

HEARTLAND SWIM ASSOCIATION

12 & OVER NO TIME STANDARDS MEET

Jan 27-29, 2012



Girls	Dist	Stroke	Boys
Warmup 4:00 PM		Friday Jan 27, 2012	
1	12 & Over	1650 Y FREE	2
Warmup 7:15 AM		Saturday Jan 28, 2012	
3	12 - 14	400 Y IM	4
5	15 & Ov	400 Y IM	6
7	12 - 14	200 Y FREE	8
9	15 & Ov	200 Y FREE	10
11	12 - 14	100 Y BREAST	12
13	15 & Ov	100 Y BREAST	14
15	12 - 14	50 Y FREE	16
17	15 & Ov	50 Y FREE	18
19	12 - 14	200 Y FLY	20
21	15 & Ov	200 Y FLY	22
23	12 - 14	100 Y BACK	24
25	15 & Ov	100 Y BACK	26
Warmup 7:15 AM		Sunday Jan 29, 2012	
27	12 - 14	500 Y FREE	28
29	15 & Ov	500 Y FREE	30
31	12 - 14	200 Y BREAST	32
33	15 & Ov	200 Y BREAST	34
35	12 - 14	100 Y FLY	36
37	15 & Ov	100 Y FLY	38
39	12 - 14	200 Y BACK	40
41	15 & Ov	200 Y BACK	42
43	12 - 14	200 Y IM	44
45	15 & Ov	200 Y IM	46
47	12 - 14	100 Y FREE	48
49	15 & Ov	100 Y FREE	50
51	12 - 14	1000 Y FREE	52
53	15 & Ov	1000 Y FREE	54

- WARMUPS Sat/Sun: SI South teams: 7:15-8:00am, SI North teams: 8:00-8:45am.
- THE 1650 FREE, 1000 FREE, 500 FREE AND THE 400 IM WILL BE SWUM FASTEST TO SLOWEST ALTERNATING GIRLS AND BOYS HEATS.

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JAN 27-29, 2012

SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-12-02. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEET DIRECTOR: Debi Frese. Email: debi4hsa@cox.net or phone: 619-593-9252.

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 2012 USA Swimming Card issued no later than 2:30pm on Thursday, January 19, 2012. 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. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

- **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 of each session (2 events on Friday) will close ½ hour before the start of the session.
- **No Show Penalty.** Once checked in for an event, any 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. A paper copy of the meet entry report and the entry fee report must be mailed along with payment within 24 hours. A single team check is required. Event files can be uploaded from www.si-swimming.org. 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.

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: \$4.00 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, January 19, 2012, to: dsapper@cox.net with paper reports & payment mailed within 24 hours.
- MAIL: Must be postmarked no later than Wednesday, January 18, 2012 to:
HSA, PO Box 12936, El Cajon, CA 92022
- HAND DELIVERY: by 2:30pm Thursday, January 19, 2012 to the SI Swimming office:
1511 Morena Blvd, San Diego CA 92110

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