



**Citi California Community Colleges
Commission on Athletics (COA)
Men and Women's Swimming & Diving
Championships**

Fact Sheet

DATE: Friday, April 30 and Saturday, May 1, 2004

PLACE: Ventura College
4667 Telegraph Road
Ventura, CA 93003-3889

SANCTIONED by the California Community College
Commission on Athletics

SCHEDULE

Thursday, April 29

1 PM-6 PM Team Check-in/Swimming warm-up in competition area/ No Diving
6 PM-8 PM Diving warm-up in competition area/ Swimming warm-up in shallow end

Friday, April 30

6 AM-8 PM Diving warm-up in competition area/ Swimming warm-up in shallow end
8 AM-9:15 Session 1 Swimming in competition area & shallow end
9:30-11:30 **Session 1 Swimming**
1:40-12:40 Diving warm-up in competition area/ Swimming warm-up in shallow end
12:45-3 PM **Session 1 Diving**
3 PM-4:30 Session 2 Swimming in competition area & shallow end
4:30-7:30 **Session 2 Swimming**

Saturday, May 1

7:30-9 AM Coaches Business Meeting
8:30-9:55 Session 2 Diving Warm-up
10 AM- 12:30 **Session 2 Diving**
11:30-12:30 Session 3 Swimming warm-up in shallow end
12:30-1:45 Session 3 Swimming in competition area & shallow end
2 PM-6:30 **Session 3 Swimming**

MEDIA RELATIONS: On-site media relations directed by Cuesta College sports information director Pete Schuler. He can be reached at 805 546-3211

All Information will be available on DirectAthletics.com