

CCSD Athletics
Swimming and Diving Meets
2009

1st Day of Practice:	SAT. February 28th	Rise/Set	MG/Muni	Wmup. 10 Meet 1-2
1st Day for Contests:	THURS. March 12th			
All Swim and Dive Meets will have Warm up time 1 hour before the meet starts.				
All Pools have specific times to open and close for Meets. Please be aware and do your best to arrive and leave on time.				
Diving Meets: Sunset: Freedom Park Sunrise: Silver Springs				
PRE SEASON		MEETS	POOL	TIME
3/7/09-SAT.		Swim Clinic-Sunrise	MG	2:00-4:00
		Swim Clinic-Sunset	DB	11:00-2:00
		Diving Clinic (Sunrise & Sunset)	Pavilion/SSpgs	12:00-2:00
3/8/09 Daylight Savings				
WEEK ONE	HOME	VISITOR	POOL	TIME
3/12/09 Thurs.	DIVING			Sunrise: Silver Springs Wmup: 3:00 Meet Start: 4:00 Need to finish by 6:30
	Basic	Las Vegas		
	Boulder City	Foothill		
	Coronado	SECTA		
	Del Sol	Liberty		
	Green Valley	Silverado		
	Canyon Springs	Chaparral		
	Sierra Vista	Legacy		
	Desert Oasis	Spring Valley		
	Centennial	Shadow Ridge		
3/14/2009 Sat:	Arbor View	Cimarron		Sunset: Freedom Park Wmup: 10:00 am Meet Start: 11:00am Need to finish by 2:30
	Cheyenne	Meadows		
	Eldorado	Valley		
	Desert Pines	Moapa Valley		
	Rancho	Virgin Valley		
	Bishop Gorman	Faith Lutheran		
	Clark	Durango		
	Bonanza	Palo Verde		
	Western	Mojave		
3/14/09-SAT.	SWIMMING			Wmup 1 hr before start of meet
	Basic	Las Vegas	MG	9:00-12:00
	Boulder City	Foothill	MG	
	Coronado	SECTA	MG	
Pool closes at 5:00	Del Sol	Liberty	MG	1:00-5:00
	Green Valley	Silverado	MG	
				Wmup 1 hr before start of meet
	Western	Mojave	Pavilion	9:00-12:00
	Sierra Vista	Legacy	Pavilion	
	Desert Oasis	Spring Valley	Pavilion	
Pool closes at 4:00	Centennial	Shadow Ridge	Pavilion	1:00-4:00
	Arbor View	Cimarron	Pavilion	
				Wmup 1 hr before start of meet
Pool closes at 5:00	Cheyenne	Meadows	Muni	10:30-1:00
	Eldorado	Valley	Muni	
	Desert Pines	Moapa Valley	Muni	2:00-5:00
	Rancho	Virgin Valley	Muni	
				Wmup 1 hr before start of meet
Pool closes at 5:00	Bishop Gorman	Faith Lutheran	DB	11:00-3:00
	Clark	Durango	DB	
	Bonanza	Palo Verde	DB	
	Canyon Springs	Chaparral	DB	
WEEK TWO	HOME	VISITOR	POOL	TIME
Thurs: 3/19/09	DIVING			Sunrise: Silver Springs Wmup: 3:00 Meet Start: 4:00 Need to finish by 6:30
	Spring Valley	Coronado		
	Basic	Durango		
	SECTA	Desert Oasis		
	Green Valley	Palo Verde		
	Liberty	Faith Lutheran		
	Boulder City	Arbor View		
	Sierra Vista	Eldorado		
	Del Sol	Cheyenne		
	Chaparral	Mojave		
	Foothill	Centennial		
3/21/09 Sat	Meadows	INDEPENDENT		Sunset: Freedom Park Wmup: 10:00 Meet Start: 11:00 Need to finish by 2:30 pm
	Shadow Ridge	Moapa Valley		
	Virgin Valley	Clark		
	Western	Canyon Springs		
	Rancho	Desert Pines		
	Legacy	Valley		
	Silverado	Cimarron		
	Bonanza	Las Vegas		
	Bishop Gorman	INDEPENDENT		
				Wmup 1 hr before start of meet
3/21/09-SAT.	Spring Valley	Coronado	MG	9:00-12:00
	Basic	Durango	MG	
	SECTA	Desert Oasis	MG	
Pool closes at 5:00	Green Valley	Palo Verde	MG	12:00-5:00
	Liberty	Faith Lutheran	MG	
				Wmup 1 hr before start of meet
	Boulder City	Arbor View	Muni	10:30-2:30
	Sierra Vista	Eldorado	Muni	
	Del Sol	Cheyenne	Muni	
Pool closes at 5:00	Western	Canyon Springs	Muni	
				Wmup 1 hr before start of meet
	Foothill	Centennial	DB	11:00-2:00 pm
	Bonanza	Las Vegas	DB	
	Meadows	INDEPENDENT	DB	
	Shadow Ridge	Moapa Valley	DB	2:45-5:00 pm
	Silverado	Cimarron	DB	
				Wmup 1 hr before start of meet
	Virgin Valley	Clark	Walker	9:00- 2:30
	Chaparral	Mojave	Walker	
	Legacy	Valley	Walker	
Pool closes at 4:00	Rancho	Desert Pines	Walker	

