

Malden YMCA Cross Championship Season Schedule
February and March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9
4-6:00pm 11-12yr old Juniors 7-8:30pm Seniors	4:45-5:15pm <u>Juniors Drylands</u> 5:30-6:45 Juniors 7:00-9pm Seniors	4-5:30pm 10+Under Juniors 5:45-6:45 <i>Seniors Weight Room</i> 7-8:30pm Seniors	4-5:30pm 11-12yr old Juniors 6:30-8:30pm Seniors	4-5:15pm Juniors 5:30-6pm <u>Juniors Drylands</u> 5:30-7pm Seniors	7:30-9am Seniors SECTIONALS WEEKEND REGIONALS WEEKEND
11	12	13	14	15	16
4-6:00pm 11-12yr old Juniors 5:45-6:45pm <u>Seniors Weight Room</u> 7-8:30pm Seniors	4:45-5:15pm <u>Juniors Drylands</u> 5:30-6:45 Juniors 7:00-9pm Seniors	4-5:30pm 10+Under Juniors 5:45-6:45pm <u>Seniors Weight Room</u> 7-8:30pm Seniors	4-5:30pm 11-12yr old Juniors 6:30-8:30pm Seniors	4-5:15pm Juniors 5:30-6pm <u>Juniors Drylands</u> 5:30-7pm Seniors	7:30-9am Seniors STATES WEEKEND
18	19	20	21	22	23
NO PRACTICE PRESIDENTS DAY	4-5:30pm Juniors 5:30-7pm STAT Clinics 7-8:30pm Seniors	4-5:30pm Juniors 5:30-7pm STAT Clinics 7-8:30pm Seniors	4-5:30pm Juniors 5:30-7pm STAT Clinics 7-8:30pm Seniors	4-5:30pm Juniors 5:30-7pm STAT Clinics 7-8:30pm Seniors	7:30-9am Seniors 10+U CHAMPIONSHIP
25	26	27	28	1	2
4-6:00pm 11-12yr old Juniors 6:00-7:00pm Freestyle CLINIC 5:45-6:45 <u>Seniors Weight Room</u> 7-8:30pm Seniors	4-5:15pm Juniors 5:30-6pm Juniors Drylands 5:30-7:30pm Seniors	4-5:30pm 10+Under Juniors 6:00-7:00pm Freestyle CLINIC 5:45-6:45pm <i>Seniors Weight Room</i> 7-8:30pm Seniors	4-5:30pm 11-12yr old Juniors 5:30-6:30pm Freestyle CLINIC 6:30-8:30pm Seniors	4-5:15pm Juniors 5:30-6pm <u>Juniors Drylands</u> 5:30-7pm Seniors	7:30-9am Seniors 11-14 CHAMPIONSHIP

<p>4-6:00pm 11-12yr old Juniors</p> <p>5:45-6:45pm <i>Seniors Weight Room</i> 7-8:30pm Seniors</p> <p style="text-align: right;">4</p>	<p>4-5:15pm Juniors 5:30-6pm <i>Juniors Drylands</i></p> <p>5:30-7:30pm Seniors</p> <p style="text-align: right;">5</p>	<p>4-5:00pm Butterfly CLINIC</p> <p>5:30-7pm 10+Under Juniors</p> <p>5:45-6:45pm <i>Seniors Weight Room</i> 7-8:30pm Seniors</p> <p style="text-align: right;">6</p>	<p>4-5:00pm Butterfly CLINIC</p> <p>5:00-7pm Seniors</p> <p>7-8:30pm 11-12yr old Juniors</p> <p style="text-align: right;">7</p>	<p>4-5:00 Butterfly CLINIC</p> <p>4:15-4:45pm <i>Juniors Drylands</i> 5:00-6:15pm Juniors</p> <p>7-8:30pm Seniors</p> <p style="text-align: right;">8</p>	<p>7:30-9am Seniors</p> <p>15+O CHAMPIONSHIP</p> <p style="text-align: right;">9</p>
<p>4-6:00pm 11-12yr old Juniors</p> <p>6:00-7:00pm Breaststroke CLINIC</p> <p>5:45-6:45pm <i>Seniors Weight Room</i> 7-8:30pm Seniors</p> <p style="text-align: right;">11</p>	<p>4-5:15pm Juniors 5:30-6pm <i>Juniors Drylands</i></p> <p>5:30-7:30pm Seniors</p> <p style="text-align: right;">12</p>	<p>4-5:30 pm 10+Under Juniors</p> <p>5:30-6:30 pm Breaststroke CLINIC</p> <p>5:45-6:45pm <i>Seniors Weight Room</i> 7-8:30pm Seniors</p> <p style="text-align: right;">13</p>	<p>4-5:30pm 11-12yr old Juniors</p> <p>5:30-6:30pm Breaststroke CLINIC</p> <p>6:30-8:30pm Seniors</p> <p style="text-align: right;">14</p>	<p>4-5:15pm Juniors 5:30-6pm <i>Juniors Drylands</i></p> <p>5:30-7pm Seniors</p> <p style="text-align: right;">15</p>	<p>7:30-9am Seniors</p> <p>SILVER CHAMPIONSHIP</p> <p style="text-align: right;">16</p>
<p>4-6:00pm 11-12yr old Juniors</p> <p>5:45-6:45pm <i>Seniors Weight Room</i> 7-8:30pm Seniors</p> <p style="text-align: right;">18</p>	<p>4-5:30pm Juniors 5:45-6:45 <i>Juniors YNE Posters</i></p> <p>5:30-7:30 Seniors</p> <p style="text-align: right;">19</p>	<p>4-5:00pm Backstroke CLINIC</p> <p>5:30-7pm 10+Under Juniors</p> <p>5:45-6:45pm <i>Seniors Weight Room</i> 7-8:30pm Seniors</p> <p style="text-align: right;">20</p>	<p>4-5:00pm Backstroke CLINIC</p> <p>5:00-7pm Seniors</p> <p>7-8:30pm 11-12yr old Juniors</p> <p style="text-align: right;">21</p>	<p>4-5:00pm Backstroke CLINIC</p> <p>5:30-7pm Juniors</p> <p>7-8:30pm Seniors</p> <p style="text-align: right;">22</p>	<p>7:30-9am Seniors</p> <p>YNE CHAMPIONSHIP</p> <p style="text-align: right;">23</p>