

# HEARTLAND SWIM ASSOCIATION

## 12&OVER NO TIME STANDARDS MEET

Jan 16-18, 2009



Girls		Boys	
	Age	Dist/Stroke	
<u>Warmup 4:00pm Fri, Jan 16, 2009 Meet Starts 5:00</u>			
1	12-99	1650 FREE	2
<u>Warmup 7:15am Sat, Jan 17, 2009 Meet Starts 9:00</u>			
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
<u>Warmup 7:15am Sun, Jan 18, 2009 Meet Starts 9:00</u>			
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 WOMEN AND MEN.
- SWIMMERS NEED THEIR OWN TIMERS AND LAP COUNTERS FOR THE 1650 AND 1000 FREE.

**HEARTLAND SWIM ASSOCIATION**  
**JAN 16-18, 2009**  
**12/OVER - NO TIME STANDARDS 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.
- Assigned warm-ups, estimated timeline and team timing assignments will be posted on [www.heartlandswim.org](http://www.heartlandswim.org) the Wednesday before the meet.

ELIGIBILITY: Open to USA Swimming members who hold valid 2009 USA Swimming Card issued no later than 2:30pm on Thursday, January 8, 2009.

RULES:

- Current USA Swimming 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. Scratches are permitted without refunds. After an event is closed, a swimmer may not check in or scratch. Check-in all Friday events will close at 4:30pm, and will close at 8:30am for the first eight events on Saturday/Sunday: the remaining events close at 9:00am.
- Distance events will be swum fastest to slowest alternating women and men.

ENTRIES:

- All entries must be submitted electronically using Hy-Tek software. Please be sure to provide a paper copy or PDF as a backup. Email entries & PDF backup may be sent to [dsapper@cox.net](mailto:dsapper@cox.net), with team check and entry fee report mailed within 24 hours.
- Only Out-of-District swimmers may use their Consolidated Cards. A COPY OF THE SWIMMER'S USAS CARD MUST BE ENCLOSED.

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

ENTRY FEES:

- Surcharge: \$5.00 per swimmer. Individual Entries: \$3.00 each.
- Late entries, IF ACCEPTED, will be charged double, including surcharge.
- Make checks payable to: HEARTLAND SWIM ASSOCIATION

DELIVERY:

- Hand delivery: by 2:30 pm Thursday, January 8, 2009 to SI Swimming Office.
- Mail: Must be postmarked no later than Wednesday, January 7, 2009 to:
  - HSA, P.O. Box 12936, El Cajon, CA 92022
- Email: by 8:00pm Thursday January 8, 2009 to [dsapper@cox.net](mailto:dsapper@cox.net)
- Questions: Debi Frese Telephone (619) 579-8520

AWARDS: Individual Awards: Medals 1-3, ribbons 4-8.

SANCTION # SI-09-4 11/13/08