



Heartland Swim Association

Freestyle Festival

SI South Division Teams

September 27, 2009

Girls					Boys					
	B min	A min	Age	Dist/Stroke	A min	B min				
Warmup 7:30am					SUNDAY		Sept 27, 2009		Meet Starts 9:00am	
MORNING SESSION										
1	-	-	6/U	25 FREE	-	-	2			
3	21.70	18.10	7-8 A/B/C	25 FREE	17.60	21.10	4			
5	1:12.70	1:06.70	11-12 A/B/C	100 FREE	1:06.20	1:12.20	6			
7	1:21.50	1:14.70	9-10 A/B/C	100 FREE	1:14.30	1:21.00	8			
9	1:46.10	1:28.40	8/U A/B/C	100 FREE	1:25.00	1:42.00	10			
11	2:37.20	2:24.10	11-12 A/B/C	200 FREE	2:24.60	2:37.80	12			
13	2:56.80	2:42.00	9-10 A/B	200 FREE	2:41.80	2:56.50	14			
15	3:50.20	3:11.80	8/U A/B	200 FREE	3:04.50	3:41.30	16			
17	-	-	6/U	50 FREE	-	-	18			
19	48.60	40.50	7-8 A/B/C	50 FREE	39.40	47.30	20			
21	37.00	33.90	9-10 A/B/C	50 FREE	34.10	37.20	22			
23	33.50	30.70	11-12 A/B/C	50 FREE	30.80	33.60	24			
25	6:59.50	6:24.60	12/U A/B	500 FREE	6:29.80	7:05.30	26			
AFTERNOON SESSION										
27	1:08.50	1:02.80	15/Ov A/B/C	100 FREE	57.40	1:02.60	28			
29	1:09.10	1:03.40	13-14 A/B/C	100 FREE	59.60	1:05.00	30			
31	2:28.80	2:16.40	15/Ov A/B/C	200 FREE	2:04.80	2:16.20	32			
33	2:28.40	2:16.10	13-14 A/B/C	200 FREE	2:10.90	2:22.80	34			
35	31.90	29.30	15/Ov A/B/C	50 FREE	26.50	28.90	36			
37	31.90	29.30	13-14 A/B/C	50 FREE	27.50	30.00	38			
39	6:32.30	5:59.60	13/Ov A/B	500 FREE	5:48.60	6:20.30	40			

NOTE: THE 8/U AND 9-10 200 FREE HAVE MINIMUM TIME STANDARDS.
THE 12/U & 13/Ov 500 FREE ALSO HAVE A MINIMUM TIME STANDARD.

Events 25-26 and 39-40 will be swum fastest to slowest, alternating boys and girls. Swimmers in the 500 Free must provide their own timers and a person to count laps and a lap counting device if desired.

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SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-09-28

POOL: Santana High School, 9915 N Magnolia Ave, Santee, CA 92071. From I-8 take Highway 67 North to Prospect exit. Cross over the freeway and take a right on Magnolia. North on Magnolia to Second St. Right on Second St. to the back parking lot. Pool is located southeast of gym. 8 working lanes with a warm-up area available. Full service snack bar.

ELIGIBILITY: Open to SI South Division teams and Out-of-District USA swimmers who hold a valid 2009 USA Swimming Card issued no later than 2:30pm on Thursday, September 17, 2009. 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 8 events of each session will close ½ hour before the start of the session.
- **No Show Penalty.** Any swimmer, once checked in for an event, who is a no show for an event they will be barred from their next individual event that day and will not be allowed to swim that race.
- **Distance Events (Events 25-26 and 39-40).** These events will be swum fastest to slowest, alternating girls and boys. Swimmers 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 for this early season meet. 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.
- Make checks payable to: **HEARTLAND SWIM ASSOCIATION**

DELIVERY:

- EMAIL: Must be received by Thursday, September 17, 2009, to: dsapper@cox.net with paper reports & payment mailed within 24 hours.
- MAIL: Must be postmarked no later than Wednesday, September 16, 2009 to:
HSA, PO Box 12936, El Cajon, CA 92022
- HAND DELIVERY: by 2:30pm Thursday, September 17, 2009 to the SI Swimming office:
1511 Morena Blvd, San Diego CA 92110

QUESTIONS: Contact Debi Frese, email: debi4hsa@cox.net, telephone: (619) 917-8900.

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