

## Upper Bergen Swim/Dive League

### *2013 Meet Schedule*

Dive: July 9<sup>th</sup> (Tues)  
Swim: July 10<sup>th</sup> (Wed)

Park Ridge @ Pascack Valley  
Bergenfield @ Haworth  
Demarest @ Montvale

Dive: July 12<sup>th</sup> (Fri)  
Swim: July 13<sup>th</sup> (Sat)

Montvale @ Park Ridge  
Pascack Valley @ Bergenfield  
Haworth @ Demarest

Dive: July 16<sup>th</sup> (Tues)  
Swim: July 17<sup>th</sup> (Wed)

Haworth @ Pascack Valley  
Montvale @ Bergenfield  
Demarest @ Park Ridge

Dive: July 19<sup>th</sup> (Fri)  
Swim: July 20<sup>th</sup> (Sat)

Park Ridge @ Haworth  
Pascack Valley @ Montvale  
Demarest @ Bergenfield

Dive: July 23<sup>rd</sup> (Tues)  
Swim: July 24<sup>th</sup> (Wed)

Make-Up

Dive: July 26<sup>th</sup> (Fri)  
Swim: July 27<sup>th</sup> (Sat)

Haworth @ Montvale  
Bergenfield @ Park Ridge  
Pascack Valley @ Demarest

Dive: July 30<sup>th</sup> (Tues)  
Swim: July 31<sup>st</sup> (Wed)

Make-Up

Dive: Aug 2<sup>nd</sup> (Fri)

League Championships @ Park Ridge  
Raindate: Aug 3<sup>rd</sup> (Sat)

Swim: Aug 3<sup>rd</sup> (Sat)

League Championships @ Pascack Valley  
Raindate: Aug 4<sup>th</sup> (Sun)

#### Swim Meets:

Wed - Warmups 5pm, Start 5:30pm

Sat - Warmups 8:30am, Start 9am

#### Dive Meets:

Tues - Warmups 5:30pm, Start 6pm

Fri - Warmups 5:30pm, Start 6pm