

Heartland Swim Association Short Course Meet Schedule 2009-2010

DATE	MEET	LOCATION	ENTRIES DUE BY
*September 27	HSA Freestyle Festival	Santana High School	September 14
October 3 October 24-25	Potential NCA Relay Meet- fundraiser WSST A/B/C Meet	Location TBA La Jolla High School	September 17 October 8
November 7-8 November 13-15 November 14-15 November 20-22	FAST "C" All Ages PS A/B Meet Kevin Perry Senior Meet- Senior Team only All Team Palm Springs A/B/C Travel Meet	Fallbrook High School Poway Community Center Fullerton	October 22 October 29 October 29 October 29
December 5 December 4 & 6 December 11-13 December 12-13 December 10-13 December 18-22	CAST 12/Under "A" Pentathlon CAST Senior Teams Meet Las Vegas Winter Age Group Champs- separate time standard SBA B/C All Ages Junior Nationals- Senior Team only Sectionals- Senior team only	Joan Kroc Center Joan Kroc Center separate time standard Loma Verde- Chula Vista Columbus, OH Belmont Plaza	November 19 November 19 November 23 November 23 see coach to enter see coach to enter
Jan 8-10 Jan 23-24 *Jan 29-31	SI "Q" Meet Palomar College All Star Tri Meet HSA 12/Over NTS	"A" swimmers or faster only Select swimmers qualified at "Q" Meet EI Cajon Valley High School	December 23 January 14
Feb 5-7 Feb 12-15 Feb 20-May 22 Feb 19-21	SBA 12/Under A/B/C S/I Senior Classic- Senior team only High School Swim Season S/I Short Course JO's- ages 14 and under only	Loma Verde Location TBA Location TBA	January 21 January 28 February 4
*March 5-7	HSA JO-Max	EI Cajon Valley High School	February 18
May 10-14 May 18-22	High School League Prelims and Finals High School CIF Prelims and Finals		

Meets in bold do not have "faster than" time requirements for most events, making them suitable for beginning swimmers. They may have "slower than" time requirements. Heartland Hosted meets are marked with an *
If you have any questions please ask your coach or you can email Debi Frese at debi4hsa@cox.net