July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 LOWRY BUS INFO: Pickup will be at Northridge. Bus will depart NR at 3:00pm (Be there no later than 2:50pm.) and will return to Northridge at approximately 7:00pm. *Note: HRA birthdays highlighted in yellow.*			**1** **HRA Sprint Eliminator (13 & O only)** (Lowry) **Red:** 6:30-8am at ER	**2**	**3** **NO BUS!**	**4** **Independence Day!** **NO HRA PRACTICE** Talia Sacco (12)
5	**6** 	**7**	**8** **Red:** 6:30-8am at ER Allison Perkins (14)	**9**	**10** **ZONE 2 Championships** -14 & Under: FST -Open: DU *HRA Dues due!*	**11** **ZONE 2 Championships** -14 & Under: FST -Open: DU
12 **ZONE 2 Championships** -14 & Under: FST -Open: DU	**13** 	**14**	**15** **Red:** 6:30-8am at ER	**16** Ashley Horodyski (16)	**17** 	**18**
19 **ACES Last Chance** (Lowry) Dylan Nasser (10)	**20** 	**21** **LC Sectionals** (Mt. Hood, OR)	**22** **LC Sectionals** (Mt. Hood, OR)	**23** **LC State Championship** (EPIC) **LC Sectionals** (Mt. Hood, OR)	**24** **LC State Championship** (EPIC) **LC Sectionals** (Mt. Hood, OR)	**25** **LC State Championship** (EPIC) **LC Sectionals** (Mt. Hood, OR)
26 **LC State Championship** (EPIC)	**27** **STARS (10 & U) ...YARDS!** (Regis HS Pool) *Practice for Junior National, Zones swimmers only*	**28** *Practice for Junior National, Zones swimmers only*	**29** *Practice for Junior National, Zones swimmers only*	**30** *Practice for Junior National, Zones swimmers only*	**31** **Colorado Swimming Summer Finale** (Lowry) *Practice for Junior National, Zones swimmers only*	