



SACRAMENTO CITY COLLEGE

3835 Freeport Blvd., Sacramento, CA 95822

Sports Information Office (916) 558-2489

<http://sccpanthers.losrios.edu>

2009 SWIMMING SCHEDULE

	<u>DATE</u>	<u>DAY</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>
February	7	Sat	* Nor-Cal Relays	Santa Rosa	10:00 am
	13	Fri	* American River College	Hoos Pool	12:00 pm
	20	Fri	Panther Invite	Hoos Pool	10:00 am
	21	Sat	Panther Invite	Hoos Pool	10:00 am
	25	Wed	* Sierra College	Hoos Pool	2:30 pm
	26	Thurs	San Joaquin Delta College	San Joaquin Delta	2:30 pm
March	14	Sat	* Marin Invite	Marin	11:00 am
	20	Fri	* Santa Rosa Junior College	Santa Rosa	10:00 am
	20	Fri	* Santa Rosa Junior College	Santa Rosa	5:00 pm
	28	Sat	Big 8 Conference Invite	American River	2:00 pm
April	4	Sat	* ARC Pentathlon	American River	10:30 am
	14	Tues	* Nor-Cal Dive Championships	Merced	9:00 am
	16	Thurs	Big 8 Conference Championships	American River	All Day
	17	Fri	Big 8 Conference Championships	American River	All Day
	18	Sat	Big 8 Conference Championships	American River	All Day
	23	Thurs	* California State Championships	Long Beach	All Day
	24	Fri	* California State Championships	Long Beach	All Day
	25	Sat	* California State Championships	Long Beach	All Day

*** Denotes Competition with Diving Events**

Head Coach: Jason Craighead – (916) 650-2938 craighj@scc.losrios.edu

Assistant Coach: Chase Sheldon

Dive Coach: Dede Crayne

DEAN PE, HEALTH & ATHLETICS: Mitch Campbell – 558-2426 **ATHLETIC COORDINATOR:** Paul Carmazzi – 558-2613

ACADEMIC COUNSELOR: Victoria Cornelius 650-2742 **ATHLETIC TRAINERS:** Mary Lund & Tamara Poole

EQUIPMENT TECHNICIANS: Dave Whittington & Dave Jackson **SCHOOL COLORS:** Cardinal and Gold

Rev. – 5/26/2009