

## Heartland Swim Association Long Course Meet Schedule 2009

DATE	MEET	LOCATION	ENTRIES DUE BY
March 28-29	PS A/B LC Meet	Poway Community Pool	March 12
<b>April 2-5</b>	<b>Far Westerns</b>	<b>Morgan Hill- contact coach for more info- <u>enter on own</u></b>	
April 18-19	CAST "C" All Ages SC	Kroc Center	April 2
May 2-3	SBA A/B LC Meet	Las Palmas Pool- National City	April 16
May 16-17	CAST "C" All Ages SC	Kroc Center	April 30
May 23	High School CIF Finals		
May 29-31	NCA A/B LC Meet	JCC	May 14
June 6	RSD Senior Meet SC	B&G Club	May 21
June 13-14	WSST "C" All Ages SC	La Jolla High School	May 28
<b>June 18-21</b>	<b>Swim Meet of Champions- Senior Team Only</b>	<b>Mission Viejo</b>	<b>June 1</b>
<b>June 25-28</b>	<b>SCS Summer Age Group Champs- separate time standard</b>		<b>June 7</b>
June 26-28	SBA A/B LC Meet	Las Palmas Pool- National City	June 11
July 24-26	ESC A/B LC Meet	Cathedral Catholic High School	July 9
<b>July 22-26(7)</b>	<b>SCS Sectionals- Senior Team Only</b>	<b>Scenic Clovis</b>	<b>June 30</b>
August 1-2	SBA Summer SC Wrap-Up Meet	Loma Verde Pool, Chula Vista	July 16
<b>August 4-8</b>	<b>Zones</b>	<b>Honolulu, HI</b>	
*August 7-8	Heartland Summer League Championship Meet	El Cajon High School	
<b>August 13-16</b>	<b>San Diego/Imperial LC JO's</b>	<b>TBA</b>	<b>July 27</b>

LC- Long Course, 50 meter

SC- Short Course, 25 yard

**Meets in bold have faster than "A" time requirements to enter events. 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](mailto:debi4hsa@cox.net)**