

Swim Meet Information: HSA 12/Over NTS Jan 29-31, 2010

Heartland Swimming Association
El Cajon Valley High School
1035 East Madison Ave
El Cajon, CA 92020

Estimated Timeline:

Friday- End 8:40 pm

Saturday- End 4:15 pm

Sunday- End 6:15 pm. 500's end approximately 11 am. 1000's begin approximately 4:30 pm.

Check in for the first 8 events will close ½ hour before the start of each session

Timing Assignments

Friday- Swimmers must provide their own timers and counters

Lane	1	2	3	4	5	6	7	8
Saturday	MEYR ICAC	CAST CAST	RSD RSD	PS PS	PS PS	CAAN CAAN	CAAN NCA	SDAC SBA
Sunday	HSA ICAC	CAST CAST	RSD RSD	PS PS	PS PS	CAAN CAAN	CAAN NCA	SDAC SBA

Swimmers must provide their own timers and counters for the 1000's on Sunday

Warm-Up Sessions

Both Days 7:15-8:00 South teams and CAAN
8:00-8:45 North teams