

2009-10 Norfolk Admirals **Regular Season Schedule**

Home Games are listed in bold. All times are Eastern and are subject to change.

Day	Date	Time	Visiting Team	@	Home Team
Sat	10/3/2009	7:00 PM	Norfolk Admirals	@	Hershey Bears
Fri	10/9/2009	7:15 PM	Manchester Monarchs	@	Norfolk Admirals
Sat	10/10/2009	7:15 PM	Manchester Monarchs	@	Norfolk Admirals
Wed	10/14/2009	7:00 PM	Norfolk Admirals	@	Albany River Rats
Fri	10/16/2009	7:30 PM	Norfolk Admirals	@	Syracuse Crunch
Sat	10/17/2009	7:00 PM	Norfolk Admirals	@	Bridgeport Sound Tigers
Fri	10/23/2009	7:15 PM	Portland Pirates	@	Norfolk Admirals
Sat	10/24/2009	7:15 PM	Portland Pirates	@	Norfolk Admirals
Fri	10/30/2009	7:15 PM	Syracuse Crunch	@	Norfolk Admirals
Mon	11/2/2009	8:30 PM	Norfolk Admirals	@	Manitoba Moose
Tue	11/3/2009	8:30 PM	Norfolk Admirals	@	Manitoba Moose
Fri	11/6/2009	7:05 PM	Norfolk Admirals	@	Wilkes-Barre/Scranton Penguins
Sat	11/7/2009	7:30 PM	Norfolk Admirals	@	Syracuse Crunch
Tue	11/10/2009	7:15 PM	Binghamton Senators	@	Norfolk Admirals
Wed	11/11/2009	7:15 PM	Binghamton Senators	@	Norfolk Admirals
Fri	11/13/2009	7:00 PM	Norfolk Admirals	@	Hershey Bears
Sat	11/14/2009	7:00 PM	Norfolk Admirals	@	Albany River Rats
Tue	11/17/2009	7:00 PM	Norfolk Admirals	@	Portland Pirates
Wed	11/18/2009	7:00 PM	Norfolk Admirals	@	Manchester Monarchs
Fri	11/20/2009	7:00 PM	Norfolk Admirals	@	Lowell Devils
Sat	11/21/2009	7:00 PM	Norfolk Admirals	@	Portland Pirates
Sun	11/22/2009	3:05 PM	Norfolk Admirals	@	Worcester Sharks
Wed	11/25/2009	7:05 PM	Norfolk Admirals	@	Wilkes-Barre/Scranton Penguins
Fri	11/27/2009	7:15 PM	Albany River Rats	@	Norfolk Admirals
Sat	11/28/2009	7:15 PM	Albany River Rats	@	Norfolk Admirals
Fri	12/4/2009	7:30 PM	Norfolk Admirals	@	Adirondack Phantoms
Sat	12/5/2009	7:00 PM	Norfolk Admirals	@	Hershey Bears
Fri	12/11/2009	7:15 PM	Manitoba Moose	@	Norfolk Admirals
Sat	12/12/2009	7:15 PM	Manitoba Moose	@	Norfolk Admirals
Wed	12/16/2009	7:15 PM	Wilkes-Barre/Scranton Penguins	@	Norfolk Admirals
Fri	12/18/2009	7:15 PM	Binghamton Senators	@	Norfolk Admirals
Sat	12/19/2009	7:15 PM	Binghamton Senators	@	Norfolk Admirals
Sun	12/27/2009	5:00 PM	Norfolk Admirals	@	Hershey Bears
Tue	12/29/2009	7:15 PM	Hershey Bears	@	Norfolk Admirals
Thu	12/31/2009	6:05 PM	Norfolk Admirals	@	Binghamton Senators
Sat	1/2/2010	7:00 PM	Norfolk Admirals	@	Adirondack Phantoms
Wed	1/6/2010	7:05 PM	Norfolk Admirals	@	Wilkes-Barre/Scranton Penguins
Fri	1/8/2010	7:15 PM	Syracuse Crunch	@	Norfolk Admirals
Sat	1/9/2010	7:15 PM	Syracuse Crunch	@	Norfolk Admirals
Wed	1/13/2010	7:15 PM	Hershey Bears	@	Norfolk Admirals
Fri	1/15/2010	7:15 PM	Adirondack Phantoms	@	Norfolk Admirals
Sat	1/16/2010	7:15 PM	Adirondack Phantoms	@	Norfolk Admirals

