

# 2022 Heartland Summer League Meet Schedule

*\*Updated June 24, 2022*

## July 9

- \*Helix 1 vs Helix 2 @ El Cajon \* Designates home/host team
- \*Grossmont 1 vs Grossmont 2 @ Grossmont
- \*Santana vs Valhalla 1/Valhalla2/Steele Canyon @ Santana

## July 16

- \*Helix 2 vs Santana @ El Cajon
- \*Grossmont 1 vs. Helix 1 @ Grossmont
- \*Grossmont 2 vs Valhalla 1/Valhalla2/Steele Canyon @ Steele Canyon

## July 23

- \*Helix 1 vs Valhalla 1/Valhalla2/Steele Canyon @ El Cajon
- \*Helix 2 vs Grossmont 1 @ Grossmont
- \*Santana vs Grossmont 2 @ Santana

## General Meet Information

- Please make sure your coaches know in advance if you will be unable to attend a meet.
- Warm up is at 7:30 am. All meets start at 8:15 am and run until approximately 11 am.
- In dual meets a swimmer may be entered in up to 3 individual events and 2 relays.
- All meets need parent volunteers, please help out your team.

## July 29-30- Championship Meet for ALL teams – GRANITE HILLS HIGH SCHOOL

- Specific timeline information is on next page. The meet will be held on Friday evening and Saturday morning.
- Coaches will enter swimmers in up to 2 individual events and 2 relays.
- There will be a meet announcer who will announce the events. Please pay attention. Swimmers will report to the staging area before their event. Make sure your swimmer gets to the staging area in plenty of time before the event. Only swimmers are allowed in the staging area.
- There will be multiple heats for each event. For heat winners, a ribbon will be awarded.
- **For swimmers who place 1<sup>st</sup>-8<sup>th</sup> overall and relays who place 1<sup>st</sup> – 3<sup>rd</sup> overall for the event, medals will be awarded.** For relays that place 4<sup>th</sup>-8<sup>th</sup> overall for the event, ribbons will be awarded.
- There will be a snack bar (breakfast burritos, snacks, drinks, etc.)
- T-Shirts for the championship meet will be available for purchase.

## Meet Locations:

- |                               |                      |       |
|-------------------------------|----------------------|-------|
| ● El Cajon Valley High School | 1035 E. Madison Ave  | 92020 |
| ● Grossmont High School       | 1100 Murray Dr       | 92020 |
| ● Santana High School         | 9915 N. Magnolia Ave | 92071 |
| ● Steele Canyon High School   | 12440 Campo Rd       | 91978 |
| ● Granite Hills High School   | 1719 E. Madison Ave  | 92019 |

**We suggest using Google maps satellite view to locate the pool on the campus to aid you in knowing where to park and how to get to the pool**

## **July 29-30 - Championship Meet for ALL teams – GRANITE HILLS HIGH SCHOOL**

- Friday, July 29. Check in opens at 4:15 pm. Meet starts at 5:30 pm
  - \* First warm up 4:15-4:45: Helix 1, Helix 2, and Santana
  - \* Second warm up 4:45-5:15: Grossmont 1, Grossmont 2, Valhalla 2, Steele Canyon, and Valhalla 1
- Saturday, July 30. Check in opens at 7 am. Meet starts at 9:00 am
  - \* First warm up 7:30-8:00: Grossmont 1, Grossmont 2, Valhalla 2, Steele Canyon, and Valhalla 1
  - \* Second warm up 8:00-8:30: Helix 1, Helix 2, and Santana
- Coaches will enter swimmers in up to 2 individual events and 2 relays.
- There will be a meet announcer who will announce the events. Please pay attention. Swimmers will report to the staging area before their event. Make sure your swimmer gets to the staging area in plenty of time before the event. Only swimmers are allowed in the staging area.
- There will be multiple heats for each event. For heat winners, a ribbon will be awarded.
- **For swimmers who place 1<sup>st</sup>-8<sup>th</sup> and relays who place 1<sup>st</sup> – 3<sup>rd</sup> overall for the event, medals will be awarded.** For relays that place 4<sup>th</sup>-8<sup>th</sup> overall for the event, ribbons will be awarded.
- There will be a snack bar (snacks, drinks, etc.)