



July 2009: Heartland Swimming Association Ramona

Schedule of Events:

• Practice times through August 21, as follows:

- Senior & Senior Development 6:45-8:45 a.m. at the Ramona High School Pool M-F.
- Gold 6:45-8:45 a.m. at the SDCE Pool M-F.
- Jr. Gold 7:00-8:30a.m. at the SDCEA Pool M-F
- Summer League Team, 4:00-5:00 p.m. at RHS Pool for ages 8-12, 5:00-6:00 p.m. for swimmers 13 & over.

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.
	30) Entries Due SCS Sectionals- Senior Team only	1)	2)	3)	4/5)
6)	7)	8)	9) Entries due for ESC A/B LC Meet	10)	11/12)
13) HSA Board Meeting 6:00 p.m. @ Grossmont H.S.	14)	15)	16) Entries due SBA Summer SC Wrap-Up Meet	17)	18/19) FAST Swim Meet @ Fallbrook
20)	21)	22) Sectionals (7/22-7/26)	23)	24)	25/26) ESC A/B LC Meet @ Cathedral Catholic H.S.
27) Entries Due for SD/I LC Junior Olympics	28)	29)	30)	31)	

152 West Park Avenue, P.O. Box 12936 El Cajon, CA 92022. (619) 593-9252

General Questions Contact Jolyn Yanez: starfish7212@aol.com

Billing Questions: Rebecca.Grav@heartlandswim.org