

Yuma Heat's

# News Splash

October 23, 2006

## [www.yumaheat.org](http://www.yumaheat.org)

The Heat's internet home is the place to go for complete team information !

## Contact Information

10475 Mountain Drive, Yuma, AZ 85367  
928-580-7404  
andersen@yumaheat.org

## High School City Championships

Heat swimmers won 15 of 16 events at last Thursday's City Meet ! It might have been 16 of 16 but there weren't any Heat swimmers in the men's 500 Free. Congratulations and good luck at the upcoming Regional Champs ...

## Mini Meet: Saturday, October 21

There were some very good swims on Saturday. Results are posted on our *Meets & Results* page. Thanks to all of the parents (and Myriah Frabasilio) for helping run this Mini Meet.

## No Practice Friday, October 27

High School Regional at Marcus Pool (and travel day for those attending the La Jolla meet).

## La Jolla "BC": October 28 & 29

Entries, flyer and map are posted on our *Meets & Results* page.

## Post-State Meet Time Trial: November 5

Brophy Prep, Phoenix

This is a GREAT opportunity for high school swimmers to swim additional events while they are rested ! Talk with your high school coach and see if they will allow you to stay over on Saturday night. If their answer is yes, call Coach Andersen this week !!! The meet flyer is now posted on our *Meets & Results* page.

## **South Bay "AB": November 10-12**

Loma Verde Pool, Chula Vista, CA

The meet flyer and eligibility list are posted on our *Meets & Results* page. A sign-up form will be out this week.