

POST JO MAX MEET - SOUTH

HEARTLAND SWIM ASSOCIATION - MARCH 6-8, 2009

THIS MEET HAS MAXIMUM TIME STANDARDS
SWIMMERS ARE NOT QUALIFIED IF THEY HAVE 6 JO CUTS

SWIMMERS MUST HAVE SWUM ONE SANCTIONED (NON-NOVICE) MEET THIS SEASON
THE MEET SWUM SHALL BE IDENTIFIED ON THE BACK OF THE ENTRY CARD



Girls			Boys		
MAX	AGE	EVENT	MAX	AGE	EVENT
Warmup 4:00pm Friday, MARCH 6, 2009			Meet Starts 5:00pm		
1	6:03.00	11-12 500 FREE	2	6:22.40	500 FREE
3	11:31.70* 11:16.00+	13-18 1000 FREE	4	10:55.40+ 11:36.40*	1000 FREE
Warmup 7:30am Saturday, MARCH 7, 2009			Meet Starts 9:00am		
5	1:24.40	8/U 100 IM	6	1:29.10	100 IM
7	1:24.40	9-10 100 IM	8	1:29.10	100 IM
9	1:13.10	11-12 100 IM	10	1:17.20	100 IM
11	5:11.80* 5:03.00+	13-18 400 IM	12	4:49.00+ 5:21.40*	400 IM
13	2:41.90	10/U 200 FREE	14	2:49.00	200 FREE
15	2:18.00	11-12 200 FREE	16	2:23.00	200 FREE
17	2:08.50* 2:02.90+	13-18 200 FREE	18	1:54.90+ 2:07.20*	200 FREE
19	1:37.40	10/U 100 BRST	20	1:43.60	100 BRST
21	1:23.80	11-12 100 BRST	22	1:27.80	100 BRST
23	1:18.10* 1:14.90+	13-18 100 BRST	24	1:09.60+ 1:16.50*	100 BRST
25	2:21.60	10/U 200 F REL	26	2:20.80	200 F REL
27	2:01.80	11-12 200 F REL	28	2:04.00	200 F REL
29	4:11.40	13-18 400 F REL	30	4:08.80	400 F REL
31	33.60	8/U 50 FREE	32	34.40	50 FREE
33	33.60	9-10 50 FREE	34	34.40	50 FREE
35	29.00	11-12 50 FREE	36	30.10	50 FREE
37	27.60* 26.40+	13-18 50 FREE	38	23.80+ 26.40*	50 FREE
39	39.00	8/U 50 FLY	40	41.20	50 FLY
41	39.00	9-10 50 FLY	42	41.20	50 FLY
43	32.90	11-12 50 FLY	44	34.30	50 FLY
45	2:34.20* 2:26.00+	13-18 200 FLY	46	2:19.80+ 2:32.00*	200 FLY
47	1:26.40	10/U 100 BACK	48	1:32.10	100 BACK
49	1:13.60	11-12 100 BACK	50	1:18.10	100 BACK
51	1:09.30* 1:05.80+	13-18 100 BACK	52	1:01.40+ 1:08.50*	100 BACK
Warmup 7:30am Sunday, MARCH 8, 2009			Meet Starts 9:00am		
53	5:46.20* 5:30.00+	13-18 500 FREE	54	5:16.10+ 5:48.70*	500 FREE
55	44.40	8/U 50 BRST	56	46.90	50 BRST
57	44.40	9-10 50 BRST	58	46.90	50 BRST
59	38.80	11-12 50 BRST	60	39.90	50 BRST
61	2:49.00* 2:43.00+	13-18 200 BRST	62	2:34.00+ 2:49.00*	200 BRST
63	1:28.90	10/U 100 FLY	64	1:38.90	100 FLY
65	1:13.30	11-12 100 FLY	66	1:18.40	100 FLY
67	1:08.20* 1:04.80+	13-18 100 FLY	68	59.50+ 1:07.20*	100 FLY
69	39.50	8/U 50 BACK	70	41.40	50 BACK
71	39.50	9-10 50 BACK	72	41.40	50 BACK
73	34.20	11-12 50 BACK	74	35.80	50 BACK
75	2:28.70* 2:23.00+	13-18 200 BACK	76	2:15.60+ 2:29.60*	200 BACK
77	2:45.30	10/U 200 M REL	78	2:49.80	200 M REL
79	2:19.70	11-12 200 M REL	80	2:24.50	200 M REL
81	4:43.20	13-18 400 M REL	82	4:38.00	400 M REL
83	3:03.20	10/U 200 IM	84	3:13.90	200 IM
85	2:36.60	11-12 200 IM	86	2:44.40	200 IM
87	2:28.50* 2:19.10+	13-18 200 IM	88	2:10.20+ 2:26.70*	200 IM
89	1:14.60	10/U 100 FREE	90	1:16.00	100 FREE
91	1:02.60	11-12 100 FREE	92	1:04.60	100 FREE
93	59.80* 57.00+	13-18 100 FREE	94	52.00+ 58.30*	100 FREE
95	20:10.90* 19:47.90+	13-18 1650 FREE	96	18:33.20+ 19:44.00*	1650 FREE

