

CCSD Athletics
Swimming and Diving Meets
2009

1st Day of Practice:	SAT. February 28th	Rise/Set	MG/Muni	Wmup TO Meet 11:2
4st 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.				Sunrise:
	DIVING			Silver Springs
	Basic	Las Vegas		Wmup: 3:00
	Boulder City	Foothill		Meet Start: 4:00
	Coronado	SECTA		Need to finish by 6:30
	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:
	Cheyenne	Meadows		Freedom Park
	Eldorado	Valley		Wmup: 10:00 am
	Desert Pines	Moapa Valley		Meet Start: 11:00am
	Rancho	Virgin Valley		Need to finish by 2:30
	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 5:00	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
	Bishop Gorman	Faith Lutheran	DB	11:00-3:00
Pool closes at 5:00	Clark	Durango	DB	
	Bonanza	Palo Verde	DB	
	Canyon Springs	Chaparral	DB	
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	Meadows	INDEPENDENT		Sunset:
	Shadow Ridge	Moapa Valley		Freedom Park
	Virgin Valley	Clark		Wmup: 10:00
	Western	Canyon Springs		Meet Start: 11:00
	Rancho	Desert Pines		Need to finish by 2:30 pm
	Legacy	Valley		
	Silverado	Cimarron		
	Bonanza	Las Vegas		
	Bishop Gorman	INDEPENDENT		
	SWIMMING			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
Pool closes at 5:00	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:				
3/26/2009	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	
				Wmup 1 hr before start of meet
Pool closes at 5:00	Moapa Valley	Rancho	Pavilion	9:00-12:00
	Chaparral	Virgin Valley	Pavilion	
	Desert Pines	Valley	Pavilion	
	Palo Verde	Spring Valley	Pavilion	1:00-4:00
	Green Valley	Liberty	Pavilion	
				Wmup 1 hr before start of meet
	Legacy	Shadow Ridge	Walker	9:00-1:30
	Cimarron	Centennial	Walker	
	Cheyenne	Western	Walker	
Pool closes at 4:00	Mojave	Meadows	Walker	
				Wmup 1 hr before start of meet
	Clark		Muni	10:30-2:30
	Faith Lutheran	Sierra Vista	Muni	
Pool closes at 5:00	Durango	Arbor View	Muni	
	Desert Oasis	Bonanza	Muni	
Cal Meet	Bishop Gorman			
SPRING BREAK				
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	Desert Oasis	Kennedy High School	KHS	
	Sierra Vista	Kennedy High School	KHS	
WEEK FOUR				
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
	Valley	Basic	MG	9:00-12:30
	Del Sol	Eldorado	MG	
	Coronado	Silverado	MG	
	Foothill	Las Vegas	MG	1:30-5:00
Pool closes at 5:00	Desert Pines	Canyon Springs	MG	
	Liberty	Boulder City	MG	
				Wmup 1 hr before start of meet
	Virgin Valley	Moapa Valley	WR	8:00-11:00
	Mojave	Legacy	WR	NEED TO FINISHED BY 11:00
Pool closes at 11:00 am	Chaparral	Cheyenne	WR	THANK YOU
	Western	Meadows	WR	
				Wmup 1 hr before start of meet
	Arbor View	Shadow Ridge	DB	
	Palo Verde		DB	10:30-1:30
	Desert Oasis	Sierra Vista	DB	
	Bonanza	Durango	DB	1:30-5:00
Pool closes at 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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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		
	SWIMMING			Wmup 1 hr before start of meet
4/25/09-SAT.	Bishop Gorman	Coronado	MG	9:00-12:00
	Foothill	Liberty	MG	
	Chaparral	Valley	MG	
Pool closes at 5:00	Silverado	Basic	MG	12:00-3:30
	SECTA	Green Valley	MG	
	Boulder City	Moapa Valley	MG	
				Wmup 1 hr before start of meet
	Arbor View	Palo Verde	Muni	10:30-1:00
	Desert Oasis	Shadow Ridge	Muni	
	Virgin Valley	Canyon Springs	Muni	
Pool closes at 5:00	Spring Valley	Durango	Muni	
	Centennial	Faith Lutheran	Muni	
	Eldorado	Desert Pines	Muni	
	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	
	Western	Legacy	DB	12:30-5:00
	Cheyenne	Mojave	DB	
	Cimarron	Bonanza	DB	
WEEK SIX	HOME	VISITOR	POOL	TIME
Thurs:	DIVING			
4/30/2009	Bishop Gorman	Durango		Sunrise:
	Spring Valley	Bonanza		Silver Springs
	Desert Oasis	Cimarron		Wmup: 3:00
	Shadow Ridge	Sierra Vista		Meet Start: 4:00
	Mojave	Del Sol		Need to finish by 6:30 pm
	Western	Rancho		
	Meadows	Chaparral		
	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		
	SWIMMING			Wmup 1 hr before start of meet
5/2/09-SAT.	Boulder City	Silverado	MG	9:00-12:00
	SECTA	Liberty	MG	
Pool closes at 5:00	Shadow Ridge	Sierra Vista	MG	
	Coronado	Green Valley	MG	12:00-5:00
	Basic	Foothill	MG	
	Desert Pines	Virgin Valley	MG	
				Wmup 1 hr before start of meet
	Arbor View	Centennial	Muni	10:30-1:30
Pool closes at 5:00	Legacy	Clark	Muni	
	Palo Verde	Faith Lutheran	Muni	
	Bishop Gorman	Durango	Muni	2:00-5:00
	Mojave	Del Sol	Muni	
	Spring Valley	Bonanza	Muni	
				Wmup 1 hr before start of meet
	Las Vegas	Eldorado	WR	8:00-11:00
	Cheyenne	Canyon Springs	WR	
	Valley	Moapa Valley	WR	
	Western	Rancho	WR	NEED TO FINISHED BY 11:00
Pool closes at 11:00 am	Desert Oasis	Cimarron	WR	THANK YOU
	Meadows	Chaparral	WR	

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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	