

HEARTLAND SWIM ASSOCIATION

11 & OVER NO TIME STANDARDS MEET

January 26 - 28, 2018



Girls	Distance	Stroke	Boys
Warmup 4:00 PM	Friday Jan 26, 2018		Meet Starts 5:00 PM
1	11 & Over	1650 Y FREE	2

Girls	Distance	Stroke	Boys
Warmup 7:15 AM	Saturday Jan 27, 2018		Meet Starts 9:00 AM
3	11 & Over	400 Y IM	4
5	11 & Over	200 Y FREE	6
7	11 & Over	100 Y BREAST	8
9	11 & Over	50 Y FREE	10
11	11 & Over	200 Y FLY	12
13	11 & Over	100 Y BACK	14
15	11 & Over	500 Y FREE	16

Girls	Distance	Stroke	Boys
Warmup 7:15 AM	Sunday Jan 28, 2018		Meet Starts 9:00 AM
17	11 & Over	200 Y BREAST	18
19	11 & Over	100 Y FLY	20
21	11 & Over	200 Y BACK	22
23	11 & Over	200 Y IM	24
25	11 & Over	100 Y FREE	26
27	11 & Over	1000 Y FREE	28

Notes: All events will be swum fastest to slowest. Distance events (400Y IM and 500, 1000 and 1650Y Free) will alternate women's and men's heats as well.

SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-18-01. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEET DIRECTOR: Debi Frese. Email: hsa@heartlandswim.org or emergency phone: 619-917-8900.

POOL: Granite Hills High School. 1719 E Madison Ave, El Cajon, CA 92019. The pool has 20 short course lanes. Depending on meet size, up to 10 lanes may be used for competition. The remaining lanes will be available for continuous warmup. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 0 inches at the start end and 6 feet, 0 inches at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4). Full service snack bar all days.

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ELIGIBILITY: Open to SI and Out-of-District USA swimmers who hold a valid 2018 USA Swimming Card issued no later than 2:30pm on Thursday, January 18, 2018. SI Swimming does not permit on-deck registrations. 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. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

- **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.
- **Seeding.** All events will be seeded fastest to slowest.
- **Racing Starts.** All swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. For swimmers unaccompanied by a USA Swimming member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- **No Show Penalty.** Once checked in for an event, any 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 hsa@heartlandswim.org. A PDF copy of the meet entry report should be emailed with your entries, or a paper copy may be mailed along with payment within 24 hours. Entries submitted without payment prior to the start of the meet will be rejected. A single team check is required. Event files can be uploaded from www.si-swimming.org. All entries that do not show a current USA Swimming registration number will be rejected.

ENTRY TIMES: Submit Short Course times only. No time entries may submit "NT".

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ENTRY FEES: Surcharge: \$5.00 per swimmer. Individual Entries: \$4.00 each. No refunds.

- Entries from a single team (10 or more swimmers) not submitted electronically: \$8.00 each.
- Late entries, IF ACCEPTED, will be charged double, including surcharge.
- Team entries must be paid with a single team check. Make all checks payable to: **HEARTLAND SWIM ASSOCIATION**

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

DELIVERY:

- EMAIL: Must be received by Friday, January 19, 2018, to: hsa@heartlandswim.org with paper copy & team check mailed within 24 hours. Entries received without entry fees may be rejected.
- MAIL: Must be postmarked no later than Wednesday, January 17, 2018 to:
HSA, PO Box 12936, El Cajon, CA 92022
- HAND DELIVERY: by 2:30pm Friday, January 19, 2018 to the SI Swimming office:
3511 Camino del Rio South, Suite 405, San Diego CA 92108

AWARDS: No awards.