

HEARTLAND SWIM ASSOCIATION

JO MAX Meet ★ SI South Division

March 9-11, 2012



- THIS MEET HAS MAXIMUM TIME STANDARDS
- SWIMMERS ARE NOT QUALIFIED IF THEY HAVE 6 OR MORE JO CUTS
- *13-14 AGE GROUP, + 15-18 AGE GROUP - EVENTS SWUM TOGETHER BUT AWARDED SEPARATELY
- SWIMMERS MAY ENTER ANY NUMBER OF EVENTS, BUT SWIM ONLY 3 EVENTS PER DAY (6 MAX FOR THE ENTIRE MEET)!
- IF A SWIMMER IS QUALIFIED IN STROKE/DISTANCE FOR JO'S, HE/SHE MAY NOT SWIM THE EVENT IN THIS MEET. THE SAME APPLIES TO A RELAY LEG.

Girls MAXIMUM		AGE	EVENT	Boys MAXIMUM	
Warmup 4:00pm		Friday, Mar 9, 2012		Meet Starts 5:00pm	
1	6:01.70	11-12	500 FREE	6:21.30	2
3	* 11:31.40	13-14	1000 FREE	* 11:34.20	4
5	+ 11:16.00	15-18	1000 FREE	+ 10:55.40	6

Warmup 7:15am		Saturday, Mar 10, 2012		Meet Starts 9:00am	
7	1:24.20	8/U	100 IM	1:28.30	8
9	1:24.20	9-10	100 IM	1:28.30	10
11	1:12.90	11-12	100 IM	1:16.00	12
13	5:10.50	13-14	400 IM	5:17.00	14
15	5:08.50	15-18	400 IM	4:51.40	16
17	2:41.40	10/U	200 FREE	2:48.60	18
19	2:17.50	11-12	200 FREE	2:22.90	20
21	2:07.30	13-14	200 FREE	2:06.00	22
23	2:01.60	15-18	200 FREE	1:53.40	24
25	1:37.40	10/U	100 BRST	1:43.30	26
27	1:23.60	11-12	100 BRST	1:27.40	28
29	1:17.50	13-14	100 BRST	1:15.90	30
31	1:14.90	15-18	100 BRST	1:09.60	32
33	33.40	8/U	50 FREE	33.90	34
35	33.40	9-10	50 FREE	33.90	36
37	29.00	11-12	50 FREE	29.70	38
39	27.30	13-14	50 FREE	26.30	40
41	26.20	15-18	50 FREE	23.70	42
43	38.90	8/U	50 FLY	40.90	44
45	38.90	9-10	50 FLY	40.90	46
47	32.70	11-12	50 FLY	34.00	48
49	2:33.60	13-14	200 FLY	2:31.50	50
51	2:26.00	15-18	200 FLY	2:19.80	52
53	1:26.60	10/U	100 BACK	1:31.10	54
55	1:13.60	11-12	100 BACK	1:17.50	56
57	1:08.70	13-14	100 BACK	1:08.40	58
59	1:05.50	15-18	100 BACK	1:01.00	60
61	2:20.80	10/U	200 FREE RELAY	2:20.80	62
63	2:01.60	11-12	200 FREE RELAY	2:04.00	64
65	4:11.40	13-14	400 FREE RELAY	4:06.80	66
67	4:11.40	15-18	400 FREE RELAY	4:06.80	68

Warmup 7:15am		Sunday, Mar 11, 2012		Meet Starts 9:00am	
69	5:45.00	13-14	500 FREE	5:47.20	70
71	5:30.00	15-18	500 FREE	5:16.00	72
73	44.50	8/U	50 BRST	46.80	74
75	44.50	9-10	50 BRST	46.80	76
77	38.80	11-12	50 BRST	39.70	78
79	2:47.40	13-14	200 BRST	2:47.00	80
81	2:43.00	15-18	200 BRST	2:33.50	82
83	1:29.10	10/U	100 FLY	1:38.60	84
85	1:13.10	11-12	100 FLY	1:18.00	86
87	1:07.90	13-14	100 FLY	1:06.30	88
89	1:03.80	15-18	100 FLY	59.10	90
91	39.60	8/U	50 BACK	40.70	92
93	39.60	9-10	50 BACK	40.70	94
95	34.20	11-12	50 BACK	35.50	96
97	2:27.80	13-14	200 BACK	2:29.20	98
99	2:22.80	15-18	200 BACK	2:14.30	100
101	3:03.10	10/U	200 IM	3:13.00	102
103	2:36.20	11-12	200 IM	2:43.40	104
105	2:26.50	13-14	200 IM	2:25.20	106
107	2:18.40	15-18	200 IM	2:08.10	108
109	1:14.00	10/U	100 FREE	1:14.80	110
111	1:02.60	11-12	100 FREE	1:04.40	112
113	59.50	13-14	100 FREE	58.10	114
115	56.30	15-18	100 FREE	51.90	116
117	2:44.40	10/U	200 MED RELAY	2:49.40	118
119	2:20.00	11-12	200 MED RELAY	2:24.00	120
121	4:42.40	13-14	400 MED RELAY	4:37.00	122
123	4:42.40	15-18	400 MED RELAY	4:37.00	124
125	* 20:10.00	13-14	1650 FREE	* 19:44.00	126
127	+ 19:46.60	15-18	1650 FREE	+ 18:33.20	128

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SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-12-03. 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 only to SI South Division USAS swimmers who hold a valid 2012 USA Swimming Card issued no later than 2:30pm on Thursday, March 1, 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.

- **JO MAX Rule:** If a swimmer is qualified for the JO's in a particular stroke & distance, he/she may not swim it in this meet - even if the swimmer chose not to swim it in the JOs. The same rule applies for a relay leg.
- **JO MAX Rule:** Swimmers with 6 or more SI JO cuts may not swim in this meet.
- **Entry Limits:** Swimmers may enter any number of events, but may only swim a maximum of 3 Events Per Day, and a maximum of 6 Events for the Entire Meet (Including Friday Night Events).
- **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 (2 events on Friday) will close ½ hour before the start of the session.
- **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 then 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 with payment within 24 hours. Team entries must be paid with a single check. 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 only. Times must be the best recorded times in the event from this or the previous swim season. These are MAXIMUM time standards. Times will be checked against the SWIMS database; swimmers with recorded times faster than the event maximum will be scratched from that event.

WARM-UP: Assigned warm-ups, an estimated timeline and team timing assignments will be posted at www.heartlandswim.org the Wednesday before the meet.

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ENTRY FEES:

- Surcharge: \$7.00 per swimmer. Individual Entries: \$4.00 each. Relays: \$12.00 each.
- Late entries, IF ACCEPTED, will be charged double, including surcharge. No late entries are permitted after the meet begins.
- Make team checks payable to: **HEARTLAND SWIM ASSOCIATION**

DELIVERY:

- EMAIL: Must be received by Thursday, March 1, 2012, to: dsapper@cox.net with paper reports & payment mailed within 24 hours.
- MAIL: Must be postmarked no later than Wednesday, February 29, 2012 to:
HSA, PO Box 12936, El Cajon, CA 92022
- HAND DELIVERY: by 2:30pm Thursday, March 1, 2012 to the SI Swimming office:
1511 Morena Blvd, San Diego CA 92110

SCORING: Individual events: 1st through 8th place (9, 7, 6, 5, 4, 3, 2, 1). Relays: 1st through 8th place (18, 14, 12, 10, 8, 6, 4, 2).

AWARDS: Individual Events: Medals 1-8. Relays: Medals 1-3, Ribbons 4-8. Team Trophies 1-3.