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Day	Date	Time	Visiting Team	@	Home Team
Fri	1/22/2010	7:30 PM	Norfolk Admirals	@	Springfield Falcons
Sat	1/23/2010	7:00 PM	Norfolk Admirals	@	Manchester Monarchs
Sun	1/24/2010	4:00 PM	Norfolk Admirals	@	Lowell Devils
Wed	1/27/2010	7:00 PM	Norfolk Admirals	@	Hartford Wolf Pack
Fri	1/29/2010	7:30 PM	Norfolk Admirals	@	Springfield Falcons
Sat	1/30/2010	7:00 PM	Norfolk Admirals	@	Adirondack Phantoms
Sun	1/31/2010	3:00 PM	Norfolk Admirals	@	Bridgeport Sound Tigers
Wed	2/3/2010	7:15 PM	Hershey Bears	@	Norfolk Admirals
Fri	2/5/2010	7:15 PM	Hartford Wolf Pack	@	Norfolk Admirals
Sat	2/6/2010	7:15 PM	Hartford Wolf Pack	@	Norfolk Admirals
Wed	2/10/2010	7:15 PM	Wilkes-Barre/Scranton Penguins	@	Norfolk Admirals
Fri	2/12/2010	7:15 PM	Lowell Devils	@	Norfolk Admirals
Sat	2/13/2010	7:15 PM	Lowell Devils	@	Norfolk Admirals
Mon	2/15/2010	5:00 PM	Norfolk Admirals	@	Albany River Rats
Wed	2/17/2010	7:00 PM	Norfolk Admirals	@	Hartford Wolf Pack
Fri	2/19/2010	7:15 PM	Springfield Falcons	@	Norfolk Admirals
Sat	2/20/2010	7:15 PM	Springfield Falcons	@	Norfolk Admirals
Wed	2/24/2010	7:05 PM	Norfolk Admirals	@	Binghamton Senators
Fri	2/26/2010	7:30 PM	Norfolk Admirals	@	Adirondack Phantoms
Sat	2/27/2010	7:05 PM	Norfolk Admirals	@	Binghamton Senators
Sun	2/28/2010	3:00 PM	Norfolk Admirals	@	Syracuse Crunch
Wed	3/3/2010	7:05 PM	Norfolk Admirals	@	Wilkes-Barre/Scranton Penguins
Fri	3/5/2010	7:15 PM	Albany River Rats	@	Norfolk Admirals
Sat	3/6/2010	7:15 PM	Albany River Rats	@	Norfolk Admirals
Fri	3/12/2010	7:15 PM	Bridgeport Sound Tigers	@	Norfolk Admirals
Sat	3/13/2010	7:15 PM	Bridgeport Sound Tigers	@	Norfolk Admirals
Wed	3/17/2010	7:05 PM	Norfolk Admirals	@	Wilkes-Barre/Scranton Penguins
Fri	3/19/2010	7:15 PM	Adirondack Phantoms	@	Norfolk Admirals
Sat	3/20/2010	7:15 PM	Adirondack Phantoms	@	Norfolk Admirals
Wed	3/24/2010	7:15 PM	Wilkes-Barre/Scranton Penguins	@	Norfolk Admirals
Fri	3/26/2010	7:15 PM	Wilkes-Barre/Scranton Penguins	@	Norfolk Admirals
Sat	3/27/2010	7:15 PM	Worcester Sharks	@	Norfolk Admirals
Fri	4/2/2010	7:00 PM	Norfolk Admirals	@	Albany River Rats
Sat	4/3/2010	7:05 PM	Norfolk Admirals	@	Binghamton Senators
Sun	4/4/2010	6:00 PM	Norfolk Admirals	@	Hershey Bears
Wed	4/7/2010	7:15 PM	Wilkes-Barre/Scranton Penguins	@	Norfolk Admirals
Fri	4/9/2010	7:15 PM	Hershey Bears	@	Norfolk Admirals
Sat	4/10/2010	7:15 PM	Hershey Bears	@	Norfolk Admirals