

**Joliet and Morris Stingrays**  
**Dual Meet Schedule and Conference Information**  
**South Suburban Swim Conference – Blue Division**  
**Updated October 5, 2009**

Below is the list of dual meets that JAMS will be swimming this season. There are no costs associated with going to dual meets. All meets have a 5:45pm warm-up. Your swimmers will be asked the day before if they are going to attend.

**JAMS vs. Shephard**

Tuesday, November 3, 2009 at Morris High School

**JAMS vs. Homewood-Flossmoor**

Tuesday, November 10, 2009 at Homewood-Flossmoor High School

**JAMS vs. Lincolnway North**

Thursday, December 3, 2009 at Lincolnway North High School

**JAMS vs. Bradley**

Tuesday, December 15, 2009 at Morris High School

**JAMS vs. Richards**

Wednesday, January 13, 2010 at Richards High School

**JAMS vs. Gills**

Thursday, February 4, 2010 at Inwood Athletic Center

As each of these meets gets closer you will receive additional information and directions. These meets are a lot of fun for the kids so please attend as many as you can.

**Blue Division Conference** will be on Saturday, February 13, 2010, at Bradley High School. Conference is by invitation only. Invitations will be given to swimmers at the end of the last dual meet, which is JAMS vs. Gills. There is a cost of \$20 per child attending conference.

**Warm-ups – 11:30am**

**Start – 1:00pm**

If you have any questions please ask coach D Jay at practices or at 815-725-8040.