

**SLEDGE HOCKEY OF EASTERN ONTARIO – SHEO**

2009/2010 SCHEDULE

(As of September-12-09)

[www.sheo.ca](http://www.sheo.ca)



**HOCKEY SUR LUGE DE L'EST ONTARIEN – HLEO**

HORRAIRE : 2009 / 2010

(le 12 septembre 2009)

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**2009 – Regular Practices & Games at: Jim Durrell Arena**

1265 Walkley Road, Ottawa, ON, Tel: 613-247-4811

<b>Junior/Novice</b> Sundays 01:30 pm to 03:30 pm			<b>Intermediates</b> Sundays 11:30 pm to 01:30 pm			<b>House League</b> Fridays 06:30 pm to 09:30 pm		
Day/Jour	Date	Notes	Day/Jour	Date	Notes	Day/Jour	Date	Notes
Sunday	20-Sep-09	<b>Open House / OCTC</b>	Sunday	20-Sep-09		Friday	18-Sep-09	
Sunday	27-Sep-09		Sunday	27-Sep-09		Friday	25-Sep-09	
Sunday	04-Oct-09	Visit North Bay			Visit North Bay	Friday	02-Oct-09	Visit North Bay
						Friday	09-Oct-09	
Sunday	18-Oct-09		Sunday	18-Oct-09		Friday	16-Oct-09	
Sunday	25-Oct-09		Sunday	25-Oct-09		Friday	23-Oct-09	
Sunday	01-Nov-09		Sunday	01-Nov-09		Friday	30-Oct-09	
Sunday	15-Nov-09		Sunday	15-Nov-09		Friday	13-Nov-09	
Sunday	22-Nov-09		Sunday	22-Nov-09		Friday	20-Nov-09	
Sunday	29-Nov-09		Sunday	29-Nov-09				
Sunday	13-Dec-09		Sunday	13-Dec-09		Friday	11-Dec-09	
Sunday	20-Dec-09		Sunday	20-Dec-09		Friday	18-Dec-09	

**Special Events Planned / Événements spéciaux planifiés :** 20-Sep-09 : SHEO Open House; 2 to 4-Oct-09: Ottawa visits North Bay; 9 to 11-Dec-09: North Bay visits Ottawa

***SHEO: Ice-Hockey for every-body! / HLEO: Du hockey pour tout le monde !***

## 2010 – Regular Practices & Games at: Jim Durrell Arena

1265 Walkley Road, Ottawa, ON, Tel: 613-247-4811

<b>Junior/Novice</b> Sundays 01:30 pm to 03:30 pm			<b>Intermediates</b> Sundays 11:30 pm to 01:30 pm			<b>House League</b> Fridays 06:30 pm to 09:30 pm		
Day/Jour	Date	Notes	Day/Jour	Date	Notes	Day/Jour	Date	Notes
Sunday	03-Jan-10		Sunday	03-Jan-10				
Sunday	10-Jan-10		Sunday	10-Jan-10		Friday	08-Jan-10	
Sunday	17-Jan-10		Sunday	17-Jan-10		Friday	15-Jan-10	
Sunday	24-Jan-10		Sunday	24-Jan-10		Friday	22-Jan-10	
Sunday	31-Jan-10		Sunday	31-Jan-10	No Ice, 6th London Invitational	Friday	29-Jan-10	No Ice, 6th London Invitational
Sunday	07-Feb-10		Sunday	07-Feb-10		Friday	05-Feb-10	
						Friday	12-Feb-10	
Sunday	21-Feb-10		Sunday	21-Feb-10		Friday	19-Feb-10	
Sunday	28-Feb-10		Sunday	28-Feb-10		Friday	26-Feb-10	
Sunday	07-Mar-10		Sunday	07-Mar-10		Friday	05-Mar-10	
Sunday	14-Mar-10		Sunday	14-Mar-10		Friday	12-Mar-10	
Sunday	4-Apr-10	To be confirmed: Easter Sunday						
			Sunday	18-Apr-10				

### Special Events Planned / Événements spéciaux planifiés :

- 29 to 31-Jan-10: 6th annual London Blizzard Invitational
- 23 to 25-Apr-10: 7th annual Ottawa Invitational
- 9 to 11-Jul-10: 6th Annual RoughRiders Cup Invitational

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