

**MISSION VALLEY ATHLETIC LEAGUE
2009
BOYS AND GIRLS SWIMMING**

Saturday, March 6

WASHINGTON TOWNSHIP RELAYS @ NEWARK MEMORIAL

Friday, March 13

Washington @ American
James Logan @ Kennedy
Irvington @ Newark Memorial
BYE Mission San Jose

Friday, March 20

Irvington @ Washington
Kennedy @ Mission San Jose
Newark Memorial @ James Logan
BYE American

Friday March 27

Mission San Jose @ Irvington
Newark Memorial @ Washington
American @ James Logan
BYE Kennedy

Friday, April 3

American @ Mission San Jose
James Logan @ Washington
Irvington @ Kennedy
BYE Newark Memorial

Friday, April 10

Mission San Jose @ Newark Memorial
James Logan @ Irvington
Kennedy @ American
BYE Washington

Friday, April 24

Mission San Jose @ James Logan
Kennedy @ Washington
American @ Newark Memorial
BYE Irvington

Friday May 1

Irvington @ American
Washington @ Mission San Jose
Newark Memorial @ Kennedy @ Newark Memorial
BYE James Logan

Chairperson:

First Day of Spring Practice:

MVAL Preseason Meeting

Starting Times:

Maximum Number of contests

MVAL Swimming Championships

NCS Seeding Meeting:

NCS Diving Championships:

NCS Swimming Trials:

NCS Swimming Championships:

Kennedy

February 2, 2009

January 26, 2009 @ NMHS Commons

3:45

14/2 scrimmages

Friday May 8 & Saturday May 9, 2009

Monday, May 11, 2009

Thursday, May 14, 2009

Friday May 15, 2009

Saturday May 16, 2009

Approved AD's: 5-22-08

Approved BOM: 6-17-08