



# THE KNIGHTS OF NORTHRIDGE

## 2009 - 2010 SWIMMING & DIVING

### \*Region Meets

### VARSAITY SCHEDULE

Wed. Oct. 15	NHS, Bonneville @ Layton Surf'N Swim	3:30 p.m.
Thur. Oct. 22	Grantsville @ Surf-N-Swim	3:30 p.m.
Wed. Oct. 29	NHS @ Bear River	4:00 p.m.
Thur. Nov. 5	NHS @ Ben Lomond	3:00 p.m.
Tue. Nov. 10	Region Relays @ Layton Surf'N Swim	3:30 p.m.
Tue. Nov. 17	NHS, Copperhills @ Provo	3:30 p.m.
Sat. Dec. 5	Davis District Meet @ Layton Surf'N Swim	8:00 a.m.
Tue. Dec. 8	*NHS, Weber, Roy @ Davis	3:30 p.m.
Thur. Dec. 17	*NHS, Davis @ Layton	3:30 p.m.
Thur. Jan. 7	*NHS, Roy, Syracuse @ Clearfield	3:30 p.m.
Fri. Jan. 15	*NHS/Roy/Fremont @ Viewmont	2:00 p.m.

All home Northridge High Swim Meets are held at **Layton Surf'N Swim Pool**.

### REGION MEET

Fri. Jan. 29	Swimming: @ South Davis Rec. Center	9:00 a.m.
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### STATE MEET

Fri/Sat. Feb. 12/13	TBA @ BYU
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**COACHES:** Melissa Moss  
Jesse Marsh

**MASCOT:** Knight  
**COLORS:** Cardinal & Silver  
**ATH. DIR:** Dave Hoch, Shauna Haney  
**PRINCIPAL:** John Haning

**ASST. PRIN.:** Marc Farris  
**ASST. PRIN.:** Clyde Jackson  
**ASST. PRIN.:** Luke Rasmussen  
**ASST. PRIN.:** Brian Pead