

SOUTH BAY AQUATICS

A/B All Ages Meet ★ Long Course

March 19-20, 2011



Girls						Boys			
	B min	A min	Age	Dist/Stroke		A min	B min		
Warmup 7:30am						Saturday, March 19, 2011			
						Meet Starts 9:00am			
1	3:19.30	3:02.70	10/U	A/B	200 FREE	3:02.40	3:19.00	2	
3	2:57.70	2:42.90	11-12	A/B	200 FREE	2:43.60	2:58.40	4	
5	2:48.10	2:34.10	13/Ov	A/B	200 FREE	2:28.50	2:42.00	6	
7	2:02.40	1:52.20	10/U	A/B	100 BRST	1:52.90	2:03.10	8	
9	1:49.10	1:40.00	11-12	A/B	100 BRST	1:40.10	1:49.20	10	
11	1:42.50	1:33.90	13/Ov	A/B	100 BRST	1:29.20	1:37.30	12	
13	54.70	45.60	8/U	A/B	50 FREE	44.40	53.30	14	
15	41.90	38.40	9-10	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	36.40	33.30	13/Ov	A/B	50 FREE	30.20	33.00	20	
21	1:02.40	52.00	8/U	A/B	50 FLY	52.70	1:08.50	22	
23	47.20	43.20	9-10	A/B	50 FLY	43.10	47.00	24	
25	41.90	38.40	11-12	A/B	50 FLY	39.20	42.70	26	
27	3:17.40	3:00.90	13/Ov	A/B	200 FLY	2:53.10	3:08.90	28	
29	1:50.30	1:41.00	10/U	A/B	100 BACK	1:41.30	1:50.50	30	
31	1:37.60	1:29.40	11-12	A/B	100 BACK	1:30.70	1:39.00	32	
33	1:32.90	1:25.10	13/Ov	A/B	100 BACK	1:22.10	1:31.60	34	
35	6:55.10	6:20.40	13/Ov	A/B	400 IM	6:00.20	6:33.00	36	
Warmup 7:30am						Sunday, March 20, 2011			
						Meet Starts 9:00am			
37	1:05.30	54.40	8/U	A/B	50 BRST	57.10	1:08.50	38	
39	56.00	51.40	9-10	A/B	50 BRST	51.40	56.00	40	
41	50.20	46.00	11-12	A/B	50 BRST	45.60	49.80	42	
43	3:43.00	3:24.40	13/Ov	A/B	200 BRST	3:15.20	3:33.00	44	
45	1:05.30	54.40	8/U	A/B	50 BACK	53.20	1:03.80	46	
47	50.60	46.40	9-10	A/B	50 BACK	46.30	50.50	48	
49	45.40	41.60	11-12	A/B	50 BACK	42.00	45.80	50	
51	3:19.60	3:02.80	13/Ov	A/B	200 BACK	2:53.30	3:09.20	52	
53	1:49.70	1:40.50	10/U	A/B	100 FLY	1:40.70	1:49.80	54	
55	1:35.30	1:27.30	11-12	A/B	100 FLY	1:28.10	1:36.10	56	
57	1:27.60	1:20.30	13/Ov	A/B	100 FLY	1:16.70	1:23.60	58	
59	4:52.80	4:04.90	8/U	A/B	200 IM	3:58.40	4:45.20	60	
61	3:49.30	3:30.20	9-10	A/B	200 IM	3:31.20	3:50.40	62	
63	3:25.00	3:07.90	11-12	A/B	200 IM	3:08.20	3:25.30	64	
65	3:13.40	2:57.30	13/Ov	A/B	200 IM	2:49.00	3:04.30	66	
67	1:32.00	1:24.40	10/U	A/B	100 FREE	1:23.90	1:31.60	68	
69	1:22.40	1:15.60	11-12	A/B	100 FREE	1:15.10	1:22.00	70	
71	1:18.50	1:11.90	13/Ov	A/B	100 FREE	1:07.90	1:14.00	72	
73	6:18.80	5:47.30	12/U	A/B	400 FREE*	5:46.60	6:18.10	74	
75	5:55.80	5:26.10	13/Ov	A/B	400 FREE*	5:15.60	5:44.30	76	

* Events 35/36, 73/74 and 75/76 will be combined seeded and swum fastest to slowest, alternating women and men. Provide your own timer.

SOUTH BAY AQUATICS

A/B All Ages Meet ★ Long Course ★ March 19-20, 2011

SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-11-12.

MEET DIRECTOR: Susan Berardi Cell 619.894-1657, or email: sbswims@gmail.com

POOL: National City Municipal Pool, 1800 East 22nd Street, National City, CA. (619) 336-6758. 50-meter, 8 lane pool with limited warm-up area. Colorado timing and scoreboard in use. The minimum water depth, measured in accordance with Article 103.2.3, is 4 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.

ELIGIBILITY: Open to SI and Out-of-District USA swimmers who hold a valid 2011 USA Swimming Card issued no later than 2:30 pm on Thursday, March 10, 2011. 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 the first 8 events in each session on Sat/Sun will close ½ hour before the start of each session. The balance of events will close at start of each 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.** These 400M IM and 400 Free events will be swum fastest to slowest, alternating girl's and boy's heats. Swimmers must provide their own timers.
- **Entry Limit.** Swimmers may enter any number of events, but may only swim in a maximum of 5 individual events per day.

ENTRIES: All entries must be submitted electronically using the Hy-Tek Team Manager system. Email entries and a PDF backup to sbswims@gmail.com. A paper copy of the meet entry report and the entry fee report must be mailed along with payment within 24 hours. A single team check is required. Event files can be uploaded from www.si-swimming.org. All entries that do not show a current USA Swimming registration number will be rejected. We will confirm by e-mail that we received your e-mailed entries.

WARM-UP: Assigned warm-ups, an estimated timeline and team timing assignments will be posted at www.southbayaquatics.org prior to the start of the meet.

ENTRY TIMES: Submit Long Course Times only. Times must be recorded times from this or the previous swim season. Entries with NT will be rejected.

ENTRY FEES: Surcharge: \$5.00 per swimmer. Individual Entries: \$3.00 each. Late entries, IF ACCEPTED, will be charged double, including surcharge. No late entries are permitted once the meet begins.

Make all checks payable to: **SOUTH BAY AQUATICS**

DELIVERY: Entries must be postmarked no later than Wednesday, March 9, 2011.

- Mail to Susan Berardi, 420 Westby Street, Chula Vista CA 91911.
- Or emailed by March 10 to: sbswims@gmail.com with check mailed within 24 hours.
- Entries may be hand delivered by 2:30 pm Thursday, March 10, 2011 to the SI Swimming Office: 1511 Morena Blvd, San Diego CA 92110, or to Paradowski's Swim & Sport, 7962 Convoy Court, San Diego.

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