*** 13-14 + 15-18 AGES - EVENTS SWUM & AWARDED TOGETHER**

Note 1: If a swimmer is qualified in stroke/distance for the JO's, even if the swimmer chose not to swim it in the JO's, he/she may not swim it in this meet. -- the same applies to a relay leg.

Note 2: Swimmers may enter any number of events, but may swim only 6 total with a 3 per day limit.

Note 3: Swimmers must provide their own timers for events 1-4, 53-54, 95&96.

HEARTLAND SWIM ASSOCIATION - MARCH 6-8, 2009

SOUTH POST JO-MAX MEET

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

- Timelines, warmup times, and timing assignments @ www.heartlandswim.org the Wed before the meet.

ELIGIBILITY: Open to USA swimmers who hold a 2009 USA Swimming Card issued no later than 2:30pm on Thursday, February 26, 2009. SI South teams only.

RULES:

- **SWIMMERS WITH 6 OR MORE JO CUTS MAY NOT SWIM IN THIS MEET.**
- Current USAS rules and SI Swimming procedures will govern all competition and will take precedence over errors/omissions of this announcement.
- Swimmers must check in with the Clerk of Course for each event they wish to swim. Swimmers who fail to check in by the closing time for an event will be scratched from that event and will not be allowed to swim. Scratches are permitted without refunds. After an event is closed, a swimmer may not check-in or scratch.
- Check-in for all events close at 4:30pm Friday and 8:30am for the first eight events on Saturday/Sunday; the remaining events close at 9:00am.
>>**THREE EVENT PER DAY LIMIT == SIX EVENT TOTAL LIMIT (including Friday)**<<
- Distance events will be swum fastest to slowest alternating women and men.
- The 13-14 and 15&Over events are swum together AND each has its own maximum time standard.

ENTRIES:

- All entries must be submitted electronically, using Hy-Tek Team Manager Lite or Team Manager, with a paper copy included. Event files can be uploaded from www.si-swimming.com. Click on meets>schedule. Find the meet and choose corresponding TEAM MANAGER EVENT FILE. Save to your computer, writing down where it is saved.
- Email entries and PDF backup may be sent to dsapper@cox.net with team check and hard copy of entry report mailed within 48 hours.
- Relays are deck-entered.
- Send a self-addressed stamped postcard to verify entries. Verifications will NOT be made by telephone.
- **IF A SWIMMER IS QUALIFIED FOR THE JO'S IN STROKE/DISTANCE, even if the swimmer chose not to swim it in the JOs, HE/SHE MAY NOT SWIM IT IN THIS MEET. THE SAME APPLIES FOR A RELAY LEG.**

ENTRY TIMES:

- Submit Short Course Times only. Times must be recorded times from this or the previous swim season. THESE ARE MAXIMUM TIME STANDARDS !!!

ENTRY FEES:

- Surcharge: \$7.00 per swimmer. Individual Entries: \$3.00 each. Relays: \$12.00.
- Late entries, IF ACCEPTED, will be charged double, including surcharge.
- Make checks payable to: HEARTLAND SWIM ASSOCIATION

DELIVERY:

- Hand delivery: by 2:30 pm on Thursday, February 26, 2009 to the SI Swimming Office.
- Mail: Must be postmarked no later than Wednesday, February 25, 2009 to:
 - HSA, P.O. Box 12936, El Cajon, CA 92022
- Questions: Debi Frese Telephone (619) 593-9252, email debi4hsa@cox.net

AWARDS:

- Individual Events: Medals 1-8. Relays: Medals 1-3, Ribbons 4-8. Team Trophies: 1-3.