

CORONADO NAVY SWIM ASSOCIATION

A/B ALL AGES LC MEET ★ APRIL 8 - 10, 2011



Girls						Boys		
	B min	A min	Age	Dist/Stroke	A min	B min		
Warmup 4:00pm						Friday, April 8, 2011		
1	6:18.80	5:47.30	12/Un	A/B	400 FREE	5:46.60	6:18.10	2
3	5:55.80	5:26.10	13-14	A/B	400 FREE	5:15.60	5:44.30	4
5	5:47.60	5:18.70	OPEN	A/B	400 FREE	4:59.20	6:26.40	6

Warmup 7:15am Saturday, April 9, 2011 Meet Starts 8:30am

MORNING SESSION								
7	3:19.30	3:02.70	10/U	A/B	200 FREE	3:02.40	3:19.00	8
9	2:57.70	2:42.90	11-12	A/B	200 FREE	2:43.60	2:58.40	10
11	1:50.30	1:41.00	10/U	A/B	100 BACK	1:41.30	1:50.50	12
13	1:37.60	1:29.40	11-12	A/B	100 BACK	1:30.70	1:39.00	14
15	41.90	38.40	10/U	A/B	50 FREE	38.10	41.50	16
17	38.00	34.90	11-12	A/B	50 FREE	34.40	37.60	18
19	47.20	43.20	10/U	A/B	50 FLY	43.10	47.00	20
21	41.90	38.40	11-12	A/B	50 FLY	39.20	42.70	22
23	2:02.40	1:52.20	10/U	A/B	100 BRST	1:52.90	2:03.10	24
25	1:49.10	1:40.00	11-12	A/B	100 BRST	1:40.10	1:49.20	26
AFTERNOON SESSION								
27	3:13.40	2:57.30	13-14	A/B	200 IM	2:49.00	3:04.30	28
29	3:12.00	2:56.00	OPEN	A/B	200 IM	2:41.00	2:55.70	30
31	2:48.10	2:34.10	13-14	A/B	200 FREE	2:28.50	2:42.00	32
33	2:46.20	2:32.30	OPEN	A/B	200 FREE	2:21.80	2:34.70	34
35	1:32.90	1:25.10	13-14	A/B	100 BACK	1:22.10	1:31.60	36
37	1:32.20	1:24.40	OPEN	A/B	100 BACK	1:18.60	1:25.80	38
39	36.40	33.30	13-14	A/B	50 FREE	30.20	33.00	40
41	35.80	32.80	OPEN	A/B	50 FREE	29.80	32.50	42
43	3:17.40	3:00.90	13-14	A/B	200 FLY	2:53.10	3:08.90	44
45	3:13.00	2:56.90	OPEN	A/B	200 FLY	2:40.30	2:54.80	46
47	1:42.50	1:33.90	13-14	A/B	100 BRST	1:29.20	1:37.30	48
49	1:43.20	1:34.60	OPEN	A/B	100 BRST	1:25.60	1:33.40	50
51	12:31.70	11:29.00	OPEN	A/B	800 FREE	11:01.20	12:01.30	52

