

# 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

#### Entries due Thurs, Feb. 23rd

Circle the event numbers you want to enter—girls on the left side, boys on the right side. \$7 meet entry surcharge plus \$4 per event entered will be billed to your account.

Swimmer Name First/MI/Last \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Swimmer Birth Date Mo/Day/Yr \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Coach \_\_\_\_\_

Parent Signature \_\_\_\_\_