

CCSD Athletics
Swimming and Diving Meets
2009

1st Day of Practice:	SAT., February 28th	Rise/Set	MG/Muni	Wmup 10 Meet 11-2
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-Sunset **This meet is REQUIRED for all swimmers NEW TO THE SIERRA VISTA TEAM	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.				Sunrise: Silver Springs
	DIVING			Wmup: 3:00
	Basic	Las Vegas		Meet Start: 4:00
	Boulder City	Foothill		Need to finish by 6:30
	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:				Sunset:
	Arbor View	Cimarron		Freedom Park
	Cheyenne	Meadows		Wmup: 10:00 am
	Eldorado	Valley		Meet Start: 11:00am
	Desert Pines	Moapa Valley		Need to finish by 2:30
	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
				Wmup 1 hr before start of meet
	Western	Mojave	Pavilion	9:00-12:00
	Sierra Vista	Legacy	Pavilion	
	Desert Oasis	Spring Valley	Pavilion	
WEEK TWO	HOME	VISITOR	POOL	TIME
3/19/2009				Sunrise:
Thurs:	DIVING			Silver Springs
	Spring Valley	Coronado		Wmup: 3:00
	Basic	Durango		Meet Start: 4:00
	SECTA	Desert Oasis		Need to finish by 6:30
	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				Sunset:
	Meadows	INDEPENDENT		Freedom Park
	Shadow Ridge	Moapa Valley		Wmup: 10:00
	Virgin Valley	Clark		Meet Start: 11:00
	Western	Canyon Springs		Need to finish by 2:30 pm
	Rancho	Desert Pines		
	Legacy	Valley		
	Silverado	Cimarron		
	Bonanza	Las Vegas		
	Bishop Gorman	INDEPENDENT		
	SWIMMING			Wmup 1 hr before start of meet
3/21/09-SAT.				9:00-12:00
	Spring Valley	Coronado	MG	
	Basic	Durango	MG	
	SECTA	Desert Oasis	MG	
Pool closes at 5:00				12:00-5:00
	Green Valley	Palo Verde	MG	
	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	
WEEK THREE	HOME	VISITOR	POOL	TIME
Thurs:	DIVING			Sunrise:
3/26/2009				Silver Springs
	Basic	Eldorado		Wmup: 3:00
	Boulder City	SECTA		Meet Start: 4:00
	Del Sol	Canyon Springs		Need to finish by 6:30
	Bishop Gorman	Clark		
	Faith	Sierra Vista		
	Durango	Arbor View		
	Palo Verde	Spring Valley		
	Foothill	Coronado		
	Silverado	Las Vegas		
3/28/08 SAT.				Sunset:
	Moapa Valley	Rancho		Freedom Park
	Chaparral	Virgin Valley		Wmup: 10:00
	Legacy	Shadow Ridge		Meet Start: 11:00
	Cimarron	Centennial		Need to finish by 2:30
	Desert Oasis	Bonanza		
	Desert Pines	Valley		
	Mojave	Meadows		
	Green Valley	Liberty		
	Cheyenne	Western		
3/28/09-SAT	SWIMMING			Wmup 1 hr before start of meet
				Wmup 1 hr before start of meet
	Clark		Muni	10:30-2:30

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	Faith Lutheran	Sierra Vista	Muni	
Pool closes at 5:00	Durango	Arbor View	Muni	
	Desert Oasis	Bonanza	Muni	
SPRING BREAK			POOL	TIME
4/4/09-SAT.	Freshmen/Sophomore	Sunrise Region	MG	9:00-11:30
	Freshmen/Sophomore	Sunset Region	DB	11:00-2:00
	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				
WEEK FOUR	HOME	VISITOR	POOL	TIME
4/16/2009	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
				Wmup 1 hr before start of meet
	Arbor View	Shadow Ridge	DB	
	Palo Verde		DB	10:30-1:30
	Desert Oasis	Sierra Vista	DB	
WEEK FIVE	HOME	VISITOR	POOL	TIME
4/24/2009 Fri:	DIVING			
	Spring Valley	Durango		Sunrise:
	Sierra Vista	Clark		S. Spgs
	Cimarron	Bonanza		Wmup: 3:00
	Desert Oasis	Shadow Ridge		Meet Start: 4:00
	Western	Legacy		Need to finish by 6:30 pm
	Cheyenne	Mojave		
	Rancho	Las Vegas		
	Del Sol	Meadows		
	Arbor View	Palo Verde		
	Eldorado	Desert Pines		
4/25/09 SAT	Centennial	Faith Lutheran		Sunset:
	Boulder City	Moapa Valley		Freedom Park
	Virgin Valley	Canyon Springs		Wmup: 10:00
	Silverado	Basic		Meet Start: 11:00
	SECTA	Green Valley		Need to finish by 2:30 pm
	Bishop Gorman	Coronado		
	Foothill	Liberty		
	Chaparral	Valley		
4/25/09-SAT.	SWIMMING			Wmup 1 hr before start of meet
	Sierra Vista	Clark	DB	Wmup 1 hr before start of meet
	Rancho	Las Vegas	DB	11:00-12:30
Pool closes at 5:00	Del Sol	Meadows	DB	
WEEK SIX	HOME	VISITOR	POOL	TIME
Thurs:	DIVING			
4/30/2009	DIVING			Sunrise:
	Bishop Gorman	Durango		Silver Springs
	Spring Valley	Bonanza		Wmup: 3:00
	Desert Oasis	Cimarron		Meet Start: 4:00
	Shadow Ridge	Sierra Vista		Need to finish by 6:30 pm
	Mojave	Del Sol		
	Western	Rancho		
	Meadows	Chapparal		
	Cheyenne	Canyon Springs		
	Legacy	Clark		
5/2/2009 SAT	Las Vegas	Eldorado		Sunset:
	Arbor View	Centennial		Freedom Park
	SECTA	Liberty		Wmup: 10:00
	Palo Verde	Faith Lutheran		Meet Start: 11:00
	Coronado	Green Valley		Need to finish by 2:30 pm
	Basic	Foothill		
	Boulder City	Silverado		
	Desert Pines	Virgin Valley		
	Valley	Moapa Valley		
5/2/09-SAT.	SWIMMING			Wmup 1 hr before start of meet
	Boulder City	Silverado	MG	9:00-12:00
	SECTA	Liberty	MG	
Pool closes at 5:00	Shadow Ridge	Sierra Vista	MG	
CHAMPIONSHIP MEETS				
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
		Last Chance Swim Meet-sunset	Muni	Meet Starts 10:30- 2:30
5/9/2009 Sat		Regional Dive Meet- Sunset	Freedom Pk	Meet Starts 11:00-3:30
5/16/2009 Sat		Regional Dive Meet-Sunrise	Silver Spgs	Meet Starts 4:30-7:00
5/14/2009 Thurs.				
5/15/09-FRI.		Sunset Regional Pre-lims	DB	Meet Starts 5:00-9:00
5/15/09-FRI.		Sunrise RegionalPre-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	