

## Heartland Swim Association Long Course Meet Schedule 2010

DATE	MEET	LOCATION	ENTRIES DUE BY
March 13-14	PS A/B LC Meet	Poway Community Pool	February 25
March 27-28	FAST 14/Under A/B/C SC	Fallbrook High School	March 11
<b>April 8-11</b>	<b>Far Westerns</b>	<b>Contact coach for more info- <u>enter on own</u></b>	
April 17-18	CAST "C" All Ages SC	Kroc Center	April 1
April 30-May 2	CNSA A/B/C South All Ages LC	Coronado High School	April 15
May 15-16	WSST "C" All Ages SC	La Jolla High School	April 29
May 22	High School CIF Finals		
May 28-30	A/B LC Meet	<i>pending</i>	May 13
May 28-30	Speedo Grand Challenge- Senior Team Only	Irvine	May 13
June 12-13	B/C South All Ages	<i>pending</i>	May 27
<b>June 10-13</b>	<b>Swim Meet of Champions- Senior Team Only</b>	<b>Mission Viejo</b>	<b>May 27</b>
<b>June 24-27</b>	<b>SCS Summer Age Group Champs- separate time standard</b>		<b>June 3</b>
June 25-27	SBA A/B LC Meet	National City	June 10
July 10-11	Sr Meet	<i>pending</i>	June 24
July 17-18	MVY "C" All Ages SC	Mission Valley YMCA	July 1
<b>July 22-26(7)</b>	<b>SCS Sectionals- Senior Team Only</b>	<b>Santa Clarita</b>	<b>July 1</b>
July 23-25	NCA A/B LC Meet	JCC	July 8
*July 30-31	Heartland Summer League Championship Meet	El Cajon High School	
August 6-8	SBA Summer SC Wrap-Up Meet	Loma Verde Pool, Chula Vista	July 22
<b>August 10-14</b>	<b>Zones</b>	<b>San Jose</b>	
<b>August 9-13</b>	<b>Junior Nationals</b>	<b>Irvine</b>	
<b>August 19-22</b>	<b>San Diego/Imperial LC JO's</b>	<b>TBA</b>	<b>July 29</b>
September 12	La Jolla Rough Water Swim		

LC- Long Course, 50 meter

SC- Short Course, 25 yard

**Meets in bold have fast 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)**