



February 2010

Heartland Swimming Association Ramona

Schedule of Events:

• Practice times as follows:

- ✚ Senior: 2:45-5:00 p.m. M-F @ SDCE & T/Th/F from 5:20-6:50 a.m. @ RHS pool
- ✚ Senior Development: 2:45-4:30 p.m. M-F @ SDCE
- ✚ Gold: 4-6 p.m. M-F @ SDCE

• Short Course JO Entries are due by Thursday, February 4

• Last morning practice for the season on Friday, February 5.

• *Beginning Monday, February 22, the Gold Team will practice from 3:00-5:00 p.m. at the Country Club Pool

• Junior Gold Practice Sessions will resume on March 15 from 5:00-6:00 p.m. Monday-Friday at the Country Club Pool.

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.
1)	2)	3)	4) Short Course JO Entries Due	5) Last Morning Practice: Taper for Senior Classic	6/7) 12 & Under SBA A/B/C Meet @ Loma Verde
8)	9) HSA Board Mtg. Grossmont H.S. at 7:30 p.m.	10)	11)	12)	13/14) Senior Classic @ Poway Community Center
15)	16)	17)	18) Entries due for JO Max	19)	20/21) Short Course JOs
22) * Please note the change in practice times for Gold Group in side bar.	23)	24)	25)	26)	27/28)

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General Questions Contact Jolyn Yanez: starfish7212@aol.com

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