

HEARTLAND SWIM ASSOCIATION

12 & OVER NO TIME STANDARDS MEET

Jan 29-31, 2010



Girls		Boys	
Age	Dist/Stroke		
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Warmup 4:00pm		Fri, Jan 29, 2010	Meet Starts 5:00
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1	12-99	1650 FREE	2
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Warmup 7:15am		Sat, Jan 30, 2010	Meet Starts 9:00
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3	12-14	400 IM	4
5	15-99	400 IM	6
7	12-14	200 FREE	8
9	15-99	200 FREE	10
11	12-14	100 BRST	12
13	15-99	100 BRST	14
15	12-14	50 FREE	16
17	15-99	50 FREE	18
19	12-14	200 FLY	20
21	15-99	200 FLY	22
23	12-14	100 BACK	24
25	15-99	100 BACK	26
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Warmup 7:15am		Sun, Jan 31, 2010	Meet Starts 9:00
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27	12-14	500 FREE	28
29	15-99	500 FREE	30
31	12-14	200 BRST	32
33	15-99	200 BRST	34
35	12-14	100 FLY	36
37	15-99	100 FLY	38
39	12-14	200 BACK	40
41	15-99	200 BACK	42
43	12-14	200 IM	44
45	15-99	200 IM	46
47	12-14	100 FREE	48
49	15-99	100 FREE	50
51	12-14	1000 FREE	52
53	15-99	1000 FREE	54

- WARMUPS Sat/Sun: South: 7:15-8:00am, North: 8:00-8:45am.
- THE 1650, 1000, 500 FREES AND THE 400 IM WILL BE SWUM FASTEST TO SLOWEST ALTERNATING GIRLS AND BOYS.
- SWIMMERS NEED THEIR OWN TIMERS AND LAP COUNTERS FOR THE 1650 AND 1000 FREE.

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12 & OVER - NO TIME STANDARDS MEET - JAN 29-31, 2010

SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-10-03.

POOL: El Cajon Valley High School. 1035 E. Madison, El Cajon, CA 92020. 25-yard outdoor pool. 8 working lanes with a warmup area available. Full Service snack bar all days.

ELIGIBILITY: Open to SI and Out-of-District USA swimmers who hold a valid 2010 USA Swimming Card issued no later than 2:30pm on Thursday, January 21, 2010. Swimmers with a disability are encouraged to participate. All USA Swimming registration numbers will be verified with the SWIMS registration database.

RULES: Current USA swimming rules and SI Swimming procedures will govern all competition, and will take precedence over errors/omissions of this meet announcement. All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.

- **Check-in.** This is a deck seeded meet. Swimmers must check in with the Clerk of Course for each event they wish to swim. Swimmers who fail to check in for an event will be scratched from that event and not allowed to swim. Scratches are permitted without refunds. After an event is closed, a swimmer may not check in or scratch. Check-in for the first 4 events of each session (2 events on Friday) will close ½ hour before the start of the session.
- **No Show Penalty.** Once checked in for an event, a swimmer who is a no show for an event will be barred from their next individual event and will not be allowed to swim that race.
- **Distance Events.** These events will be swum fastest to slowest, alternating girls and boys heats. Swimmers in distance freestyle events must provide their own timers, and a person to count laps and a lap counting device if desired.

ENTRIES: Entries must be submitted electronically using the Hy-Tek Team Manager system, and emailed to dsapper@cox.net. A paper copy of the meet entry report and the entry fee report must be mailed with payment within 24 hours. A single team check is preferred. Event files can be uploaded from www.si-swimming.com. All entries that do not show a current USA Swimming registration number will be rejected.

ENTRY TIMES: Submit Short Course times only. Times must be the best recorded times in the event from this or the previous swim season.

WARM-UP: Assigned warm-ups, an estimated timeline and team timing assignments will be posted at www.heartlandswim.org the Wednesday before the meet.

ENTRY FEES:

- Surcharge: \$5.00 per swimmer. Individual Entries: \$3.00 each.
- Late entries, IF ACCEPTED, will be charged double, including surcharge.
- Team entries must be paid with a single team check. Make checks payable to: **HEARTLAND SWIM ASSOCIATION**

DELIVERY:

- EMAIL: Must be received by Thursday, January 21, 2010, to: dsapper@cox.net with paper reports & payment mailed within 24 hours.
- MAIL: Must be postmarked no later than Wednesday, January 20, 2010 to:
HSA, PO Box 12936, El Cajon, CA 92022
- HAND DELIVERY: by 2:30pm Thursday, January 21, 2010 to the SI Swimming office:
1511 Morena Blvd, San Diego CA 92110

AWARDS: Individual Events: A-Events: Medals 1-3, Ribbons 4-8.