

# 2022 Canyon Del Oro High School Swim Team

Updated 7/17/22

Practice Dates and Times	<b>August 8 – November 3</b> , Monday - Friday 5:00-6:30pm; Saturdays as announced	
Practice Location	<b>Oro Valley Aquatic Center (OVAC)</b> (in park adjacent to CDO). We are privileged to be able to call this state-of-the-art facility our home pool.	
No Cut Policy	No swimmer will be cut from the team. However, the coaching staff reserves the right to set and adjust the practice schedule and meet line-ups to allow for the best training environment for all. This will be based on size of the team, available lane space, and number of spots available for participation in meets.	
Equipment	Swimmers must bring a <b>swimsuit, goggles and water bottle</b> to every practice. Monsoon season is still going on during our first month of the season, so also bring <b>running shoes and running clothes</b> every day. It is not mandatory to purchase a team suit.	
Swimmers	<u>Must be cleared through the athletic office</u> before being allowed to practice. <a href="https://www.aktivate.com/">https://www.aktivate.com/</a>	
Parents	<b>Parent Meeting: Friday, August 12 at 6:30pm at Oro Valley Aquatic Center</b>	
Parent Support	Your involvement and support of your swimmer's team is essential to our success. Most importantly, we are hosting the Southern Arizona Regional Qualifier this year on October 28-29. This meet serves as our main fundraiser for the season. We will need everyone's help to run smooth meets. We also have a booster club and invite you to be involved. <a href="mailto:cdoswimboosters@gmail.com">cdoswimboosters@gmail.com</a>	
Tax Credits	We urge you to consider making your tax credit donation to the Swim Team. This money is used to pay asst. coaches as the district does not cover this expense.	
Meet Schedule (subject to change)	September 1	vs. Buena, Flowing Wells (@ The Cove in Sierra Vista)
	<b>September 8</b>	<b>HOME vs. Salpointe (@ OVAC)</b>
	September 15	vs. Catalina Foothills (@ OVAC) at 6pm
	<b>September 22</b>	<b>HOME vs. Tucson, Pueblo (@ OVAC)</b>
	<i>September 24</i>	<i>HS Classic (@ Hillenbrand)*</i>
	September 29	vs. Rincon/UHS (@ Catalina HS Pool)
	<i>October 15</i>	<i>TENTATIVE Forktober Fest (@ Mona Plummer ASU)*</i>
	October 20	vs. IRHS, PRCA (@ OVAC)
	<b>October 28-29</b>	<b>Southern AZ Regional Qualifier (@ OVAC)*</b>
	November 4-5	State Championships (@ Skyline Aquatic Center)

Thursday meets generally start at 4:00. All meets in **bold** are home meets that we are hosting. Please mark these dates on your calendar. The meets in *\*italics* are Saturday invitational swim meets, and not all swimmers will participate, but will be encouraged to volunteer if we are hosting.

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Other significant dates  
(subject to change)

August 5	After school Team meeting in the Cyber Café
August 13	Saturday Morning practice 8:30-10am
August 20	Saturday Morning practice 7:30-9am
August 27	Saturday Afternoon practice 3:30-5pm and Dive-In Movie
September	Team Photo; theme TBA
October	Team Hike
October 10-14	Fall break (practices TBA)
October 27	Team Shaving Party and Dinner
November 18	Season Celebration Night

These events are not mandatory but encouraged to build a strong team.

## 2022 State Swimming Champs Qualifying Times

Boys		Division II	Girls	
Provisional	Automatic Q	Event	Automatic Q	Provisional
2:01.80	1:42.23	200 Medley Relay	1:54.56	2:12.81
2:02.56	1:50.02	200 Free	2:00.74	2:13.35
2:21.58	2:03.93	200 IM	2:15.59	2:35.99
24.46	22.44	50 Free	25.19	27.64
1:03.27	54.30	100 Fly	1:00.05	1:07.64
55.09	48.94	100 Free	55.54	1:00.76
5:46.10	4:57.10	500 Free	5:19.38	5:59.56
1:45.89	1:31.78	200 Free Relay	1:43.17	1:56.23
1:06.00	56.60	100 Back	1:00.96	1:09.61
1:10.91	1:02.00	100 Breast	1:09.79	1:18.05
3:58.19	3:20.32	400 Free Relay	3:45.47	4:19.28

For more information check these websites regularly: <http://aiaonline.org/> and <http://www.azpreps365.com/>

Questions:

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CDO Swim Team



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