Warmup 7:15am Sunday, April 10, 2011 Meet Starts 8:30am

MORNING SESSION								
53	1:32.00	1:24.40	10/U	A/B	100 FREE	1:23.90	1:31.60	54
55	1:22.40	1:15.60	11-12	A/B	100 FREE	1:15.10	1:22.00	56
57	56.00	51.40	10/U	A/B	50 BRST	51.40	56.00	58
59	52.20	46.00	11-12	A/B	50 BRST	45.60	49.80	60
61	50.60	46.40	10/U	A/B	50 BACK	46.30	50.50	62
63	45.40	41.60	11-12	A/B	50 BACK	42.00	45.80	64
65	1:49.70	1:40.50	10/U	A/B	100 FLY	1:40.70	1:49.80	66
67	1:35.30	1:27.30	11-12	A/B	100 FLY	1:28.10	1:36.10	68
69	3:49.30	3:30.20	10/U	A/B	200 IM	3:31.20	3:50.40	70
71	3:25.00	3:07.90	11-12	A/B	200 IM	3:08.20	3:25.30	72
AFTERNOON SESSION								
73	1:18.50	1:11.90	13-14	A/B	100 FREE	1:07.90	1:14.00	74
75	1:17.80	1:11.30	OPEN	A/B	100 FREE	1:04.50	1:10.30	76
77	3:43.00	3:24.40	13-14	A/B	200 BRST	3:15.20	3:33.00	78
79	3:41.90	3:23.40	OPEN	A/B	200 BRST	3:03.70	3:20.40	80
81	3:19.60	3:02.80	13-14	A/B	200 BACK	2:53.30	3:09.20	82
83	3:12.70	2:56.50	OPEN	A/B	200 BACK	2:45.50	3:00.70	84
85	1:27.60	1:20.30	13-14	A/B	100 FLY	1:16.70	1:23.60	86
87	1:26.40	1:19.20	OPEN	A/B	100 FLY	1:13.90	1:20.60	88
89	6:55.10	6:20.40	13-14	A/B	400 IM	6:00.20	6:33.00	90
91	6:37.70	6:04.50	OPEN	A/B	400 IM	5:41.70	6:12.80	92
93	23:13.30	21:17.20	OPEN	A/B	1500 FREE	20:57.40	22:51.70	94

Notes: Swimmers may only swim four events per day.

CORONADO NAVY SWIM ASSOCIATION

A/B ALL AGES LC MEET ★ APRIL 8 - 10, 2011

SANCTION: This meet is sanctioned by USA Swimming and San Diego-Imperial Swimming #SI-11-15.

POOL: Brian Bent Memorial Aquatics Complex, Coronado High School, 818 6th Street, Coronado CA 92118. Phone (619) 437-0227. 8 lane, 50 meter x 25 yard pool with separate 6 lane 25 yard warmup pool. Colorado timing and large scoreboard in use. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and 7 feet, 0 inches at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4). Full snack bar available.

MEET DIRECTOR: Cheryl Bauman, cell # 301-529-7946, or email: swimcoachcheryl@aol.com

ELIGIBILITY: Open to SI and out-of-district USA swimmers who hold a valid 2011 USA Swimming Card issued no later than 2:30pm on Thursday, March 31, 2011. 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.

- **Entry Limit.** Swimmers may enter any number of events, but may only swim in a maximum of 4 individual events per day.
- **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 4 events Friday and the first 8 events of Saturday and Sunday will close ½ hour before the start of the session. Check-in for the remainder of the session will close at the start of the session.
- **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.
- **No Show Penalty.** Any swimmer, once checked in for an event, 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.** The 400, 800 and 1500 Freestyle events will be swum fastest to slowest, alternating girls and boys heats. Swimmers in these events must also provide their own timers.

ENTRIES: Swimmers may enter any number of events, but will only be allowed to swim in 4 events per day. Entries must be submitted electronically using Hy-Tek Team Manager compatible software, and emailed to swimcoachcheryl@aol.com with a paper copy and payment mailed separately. Event files can be uploaded from www.si-swimming.org. All entries that do not contain a current USA Swimming registration number will be rejected.

ENTRY TIMES: Submit Long Course times for this long course meet. Times must be recorded times from this or the previous swim season. NT (no time) entries will not be accepted.

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

ENTRY FEES:

- Surcharge: \$5.00 per swimmer. Individual Entries: \$3.00 each. Teams (10 or more swimmers) not submitted entries electronically: \$6.00 each.
- Late entries, IF ACCEPTED, will be charged double, including surcharge.
- Team entries must be paid with a single check. Make checks payable to: **CNSA**

DELIVERY:

- EMAIL: Must be received by Thursday, March 31, 2011, to: swimcoachcheryl@aol.com with paper copy & team check mailed within 24 hours.
- MAIL: Must be postmarked no later than Wednesday, March 30, 2011 to:
Cheryl Bauman/CNSA
308 Orange Ave #26, Coronado, CA 92118
- HAND DELIVERY: by 2:30pm Thursday, March 31, 2011 to the SI Swimming office:
1511 Morena Blvd, San Diego CA 92110

AWARDS: Individual Events: A events: Medals 1-3, Ribbons 4-8. B events: Ribbons 1-8.