

# Ames High Girls Swimming & Diving 2009 SCHEDULE

Updated 10.23.09

## September

<b>1</b>	<b>Tues</b>	<b>Grinnell/Boone</b>	<b>Ames</b>	<b>5:00 PM</b>
8	Tues	Johnston	Summit MS	5:00 PM
<b>12</b>	<b>Sat</b>	<b>Ames Invite</b>	<b>Ames</b>	<b>8:00 AM Dive</b> <b>10:30 AM Swim</b>
<b>15</b>	<b>Tues</b>	<b>Hoover</b>	<b>Ames</b>	<b>5:00 PM</b>
22	Tues	Ft. Dodge	Ft. Dodge	5:00 PM
24	Thurs	Ankeny (Swim Only)	Ankeny	6:00 PM

## October

6	Tues	Valley	Valley	5:00PM
10	Sat	Johnston Invite (Varsity)	Summit MS	9:00 AM Dive 12:00 PM Swim
<b>13</b>	<b>Tues</b>	<b>Marshalltown</b>	<b>Ames</b>	<b>5:00 PM</b>
17	Sat	Marshalltown (Dive Only)	Marshalltown	10:00 AM
20	Tues	Mason City	Mason City	6:00 PM
<b>22</b>	<b>Thurs</b>	<b>Iowa Conference</b>	<b>Ames</b>	<b>2:00 PM Dive</b> <b>5:00 PM Swim</b>
29	Sat	Regional Meet (Dive)	Ft. Dodge	Warm-ups 4:00PM Start-ups 6:00PM
31	Sat	Regional Meet	Ft. Dodge	Warm-ups 10:30PM Start-ups 6:00PM

## November

6	Fri	State Dive	Marshalltown	TBA
7	Sat	State Swim	Marshalltown	TBA

## Ames Invite:

Carroll, Ft. Dodge, Hoover, DSM Roosevelt, Perry, Storm Lake, Johnston