2015

NORTHWOOD SWIM TEAM

**Practice Schedule**

Evening practices begin June 2 - Tuesday and Thursdays from 7-8 pm

Day practices begin June 15 – Monday thru Thursdays from 10-11 am

**Meet Schedule**

Saturday June 20 at Northwood versus Chambersburg

Be at Northwood by 9 am

Saturday June 27 at Moss Springs

Be at Moss Springs by 7:30 am

Monday June 29 at Mercersburg

Be at Mercersburg by 5:30 pm

Wednesday July 1 at Northwood versus Waynesboro

Be at Northwood by 5 pm

Tuesday July 14 at Northwood versus Shepherd

Be at Northwood by 5 pm

Saturday July 18 All-Star Qualifying at Martinsburg

All day event

Saturday July 25 All-Star Meet at Waynesboro

All Day Event for qualified swimmers

Contact information

Coach – Beth Forrest – [teacherforrest@aol.com](mailto:teacherforrest@aol.com)

Coordinator – Justin Harbert – [northwoodswimteam@gmail.com](mailto:northwoodswimteam@gmail.com)