

## Swim Meet Information: HSA 12/Over NTS Meet- January 27-29, 2012

Heartland Swimming Association  
El Cajon Valley High School  
1035 East Madison Ave  
El Cajon, CA 92020

### Estimated Timeline:

Friday- End 8:30 pm

Saturday- End 3:00 pm

Sunday- End 6:30 pm. Distance Freestyle's (1000's) begin approximately 4:30 pm.

Check in for the first 4 events will close ½ hour before the start of the session

### Timing Assignments

Friday- Swimmers must provide their own timers and counters for the 500, 1000 and 1650 Freestyle

| Lane     | 1            | 2          | 3          | 4        | 5          | 6          | 7          | 8            |
|----------|--------------|------------|------------|----------|------------|------------|------------|--------------|
| Saturday | CAST<br>SDAC | RSD<br>RSD | PS<br>MEYR | PS<br>PS | NCA<br>NCA | NCA<br>MVY | SBA<br>SBA | ICAC<br>BFST |
| Sunday   | CAST<br>SDAC | RSD<br>RSD | PS<br>MEYR | PS<br>PS | NCA<br>NCA | NCA<br>MVY | SBA<br>SBA | ICAC<br>SDES |

### Warm-Up Sessions- Saturday & Sunday

7:15-8:00 SI South Teams and CAAN and NCA

8:00-8:45 SI North Teams

**Reminder-** THE 1650 FREE, 1000 FREE, 500 FREE AND THE 400 IM WILL BE SWUM FASTEST TO SLOWEST ALTERNATING GIRLS AND BOYS HEATS.