

# KING Mt. Rainier-Practice Schedule September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes:		1 DEV/NOV: 4-5P SU	2 DEV/NOV: 6:30-7:30P KM	3	4	5
6 <b>LABOR DAY</b> NO WORKOUTS	7 DEV: 6:30-7:30P KM NOV: 6:30-7:30P KM	8 DEV: 7-8P MW NOV: 7-8P MW	9 DEV: 6-7P KCAC NOV: 6:45-8P KCAC	10 DEV: 6-7P MR NOV: 6-7P MR	11	12
13 DEV: 6-7P NOV: 5:45-7P	14 DEV: OFF NOV: OFF	15 DEV: 6-7P NOV: 5:45-7P	16 DEV: OFF NOV: 6:15-7:30P KM	17 DEV: 6-7P NOV: 5:45-7P	18	19
20 DEV: 6-7P NOV: 5:45-7P	21 DEV: OFF NOV: OFF	22 DEV: 6-7P NOV: 5:45-7P	23 DEV: OFF NOV: 6:15-7:30P KM	24 DEV: 6-7P NOV: 5:45-7P	25	26
27 DEV: 6-7P NOV: 5:45-7P	28 DEV: OFF NOV: OFF	29 DEV: 6-7P NOV: 5:45-7P	30 DEV: OFF NOV: 6:15-7:30P KM	1 DEV: 6-7P NOV: 5:45-7P	2	3

Notes: NH=Newport Hills, MIBC=Mercer Island Beach Club, MR=Mt. Rainier, MW=Mary Wayte, FIFE=Fife Pool, TAH=Covington Pool, KM=Kent Meridian Pool, SU=Seattle University.  
Directions for all sites are available on the KING website