

NORTH COAST AQUATICS



★ A/B/C 12 & Under LC Meet ★ July 15-17, 2011

		Girls					Boys			
		B Min	A Min	Age	Dist/Stroke	A min	B min			
Warmup 4:00pm		Friday, July 15, 2011					Meet Starts 5:00pm			
1	6:18.80	5:47.30	12/Under	ABC	400 Free	5:46.60	6:18.10	2		
Warmup 7:30am		Saturday, July 16, 2011					Meet Starts 9:00am			
3	3:19.30	3:02.70	10/Under	ABC	200 Free	3:02.40	3:19.00	4		
5	2:57.70	2:42.90	11 – 12	ABC	200 Free	2:43.60	2:58.40	6		
7	1:50.30	1:41.00	10/Under	ABC	100 Back	1:41.30	1:50.50	8		
9	1:37.60	1:29.40	11 – 12	ABC	100 Back	1:30.70	1:39.00	10		
11	54.70	45.60	8/Under	ABC	50 Free	44.40	53.30	12		
13	41.90	38.40	9 – 10	ABC	50 Free	38.10	41.50	14		
15	38.00	34.90	11 – 12	ABC	50 Free	34.40	37.60	16		
17	1:02.40	52.00	8/Under	ABC	50 Fly	52.70	1:03.20	18		
19	47.20	43.20	9 – 10	ABC	50 Fly	43.10	47.00	20		
21	41.90	38.40	11 – 12	ABC	50 Fly	39.20	42.70	22		
23	2:02.40	1:52.20	10/Under	ABC	100 Breast	1:52.90	2:03.10	24		
25	1:49.10	1:40.00	11 – 12	ABC	100 Breast	1:40.10	1:49.20	26		
27			10/Under		200 Med Relay			28		
29			11 – 12		200 Med Relay			30		
Warmup 7:30am		Saturday, July 16, 2011					Meet Starts 9:00am			
31	1:59.20	1:39.30	8/Under	ABC	100 Free	1:35.50	1:54.60	32		
33	1:32.00	1:24.40	9 – 10	ABC	100 Free	1:23.90	1:31.60	34		
35	1:22.40	1:15.60	11 – 12	ABC	100 Free	1:15.10	1:22.00	36		
37	1:10.30	58.60	8/Under	ABC	50 Breast	57.10	1:08.50	38		
39	56.00	51.40	9 – 10	ABC	50 Breast	51.40	56.00	40		
41	50.20	46.00	11 – 12	ABC	50 Breast	45.60	40.80	42		
43	1:05.30	54.40	8/Under	ABC	50 Back	53.20	1:03.80	44		
45	50.60	46.40	9 – 10	ABC	50 Back	46.30	50.50	46		
47	45.40	41.60	11 – 12	ABC	50 Back	42.00	45.80	48		
49	1:49.70	1:40.50	10/Under	ABC	100 Fly	1:40.70	1:49.80	50		
51	1:35.30	1:27.30	11 – 12	ABC	100 Fly	1:28.10	1:36.10	52		
53	3:49.30	3:30.20	10/Under	ABC	200 IM	3:31.20	3:50.40	54		
55	3:25.00	3:07.90	11 – 12	ABC	200 IM	3:08.20	3:25.30	56		
57			10/Under		200 Free Relay			58		
59			11 – 12		200 Free Relay			60		

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July 15-17, 2011

SANCTION: This meet is sanctioned by USA Swimming and San Diego-Imperial Swimming # SI-11-13.

MEET DIRECTOR: Sue Parnes. Tel: 760-720-1494, or email: allswim@aol.com

POOL: Jewish Community Center, 4126 Executive Drive, La Jolla. 50-meter, 8 lane pool with limited warm-up facilities. Colorado timing and scoreboard in use. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 0 inches at the start end and 4 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. Friday: Parking on street only. Sat/Sun: Street parking and additional parking information will be posted at www.ncaq.org.

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, July 7, 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.

- **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 all events on Friday and the first 4 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.** Events 1 and 2 will be swum fastest to slowest, alternating girls and boys heats. Swimmers in these events must also provide their own timers and lap counters.

ENTRIES: Entries must be submitted electronically using Hy-Tek Team Manager compatible software, and emailed to allswim@aol.com with a paper copy and payment mailed separately. Team Manager event files can be uploaded from www.si-swimming.com. All entries that do not show a current USA Swimming registration number will be rejected. Relays may be deck entered prior to the entry deadline for that session, which will be announced by the meet director.

ENTRY TIMES: Submit Long Course times for this long course meet. Times must be recorded times from this or the previous swim season.

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

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ENTRY FEES:

- Surcharge: \$5.00 per swimmer. Individual Entries: \$3.00 each. Relays: \$12.00 each. Entries from teams (defined as 10 or more swimmers) not submitted electronically: \$6.00 per event.
- Late entries, IF ACCEPTED, will be charged double, including the surcharge.
- Team entries must be paid with a single check. Make checks payable to: **NORTH COAST AQUATICS**

DELIVERY:

- EMAIL: Must be received by Thursday, July 7, 2011, to: allswim@aol.com with paper copy & team check mailed within 24 hours.
- MAIL: Must be postmarked no later than Wednesday, July 6, 2011 to:
North Coast Aquatics Boosters
PMB #232
3830 Valley Centre Drive, Ste 705,
San Diego, CA 92130
- HAND DELIVERY: by 2:30pm Thursday, July 7, 2011 to the SI Swimming office:
1511 Morena Blvd, San Diego CA 92110

HOTEL INFORMATION: There is a list of local hotels for out of district teams at www.ncaq.org.

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