

# HEARTLAND SWIM ASSOCIATION

## ★ One Day Senior Meet ★

### El Cajon Valley High School

October 9, 2010



WOMEN				MEN					
LC M	SC Y			SC Y	LC M				
MIN TIME	MIN TIME	Dist/Stroke		MIN TIME	MIN TIME				
Warmup 7:15am				Saturday October 9, 2010				Meet Starts 9:00am	
1	6:55.10	6:07.30	Open	400 IM	5:47.30	6:33.00	2		
3	36.40	31.90	Open	50 FREE	30.00	33.00	4		
5	1:42.50	1:31.00	Open	100 BRST	1:26.30	1:37.30	6		
7	2:48.10	2:28.40	Open	200 FREE	2:22.80	2:42.00	8		
9	3:17.40	2:55.10	Open	200 FLY	2:47.30	3:08.90	10		
11	1:32.90	1:21.00	Open	100 BACK	1:18.00	1:31.60	12		
13	3:43.00	3:18.20	Open	200 BRST	3:06.40	3:33.00	14		
15	1:27.60	1:17.40	Open	100 FLY	1:13.80	1:23.60	16		
17	3:19.60	2:54.50	Open	200 BACK	2:45.10	3:09.20	18		
19	3:13.40	2:50.90	Open	200 IM	2:42.60	3:04.30	20		
21	1:18.50	1:09.10	Open	100 FREE	1:05.00	1:14.00	22		
23	5:55.80	6:32.30	Open	500 FREE*	6:20.30	5:44.30	24		
25	12:31.70	13:45.80	Open	1000 FREE*	13:30.70	12:01.30	26		
27	23:13.30	22:57.70	Open	1650 FREE*	22:35.80	22:51.70	28		

ALL TIME STANDARDS ARE SI 13-14 B min TIME STANDARDS

Notes: All events will be swum fastest to slowest. Swimmers may swim only 1 of the 3 distance freestyle events marked with a \*. The distance freestyle events (500, 1000, & 1650) may be seeded and swum together, depending upon entries received.

# HEARTLAND SWIM ASSOCIATION

## One Day Senior Meet ★ October 9, 2010

**SANCTION:** This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-10-33.

**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. 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.

**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, September 30, 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 will close ½ hour before the start of the session; the remainder close once the meet begins.
- **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.
- **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.

**ENTRIES:** Entries must be submitted electronically using the Hy-Tek Team Manager system, and emailed to [dsapper@cox.net](mailto: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](http://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. Do not submit no time (NT) entries.

**WARM-UP:** Assigned warm-ups, an estimated timeline and team timing assignments will be posted at [www.heartlandswim.org](http://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, September 30, 2010, to: [dsapper@cox.net](mailto:dsapper@cox.net) with paper reports & payment mailed within 24 hours.
- MAIL: Must be postmarked no later than Wednesday, September 29, 2010 to:  
HSA, PO Box 12936, El Cajon, CA 92022
- HAND DELIVERY: by 2:30pm Thursday, September 30, 2010 to the SI Swimming office:  
1511 Morena Blvd, San Diego CA 92110

**AWARDS:** None.