

**GOLD NOTES 2/1/10**

**CONGRATS AND THANK YOU - TO ALL WHO SWAM AND RAN THE MEET LAST WEEKEND. IT WAS A HUGE MEET AND A HUGE SUCCESS. GOLD TEAM SWIMMERS ACHIEVED 117 BEST TIMES, 13 NEW JO CUTS, AND 13 NEW FAR WESTERN CHAMPS CUTS.**

**CALENDAR CHANGES/REMINDERS**

- CHANGE TUESDAY 2/2 TO 5:15 - 7:30PM**
- CHANGE "NO PM" THIS WEDNESDAY TO 5:15 - 7:30PM**
- ONLY 15 PRACTICES UNTIL JO'S**
- WARM -UP TIMES FOR THE MEET THIS WEEKEND TBA**

**I WILL BE TALKING TO EACH SWIMMER INDIVIDUALLY THIS WEEK REGARDING THEIR JO ENTRIES - SEE ME!!!!**

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