7-10 @ Country Club
13	14 4-6:30	15 4-6:30	16 <b>STSL #3 @ Horseheads</b> 4-6:30 IHS	17 4-6:30	18 4-6:30	19 <b>Distance Meet @ Ithaca</b>
20	21 <b>Cortland Practice</b> 5-7:30 4-6:30- IHS	22 4-6:30	23 4-6:30	24 5-7:30 IHS 7-10 am ICC 5-7:30 @ <b>Cortland</b>	25 7-10 ICC 5-7:30 IHS	26 7-10 ICC
27	28 7-10am ICC 5-7:30 IHS 5-7:30 @ <b>Cortland</b>	29 7-10 ICC 5-7:30 IHS	30 7-10 ICC 5-7:30 IHS	1 7-10 ICC 5-7:30 @ <b>Cortland</b> 5-7:30 IHS	2 7- 10 ICC 5-7:30 @ <b>Cortland</b> 5-7:30 IHS	3 7-10 ICC  9-12 @ <b>Cortland</b>