

C ALL AGES

November 15-16, 2008

HEARTLAND SWIM ASSOCIATION



Girls		Boys			
B min	Age	Dist/Stroke	B min		
Warmup 7:30am		Sat Nov 15, 2008		Starts 9:00am	
1	1:46.10	8/U	100 FREE	1:42.00	2
3	2:56.80	9-10	200 FREE	2:56.50	4
5	2:37.20	11-12	200 FREE	2:37.80	6
7	2:28.40	13/Ov	200 FREE	2:22.80	8
9	-	6/U	25 BACK	-	10
11	26.60	7-8	25 BACK	25.90	12
13	44.30	9-10	50 BACK	44.20	14
15	39.60	11-12	50 BACK	40.00	16
17	1:21.00	13/Ov	100 BACK	1:18.00	18
19	-	6/U	25 FLY	-	20
21	25.60	7-8	25 FLY	25.60	22
23	41.80	9-10	50 FLY	41.60	24
25	37.40	11-12	50 FLY	37.70	26
27	1:17.40	13/Ov	100 FLY	1:13.80	28
29	-	6/U	25 FREE	-	30
31	21.70	7-8	25 FREE	21.10	32
33	37.00	9-10	50 FREE	37.20	34
35	33.50	11-12	50 FREE	33.60	36
37	31.90	13/Ov	50 FREE	30.00	38
39	-	6/U	25 BRST	-	40
41		8/U	100 FREE MIXED RELAY		
42		10/U	200 FREE MIXED RELAY		
43		11-12	200 FREE MIXED RELAY		
44		13/Ov	200 FREE MIXED RELAY		
Warmup 7:30am		Sun, Nov 16, 2008		Starts 9:00am	
45	48.60	7-8	50 FREE	47.30	46
47	1:21.50	9-10	100 FREE	1:21.00	48
49	1:12.70	11-12	100 FREE	1:12.20	50
51	1:09.10	13/Ov	100 FREE	1:05.00	52
53	28.80	7-8	25 BRST	28.00	54
55	49.80	9-10	50 BRST	49.80	56
57	44.50	11-12	50 BRST	44.80	58
59	1:31.00	13/Ov	100 BRST	1:26.30	60
61	2:01.40	7-8	100 IM	1:58.20	62
63	1:34.40	9-10	100 IM	1:34.80	65
65	1:24.70	11-12	100 IM	1:24.70	66
67	2:50.90	13/Ov	200 IM	2:42.60	68
69		8/U	100 MED MIXED RELAY		
70		10/U	200 MED MIXED RELAY		
71		11-12	200 MED MIXED RELAY		
72		13/Ov	200 MED MIXED RELAY		

NOTE: 8/U SWIMMERS MAY SWIM ONLY ONE RELAY PER DAY!!!!
 SWIMMERS MUST BE SLOWER THAN THE B min TIMES SHOWN.

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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.

ELIGIBILITY:

- Open to USA Swimming members who hold valid 2008 or 2009 USA Swimming Card issued no later than 2:30pm on Thursday, November 6, 2008.

RULES:

- Current USAS 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 will close at 8:30am for the first eight events on Saturday/Sunday; the remaining events close at 9:00am.

ENTRIES:

- All entries must be submitted electronically using Hy-Tek software. Please be sure to provide a paper copy or PDF as a backup. Event files can be uploaded from www.si-swimming.com. Click on meets>schedule. Find and choose corresponding TEAM MANAGER EVENT FILE. Save to your computer, writing down where it is saved.
- Email entries & PDF backup may be sent to dsapper@cox.net, with team check mailed within 24 hours.
- Relays are deck entered.
- 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. Relays \$12.00.
- 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, Nov 6, 2008 to SI Swimming Office.
- Mail: Must be postmarked no later than Wednesday, Nov. 5, 2008 to:
 - HSA, P.O. Box 12936, El Cajon, CA 92022
- Questions: Debi Frese Telephone (619) 579-8520
- Time Line & Timing Assignments will be posted on HSA's website by Nov. 12th – www.heartlandswim.org.

AWARDS: Individual Awards: Ribbons 1-8. Relays Ribbons 1-3.

SANCTION # SI-08-41

10/1/08