

Eastern Express Pre-Team  
**Red Group**  
 January thru March 2020

**January 2020**

<i>Monday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Sunday</i>
	Jan 8 <sup>th</sup> 5:30 – 6:30 PM	Jan 9 <sup>th</sup> 5:30 – 6:30 PM	Jan 12 <sup>th</sup> 11:00 – 12:15 PM
Jan 13 <sup>th</sup> 5:00 – 6:00 PM	Jan 15 <sup>th</sup> 5:30 – 6:30 PM	Jan 16 <sup>th</sup> No Practice	Jan 19 <sup>th</sup> 11:00 – 12:15 PM
Jan 20 <sup>th</sup> 5:00 – 6:00 PM	Jan 22 <sup>nd</sup> 5:30 – 6:30 PM	Jan 23 <sup>rd</sup> No Practice	Jan 26 <sup>th</sup> 11:00 – 12:15 PM
Jan 27 <sup>th</sup> 5:00 – 6:00 PM	Jan 29 <sup>th</sup> 5:30 – 6:30 PM	Jan 30 <sup>th</sup> 5:30 – 6:30 PM	

**February 2020**

<i>Monday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Sunday</i>
			Feb 2 <sup>nd</sup> 11:00 – 12:15 PM
Feb 3 <sup>rd</sup> 5:00 – 6:00 PM	Feb 5 <sup>th</sup> 5:30 – 6:30 PM	Feb 6 <sup>th</sup> 5:30 – 6:30 PM	Feb 9 <sup>th</sup> 11:00 – 12:15 PM
Feb 10 <sup>th</sup> 5:00 – 6:00 PM	Feb 12 <sup>th</sup> 5:30 – 6:30 PM	Feb 13 <sup>th</sup> 5:30 – 6:30 PM	Feb 15 -16 <sup>th</sup> EEX February Splash Meet*
Feb 17 <sup>th</sup> 5:00 – 6:00 PM	Feb 19 <sup>th</sup> 5:30 – 6:30 PM	Feb 20 <sup>th</sup> 5:30 – 6:30 PM	Feb 23 <sup>rd</sup> TCNJ Closed – Practice TBD
Feb 24 <sup>th</sup> 5:00 – 6:00 PM	Feb 26 <sup>th</sup> 5:30 – 6:30 PM	Feb 27 <sup>th</sup> 5:30 – 6:30 PM	

**March 2020**

<i>Monday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Sunday</i>
			March 1 <sup>st</sup> 11:00 – 12:15 PM
March 2 <sup>nd</sup> 5:00 – 6:00 PM	March 4 <sup>th</sup> 5:30 – 6:30 PM	March 5 <sup>th</sup> 5:30 – 6:30 PM	March 8 <sup>th</sup> EEX Spring Club Champs No Practice
March 9 <sup>th</sup> 5:00 – 6:00 PM	March 11 <sup>th</sup> 5:30 – 6:30 PM	March 12 <sup>th</sup> 5:30 – 6:30 PM	

\*Pre-Team Swimmers Participate in EEX Hosted Meet at TCNJ on Sat, Feb 15<sup>th</sup> and Sun, Feb 16<sup>th</sup> – More Details to Follow