

**WMPSSDL Draft #5 FINAL**

# November 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Home Teams Are Listed 1<sup>st</sup></b>  <b>Time listed is the MEET START TIME</b>						1
2	3	4	5 ISL Meeting 6:30pm @ Holton WMPSSDL Meeting 7pm @ Holton	6	7	8
9	10	11	12	13	14	15
16 <b>Dive of the Week: Front</b>	17	18 SR: 4:00pm SR v HC STA: 7:30pm FH v BI	19 STA: 4:00pm STA/NCS v SJC	20 TR: 4pm ES/DM v GC HA: 4:30pm HA/LAN v SSSA HA: 7:30pm HC/HTS v POT STA: 7:30pm McN v BI	21 Prep: 4pm Prep/AHC v OJC	22 TAK: 6pm Kick off meet hosted by SJC <b>Prep: 9am OPEN</b> STA: 9:30am STA/NCS v SSSA
23 <b>Dive of the Week: Back</b>	24 TR: 4pm ES/DEM v McN HA: 4:30pm HA/LAN v SID HA: 7:30pm SJC v POT	25 SR: 4:00pm SR v BU v ME STA: 7:30pm BI v PVI	26 <b>BLACKOUT</b>	27 <b>BLACKOUT</b>	28 <b>BLACKOUT</b>	29 <b>BLACKOUT</b>

# December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> <b>Dive of the Week:</b> <b>Inward</b>	1	2 Prep: 4pm Prep v DM SR: 4:00pm SR/HTS v EB HA: 4:30pm HA/LAN v VISI/GZ HA: 7:30pm SSSA v FH <b>STA: 7:30pm HC/NEED</b> <b>BOYS TEAM v SJC</b>	3 STA: 4pm STA/NCS v SID	4 TR: 4pm ES/DM v FIELD/EB STA: 7:30pm POT v SSSA v BU	5 MAD: 4pm MAD v HC	6 STA: 9:30am STA/NCS v VISI/GZ
<b>7</b> <b>Dive of the Week:</b> <b>Twist</b>	8	9 TR: 4pm ES/DM v SJC SR: 4:00pm SR v OAK STA: 7:30pm FH v ME	10 STA: 4pm STA/NCS v PVI	11 TR: 4pm <b>DM</b> /AHC v SID HA: 4:30pm HA/LAN v HC/HTS HA: 7:30pm GC v McN STA: 7:30pm ME v SSSA	12 MAD: 5:30pm MAD v Visi	13 Prep: 9am WMPSSDL Relay Meet
<b>14</b> <b>Dive of the Week:</b> <b>Reverse</b>	15	16 STA: 7:30pm FIELD/ME/EB	17 STA: 4pm STA/NCS v OJC	18 TR: 4pm OAK v VISI EB v SID HA: 4:30pm HA/AHC HA: 7:30pm GC v OJC <b>STA: 7:30pm OPEN</b>	19 PREP: 4pm PREP/ES v BI	20
21	22 <b>BLACKOUT</b>	23 <b>BLACKOUT</b>	24 <b>BLACKOUT</b>	25 <b>BLACKOUT</b>	26 <b>BLACKOUT</b>	27 <b>BLACKOUT</b>
28	29 <b>BLACKOUT</b>	30 <b>BLACKOUT</b>	31 <b>BLACKOUT</b>			

# January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>BLACKOUT</b>	2 <b>BLACKOUT</b>	3 <b>BLACKOUT</b>
4 <b>Dive of the Week: Front</b>	5	6 MAD: 4pm MAD/DM v STA/NCS STA: 7:30pm FH v FIELD	7	8 TR: 4pm OAK v SJC v ME SR: 4pm SR/GZ v VISI/DM HA: 4:30pm HA/LAN v BU HA: 7:30pm HC/HTS v FIELD STA: 7:30pm OJC v PVI	9 PREP: 4pm PREP/AHC v BU v EB STA: 4pm McN v STA/NCS	10 PREP: 9am DM/VISI v BI <b>Prep: 9am OPEN</b>  SSA: (Pittsburgh) 1pm HA/LAN v Shady Side
11 <b>Dive of the Week: Back</b>	12 <b>TR: 4pm OPEN</b>	13 MAD: 4pm MAD/LAN v POT SR: 4pm SR/GZ v SSSA PREP: 4pm PREP/AHC v COLLEGIATE STA: 7:30pm FH v BU v EB HA: 7:30pm ME v McN	14	15 TR: 4pm POT v PVI STA: 7:30pm ME v FIELD HA: 7:30pm OPEN	16 MAD: 4pm MAD/DM v HA/LAN	17 PREP: 9am PREP/GZ HC/AHC/VISI
18 <b>Dive of the Week: Inward</b>	19	20 STA: 7:30pm BU v FIELD	21 SR: 4:00pm SR/HTS v NCS/STA HA: 4:30pm LAN/HC v McN HA: 7:30pm BI v OJC	22 TR: 4pm VISI/GZ v GC STA: 7:30pm FH v SID v EB	23 MAD: 4pm MAD v SR	24 <b>STA: 9am STA/NCS v Need CO-ED Team</b>
25 <b>Dive of the Week: Twist</b>	26	27 PREP: 4pm PREP/AHC v GC MAD: 4pm MAD/GZ v BI STA: 7:30pm OJC v SSSA	28	29 Mad: ISL Champs (500) SR: ISL Champs (Diving)  TR: 4pm EB/OAK/ES/DM <b>STA: 7:30pm OPEN</b>	30 Mad: ISL Champs PREP: 4pm PREP/AHC v SJC  Catholic Nationals	31 Prep: 9am GC v PVI  Catholic Nationals

# February 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Dive of the Week:</b> <b>Reverse</b>	<b>2</b> PREP: 4pm WMPSSDL JV Meet	<b>3</b> MAD: 4pm Mad v OAK STA: 7:30pm McN v SSSA	<b>4</b> STA: 4pm STA/NCS v HA/LAN HA: 4:30pm OJC v GC	<b>5</b> WMPSSDL Boys Diving Champs Location: Holton Time: 5:30pm	<b>6</b> WMPSSDL Girls Diving Champs Location: Stone Ridge Time: 5:30	<b>7</b> WMPSSDL CHAMPS Time : 8am Location: George Mason
<b>8</b> <b>Dive of the Week:</b> <b>Front</b>	<b>9</b>	<b>10</b> <b>Prep: 4pm IAC CHAMPS</b> SR: 4:00pm SR/HTS v POT STA: 7:30pm OPEN	<b>11</b>	<b>12</b> TR: 4pm BU v SID <b>STA: 7:30pm ??? v BI</b> <b>Need a team</b>	<b>13</b> VA States	<b>14</b> VA States
<b>15</b> <b>Dive of the Week:</b> <b>Back</b>	<b>16</b>	<b>17</b>	<b>18</b> HA: 4:30pm HA/LAN v PVI HA: 7:30pm SID v HC/HTS	<b>19</b>	<b>20</b>	<b>21</b> <b>HA: 8am Middle School</b> <b>Championships</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> <b>Metros</b>	<b>26</b> <b>Metros</b>	<b>27</b> <b>Metros</b>	<b>28</b> <b>Metros</b>
	<b>Spring Meeting</b> <b>Wednesday, April 1, '09</b> <b>Location: TBA</b> <b>Time: TBA</b> <b>Mandatory that Athletic</b> <b>Directors &amp; Coaches</b> <b>attend</b>					