







DAAC January 2016



For **ALL** Dover Community Swimming needs: www.swimdover.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WEAR A WARM COAT, HAT AND GLOVES!	KEEP WARM AND HEALTHY!		DAAC Pentathlon Entries due: Monday, Jan 4th			BLACK OUT ON JAN 28th
		1/28 IS A BLACK OUT MEET VERSUS York Suburban! EVERYONE WEAR BLACK!			1 HAPPY NEW YEAR! 	2 HS: 8-10:00 AM
FCSL Championship entries due by Friday, 1/22/16	4 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	5 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	6 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: BACK	7 DAHS vs. Spring Grove H @ 4:30 PM NO DAAC	8 HS: ARCTIC INVIT ALL DAAC TEAMS 5:15 to 6:15 PM STROKE: Starts	9 HS: ARCTIC INVIT. DAAC vs. Spring Grove Away WU: 8:00 AM MEET: 8:30 AM
10 25th Annual DAAC Pentathlon Swimming Championships	11 DAHS vs. Susquehannock H @ 4:30 PM NO DAAC	12 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	13 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	14 DAHS vs. Gettysburg H @ 4:30 PM NO DAAC	15 HS: 3:00-5:30 PM ALL DAAC TEAMS 5:15 to 6:15 PM STROKE: Relay Starts	16 DAAC vs. Seahorse Away WU: 8:00 AM MEET: 8:30 AM
Pentathlon warm ups open from 7:00-8:50 AM Meet: 9:00 AM	18 HS: 8:00 to 10:00 AM NO DAAC 	19 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	20 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: BREAST	21 DAHS vs. West York A @ 6:00 PM REG DAAC	22 HS: 3:00-5:30 PM ALL DAAC TEAMS 5:15 to 6:15 PM STROKE: : Turns	23 DAAC vs. Bobcat HOME WU: 7:15 AM MEET: 8:30 AM
Good luck to all swimmers @ championships! Coach J	25 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: FLY	26 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: IM	27 HS: 3:00-5:30 PM SR & G: 5:15-6:15 W & R: 6:15-7:15 STROKE: FREE	28 DAHS vs. YS Home @ 4:30 PM BLACK OUT NO DAAC	29 HS: 3:00-5:30 PM ALL DAAC TEAMS 5:15 to 6:00 PM STROKE: Cham Prep	30 HS: SW SWIMMING RELAYS @ South Western Bus: 8:30 AM Meet: 10:30 AM

FCSL & YAIAA Championship information can be found on our website at www.swimdover.org