

HAST 2010 Long Course Calendar

Meets that are *highlighted (*)* have been selected by the coaches for our team to attend.

All other meets will be optional and a coach may or may not be in attendance
(Meet info for these meets can be downloaded from the Utah Swimming website at www.swimutah.com).

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

April 2010

- 1st..... HAST Short Course Team Banquet and Awards Night @ 6:00 p.m. at the AF Junior High School
5-9th..... Alpine School District Spring Break - NO WORKOUTS
23rd..... HAST Spring Classic @ AFPC
30-May 1... *OTAC Long Course Invitational @ Orem Fitness Center

May 2010

- 4-5th..... Murray Pentathlon
10-12th..... AFPC CLOSED for removal of the bubble—NO WORKOUTS
18-20th..... **Summer League Swim Team tryouts @ 7:00 at AFPC**
25-26th..... *KYAT Long Course Invitational @ Kearns

June 2010

- 1-10th..... 4TH QUARTER (SUMMER) REGISTRATION & \$100 FUND-RAISING CHECK DUE!!**
3-5th..... Travel Meet to Arvada, Colorado (tentative) Watch for more info!
4-5th..... *Dimple Dell Invitational @ Draper Pool

**10th TEAM & Individual Pictures 8:30 a.m. SHARP!!! —
Must return packet with payment on picture day**

- 15th..... **Summer League Team, Dolphins & Sharks meet @ AFPC, w/u @ 4:00 p.m., meet @ 5:00 p.m.**
16-19th..... *CHAT Invitational Meet @ Cottonwood Heights
17-19th..... *CHAT Non-Qualifier Meet @ Cottonwood Heights
26th(?)..... *CHAT Wasatch Area Developmental Meet @ Cottonwood Heights
30th..... **Red, White & Blue Open Summer League Team meet @ AFPC, w/u @ 4:00 p.m., meet @ 5:00 p.m.**
30th..... *HAST Red, White, & Blue OPEN "Mini-meet"

July 2010

- 1-3rd *HAST Red, White, & Blue OPEN "Invitational" & "B/C" meets
@ AF Fitness Center **MARK YOUR CALENDARS NOW!!****
10th..... *UVRays Last Chance "Q" Meet @ Sp. Fork
14th..... **Summer League Team, Dolphins & Sharks meet @ AFPC, w/u @ 4:00 p.m., meet @ 5:00 p.m.**
16-17th..... PCAT Last Chance Meet @ Park City (yards pool)
16-17th..... SDAT Last Chance Meet @ South Davis
20-24th..... *Long Course Sectionals in Mt. Hood Oregon
28-31st..... *Utah Long Course JO State Championships (Age Group & Seniors) @ Kearns
30-31st..... *Utah Long Course B/C Finale State Meet @ Kearns (in between prelims & finals of the Junior Olympics)

August 2010

- 4th..... **Summer League Team, Dolphins & Sharks SUMMER FINALE meet @ AFPC w/u @ 4:00, meet @ 5:00 pm**
7th..... HAST Year-End Long Course Party @ Lehi Outdoor Pool @ 7:30 p.m. (tentative)
9-13th..... *Junior Nationals @ Irvine, CA
10-14th..... *Western Zones Championships @ ???
(??)..... *Far Westerns
25th..... School Starts!!

***All workouts groups will be taking 2-3 weeks off during the month of August for a Long Course Season break -- Each group will have their own workout/break calendar. Watch for info coming on this break.**

Short Course Season Begins...

September 2010

- 1-10th..... 1ST QUARTER (FALL) REGISTRATION DUE!**
1-2nd..... HAST Swim Team tryouts @ 6:00 p.m.
1st..... Fall Quarter workouts begin for Sr. Bronze, Barracudas, Dolphins
7th..... Fall Quarter workouts begin for Sr. Silver & Gold, Stingrays & Sharks