

**M*C*A*L 2010-2011
SHORT COURSE
TOUR OF DUTY USS MEETS**

<u>DATE</u>	<u>HOST TEAM</u>	<u>CITY, STATE</u>
September 24-26	PCST	Panama City, FL
October 23-25	HBT	Hoover, AL
November 5-7	CMSA	Mobile, AL
December 3-5	XCEL (P/F)	Brentwood, TN (9 and older only)
December 11	XCEL	Brentwood, TN (8 and under only)
January 7-9	HBT	Hoover, AL
January 14-16	MTS (P/F)	Memphis, TN(Team Travel Trip)
February 4-6	RAYS	Atlanta, GA
February 19-20	CTA	Tuscaloosa, AL
February 24-27	NAC	Nashville, TN
March	To Be announced	
April	SSA (Short Course)	
April	PCST (Long Course)	Panama City, FL

Intra-squad Meets will be held at the LJCC on the following Sundays:

Oct 10, 2010/ Nov 14, 2010/ Dec 19, 2010

Jan 30, 2011/ March 27, 2011/ May 15, 2011

There will be a nominal charge of \$10.00 to \$15.00 per swimmer, per intra-squad meet to cover rent, materials and awards for these meets. Each swimmer will swim up to 4 events. Parent participation is required to help run the meets. More information regarding the Intra-squad meets will be emailed to each family prior to each meet date.