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WEEK THREE	HOME	VISITOR	POOL	TIME
Thurs:				
3/26/09	DIVING			Sunrise:
	Basic	Eldorado		Silver Springs
	Boulder City	SECTA		Wmup: 3:00
	Del Sol	Canyon Springs		Meet Start: 4:00
	Bishop Gorman	Clark		Need to finish by 6:30
	Faith	Sierra Vista		
	Durango	Arbor View		
	Palo Verde	Spring Valley		
	Foothill	Coronado		
	Silverado	Las Vegas		
3/28/08 SAT.	Moapa Valley	Rancho		Sunset:
	Chaparral	Virgin Valley		Freedom Park
	Legacy	Shadow Ridge		Wmup: 10:00
	Cimarron	Centennial		Meet Start: 11:00
	Desert Oasis	Bonanza		Need to finish by 2:30
	Desert Pines	Valley		
	Mojave	Meadows		
	Green Valley	Liberty		
	Cheyenne	Western		
3/28/09-SAT	SWIMMING			Wmup 1 hr before start of meet
Pool closes at 5:00	Basic	Eldorado	MG	9:00-12:00
	Boulder City	SECTA	MG	
	Del Sol	Canyon Springs	MG	
	Foothill	Coronado	MG	12:00- 4:00
	Silverado	Las Vegas	MG	
	Moapa Valley	Rancho	Pavilion	Wmup 1 hr before start of meet
Pool closes at 5:00	Chaparral	Virgin Valley	Pavilion	9:00-12:00
	Desert Pines	Valley	Pavilion	
	Palo Verde	Spring Valley	Pavilion	1:00-4:00
	Green Valley	Liberty	Pavilion	
	Legacy	Shadow Ridge	Walker	Wmup 1 hr before start of meet
	Cimarron	Centennial	Walker	9:00-1:30
	Cheyenne	Western	Walker	
Pool closes at 4:00	Mojave	Meadows	Walker	
	Clark			Wmup 1 hr before start of meet
	Faith Lutheran	Sierra Vista	Muni	10:30-2:30
Pool closes at 5:00	Durango	Arbor View	Muni	
	Desert Oasis	Bonanza	Muni	
Cal Meet	Bishop Gorman			
SPRING BREAK			POOL	TIME
4/4/09-SAT.	Freshmen/Sophomore	Sunrise Region	MG	9:00-11:30
	Freshmen/Sophomore	Sunset Region	Muni	10:30-2:00
	Freshmen/Sophomore	Diving (Sunrise/Sunset)??????	CMDH/S Spgs	11:00-1:30
4/6/09-4/10/09	Arbor View	Kennedy High School	KHS	
Team travel meet	Desert Oasis	Kennedy High School	KHS	
	Sierra Vista	Kennedy High School	KHS	
WEEK FOUR			POOL	TIME
4/16/09	DIVING			Sunrise:
	Liberty	Boulder City		Silver Springs
	Del Sol	Eldorado		Wmup: 3:00
	Coronado	Silverado		Meet Start: 4:00
	Foothill	Las Vegas		Need to be finish by 6:30
	Desert Pines	Canyon Springs		
	Clark	Rancho		
	Virgin Valley	Moapa Valley		
	Valley	Basic		
	Arbor View	Shadow Ridge		
4/18/2009 - SAT:	Western	Meadows		Sunset:
	Mojave	Legacy		Freedom Park
	Chaparral	Cheyenne		Wmup: 10:00
	Palo Verde	Bishop Gorman		Meet Start: 11:00
	Desert Oasis	Sierra Vista		Need to finish by 2:30pm
	Bonanza	Durango		
	Faith Lutheran	Spring Valley		
	Green Valley	SECTA, Centennial-IND		
4/18/2009 - SAT:	SWIMMING			Wmup 1 hr before start of meet
	Valley	Basic	MG	9:00-12:30
	Del Sol	Eldorado	MG	
	Coronado	Silverado	MG	
	Foothill	Las Vegas	MG	1:30-5:00
	Desert Pines	Canyon Springs	MG	
	Liberty	Boulder City	MG	
	Virgin Valley	Moapa Valley	WR	Wmup 1 hr before start of meet
	Mojave	Legacy	WR	9:00-12:00
	Chaparral	Cheyenne	WR	
	Western	Meadows	WR	
	Arbor View	Shadow Ridge	DB	Wmup 1 hr before start of meet
	Palo Verde		DB	10:30-1:30
	Desert Oasis	Sierra Vista	DB	
	Bonanza	Durango	DB	1:30-5:00
	Faith Lutheran	Spring Valley	DB	
	Clark	Rancho	DB	
4/17-4/18/09,	Mt. SAC Invitational	Walnut, CA	Mt. SAC	
Team travel meet	Centennial	Bishop Gorman Spring Bk		
	Green Valley			
	SECTA			

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CHAMPIONSHIP MEETS		POOL		TIME
5/9/2009 Sat		Last Chance Dive Set	Freedom Pk	Meet Starts 11:00-3:30
5/7/2009 Thurs		Last Chance Dive Rise	Silver Spgs	Meet Starts 4:30-7:00
5/9/2009 Sat	Times do not Count for Reg	Relay Meet	Muni	Meet Starts 10:30- 2:30
5/9/2009 Sat	Times do not Count for Reg	Relay Meet	MG	Meet Starts 10:30-2:30
5/16/2009 Sat		Regional Dive Meet- Sunset	Freedom Pk	Meet Starts 11:00-3:30
5/14/2009 Thurs.		Regional Dive Meet-Sunrise	Silver Spgs	Meet Starts 4:30-7:00
5/15/09-FRI.		Sunset Regional Pre-lims	DB	Meet Starts 5:00-9:00
5/15/09-FRI.		Sunrise Regional Pre-lims	MG	Meet Starts 5:00-9:00
5/16/09-SAT.		Sunset Regional Finals	DB	2:00-5:00
5/16/09-SAT.		Sunrise Regional Finals	MG	2:00-5:00
5/23/09-SAT.		State Diving Meet	UN-Reno	
5/23/09-SAT.		State Swim Meet	UN-Reno	