

HAST 2009-2010 Short Course Calendar

Meets that are *highlighted (*)* have been selected by the coaches for our team to attend. **STATE MEETS ARE MANDATORY!!!**

All other meets will be optional. A coach may or may not be in attendance.

(Meet info for other meets can be downloaded from the Utah Swimming website at swimutah.com)

ALL DATES ARE SUBJECT TO CHANGE.....CHECK WEBSITE OFTEN!!

September 2009

1-10th..... 1ST QUARTER (FALL) REGISTRATION DUE!

1st..... Fall Quarter workouts begin

15-20th..... Pool closed to put up the Bubble starting Sept. 19th—26th. All Senior groups will still have dryland workouts. All other groups NO WORKOUTS. Pool will be open Monday, September 28th for regular workouts.

October 2009

2-3rd..... *Park City Fall Classic (PCAT) @ Park City

10th (?)..... *UVRAYS Wasatch Area meet @ Provo Recreation Center

15-17th..... Alpine School District Fall Break — NO WORKOUTS

16 & 17th.... *HAST "Trick-or-Treat" Invitational meet @ AFFC

22-24th..... EAT Halloween Invitational @ Skyline High School

November 2009

7th..... *HAST Wasatch Area Meet @ AF Fitness Center

19-21st(?)... *Murray Thanksgiving Invitational @ Murray High School

25-28th..... Thanksgiving Break — NO WORKOUTS

December 2009

1-10th..... 2ND QUARTER (WINTER) REGISTRATION DUE!

9th..... *HAST Candy Cane Mini-Meet @ AFFC @ 6:00 p.m.

18th..... *CHAT Midnight Madness Senior Meet @ Cottonwood Heights

19th..... *CHAT Wasatch Area Meet @ Cottonwood Heights

23-Jan. 2..... Christmas Vacation (Dec. 23 - Jan 2). NO WORKOUTS except, some individual coaches might have some workouts.

28-30th..... *Kearns Holiday Open, B/C Meet & Mini Meet @ Oquirrh Park

January 2010

9th..... *OTAC Wasatch Area meet @ OTAC Pool

16th..... *HAST Winter Classic Quad Meet @ AFFC

18th..... Martin Luther King Day — NO WORKOUTS

23rd..... High School Region Championships for AFHS, LPHS, PGHS @ AFFC

20-23rd..... EAT New Years Eve Invitational @ Skyline High School

February 2010

5th..... Alpine School District school out day — NO WORKOUTS

12-13th..... 5A High School State Meet @ ??

15th..... Washington-Lincoln Day, Alpine School district out day — NO WORKOUTS

19-20th..... *Senior Championships @ Dixie Aquatics in St. George (STATE MEET)

26-27th..... *UVRAYS Heart Attack Invitational @ Provo Recreation Center

26-27th..... *PCAT Winter Open @ Park City

March 2010

1-10th..... 3RD QUARTER (SPRING) REGISTRATION DUE!

5-6th..... *HAST Last Chance Invitational @ AFFC

5th..... Alpine School District school out day — NO WORKOUTS

10-14th..... SC Sectionals @ Federal Way, Washington

17-20th..... *Utah Short Course Age Group State Championships @ South Davis Aquatics Center (STATE MEET)

19-20th..... *Utah Short Course B/C Finale @ South Davis Aquatics Center (STATE MEET)

April 2010

15th (??)..... SC Team Banquet @ AF Junior High (tentative)

5-10th..... Alpine School District Spring Break — NO WORKOUTS

30th—May 1.. *OTAC LC Invitational @ Orem Fitness Center

2010 HAST Red, White & Blue Meets

June 30th... HAST Red, White & Blue MINI-MEET

July 1-3rd.... HAST Red, White & Blue INVITATIONAL & B-C MEDALS MEET

MARK YOUR CALENDARS!!!

Remember
to pick up your
awards from your
coaches!!!

We are trying to plan a team travel meet to Arvada, Colorado on June 3-5, 2010. More info will be coming.....