HEARTLAND SWIM ASSOCIATION

★ One Day Senior Meet ★

El Cajon Valley High School

October 9, 2010

WOMEN						MEN		
	LC M MIN TIME	SC Y MIN TIME		Dist/Stroke		SC Y MIN TIME	LC M MIN TIME	
Warmup 7:15am			Saturday October 9, 2010			Meet Starts 9:00am		
1	6:55.10	6:07.30	Open	400	IM	5:47.30	6:33.00	2
3	36.40	31.90	Open	50	FREE	30.00	33.00	4
5	1:42.50	1:31.00	Open	100	BRST	1:26.30	1:37.30	6
7	2:48.10	2:28.40	Open	200	FREE	2:22.80	2:42.00	8
9	3:17.40	2:55.10	Open	200	FLY	2:47.30	3:08.90	10
11	1:32.90	1:21.00	Open	100	BACK	1:18.00	1:31.60	12
13	3:43.00	3:18.20	Open	200	BRST	3:06.40	3:33.00	14
15	1:27.60	1:17.40	Open	100	FLY	1:13.80	1:23.60	16
17	3:19.60	2:54.50	Open	200	BACK	2:45.10	3:09.20	18
19	3:13.40	2:50.90	Open	200	IM	2:42.60	3:04.30	20
21	1:18.50	1:09.10	Open	100	FREE	1:05.00	1:14.00	22
23	5:55.80	6:32.30	Open	500	FREE*	6:20.30	5:44.30	24
25	12:31.70	13:45.80	Open	1000	FREE*	13:30.70	12:01.30	26
27	23:13.30	22:57.70	Open	1650	FREE*	22:35.80	22:51.70	28

ALL TIME STANDARDS ARE SI 13-14 B min TIME STANDARDS

Notes: All events will be swum fastest to slowest. Swimmers may swim only 1 of the 3 distance freestyle events marked with a *. The distance freestyle events (500, 1000, & 1650) may be seeded and swum together, depending upon entries received.

Entries due by Thursday, September 23

$5 meet entry surcharge plus $3 per event entered will be charged to your escrow account.

Swimmer Name- First/MI/Last as on USA Swim Card

_____/_____/_____

Swimmer Birthdate- Month/Day/Year

_____/_____/_____

Coach _____

Parent Signature _____

Parent Email _____