

CORONADO NAVY SWIM ASSOCIATION

All Ages ABC Meet South ★ October 22-23, 2011



		Girls				Boys		
	B min	A min	Age	Dist/Stroke	A min	B min	.	
Warmup 7:30am		Saturday, Oct 22, 2011				Meet Starts 9:00am		
1	48.60	40.50	8/U	A/B/C	50 FREE	39.40	47.30	2
3	37.00	33.90	9-10	A/B/C	50 FREE	34.10	37.20	4
5	33.50	30.70	11-12	A/B/C	50 FREE	30.80	33.60	6
7	2:01.40	1:41.20	8/U	A/B/C	100 IM	1:38.50	1:58.20	8
9	1:34.40	1:26.60	9-10	A/B/C	100 IM	1:26.90	1:34.80	10
11	1:24.70	1:17.70	11-12	A/B/C	100 IM	1:17.70	1:24.70	12
13	57.80	48.10	8/U	A/B/C	50 BACK	46.80	56.30	14
13	44.30	40.50	9-10	A/B/C	50 BACK	40.40	44.20	16
17	39.60	36.20	11-12	A/B/C	50 BACK	36.60	40.00	18
19	1:02.80	52.30	8/U	A/B/C	50 BRST	51.00	1:01.20	20
21	49.80	45.60	9-10	A/B/C	50 BRST	45.60	49.80	22
23	44.50	40.80	11-12	A/B/C	50 BRST	41.00	44.80	24
25	55.60	46.30	8/U	A/B/C	50 FLY	47.00	56.40	26
27	41.80	38.30	9-10	A/B/C	50 FLY	38.20	41.60	28
29	37.40	34.30	11-12	A/B/C	50 FLY	34.50	37.70	30
31	2:56.80	2:42.00	10/U	A/B/C	200 FREE	2:41.80	2:56.50	32
33	2:37.20	2:24.10	11-12	A/B/C	200 FREE	2:24.60	2:37.80	34
35	-	-	10/U		200 MED RELAY	-	-	36
37	-	-	11-12		200 MED RELAY	-	-	38
AFTERNOON SESSION								
39	-	-	13-Ov		400 MED RELAY	-	-	40
41	2:28.40	2:16.10	13-14	A/B/C	200 FREE	2:10.90	2:22.80	42
43	2:28.80	2:16.40	15-Ov	A/B/C	200 FREE	2:04.80	2:16.20	44
45	2:55.10	2:40.50	13-14	A/B/C	200 FLY	2:33.30	2:47.30	46
47	2:50.90	2:36.60	15-Ov	A/B/C	200 FLY	2:21.60	2:34.40	48
49	3:18.20	3:01.70	13-14	A/B/C	200 BRST	2:50.80	3:06.40	50
51	3:17.30	3:00.80	15-Ov	A/B/C	200 BRST	2:43.00	2:57.80	52
53	1:21.00	1:14.10	13-14	A/B/C	100 BACK	1:11.30	1:18.00	54
55	1:21.50	1:14.50	15-Ov	A/B/C	100 BACK	1:08.20	1:14.50	56
57	31.90	29.30	13-14	A/B/C	50 FREE	27.50	30.00	58
59	31.90	29.30	15-Ov	A/B/C	50 FREE	26.50	28.90	60
61	6:07.30	5:36.60	13-14	A/B/C	400 IM	5:18.20	5:47.30	62
63	5:51.50	5:22.00	15-Ov	A/B/C	400 IM	5:01.20	5:28.80	64
Warmup 7:30am		Sunday, Oct 23, 2011				Meet Starts 9:00am		
65	6:59.50	6:24.60	12/U	A/B/C	500 FREE	6:29.80	7:05.30	66
67	1:23.00	1:16.10	11-12	A/B/C	100 FLY	1:18.20	1:25.30	68
69	1:37.40	1:29.30	10/U	A/B/C	100 FLY	1:29.40	1:37.60	70
71	1:12.70	1:06.70	11-12	A/B/C	100 FREE	1:06.20	1:12.20	72
73	1:21.50	1:14.70	10/U	A/B/C	100 FREE	1:14.30	1:21.00	74
75	1:37.00	1:28.90	11-12	A/B/C	100 BRST	1:29.00	1:37.10	76
77	1:49.10	1:40.00	10/O	A/B/C	100 BRST	1:40.50	1:49.70	78
79	1:25.20	1:17.90	11-12	A/B/C	100 BACK	1:20.50	1:28.00	80
81	1:36.80	1:28.60	10/U	A/B/C	100 BACK	1:28.70	1:37.00	82
83	3:01.30	2:46.20	11-12	A/B/C	200 IM	2:46.50	3:01.70	84
85	3:23.50	3:06.50	10/U	A/B/C	200 IM	3:07.40	3:24.50	86
87	-	-	11-12		200 FREE RELAY	-	-	88
89	-	-	10/U		200 FREE RELAY	-	-	90
AFTERNOON SESSION								
91	-	-	13-Ov		400 FREE RELAY	-	-	92
93	1:17.50	1:11.10	15-Ov	A/B/C	100 FLY	1:05.10	1:11.00	94
95	1:17.40	1:11.00	13-14	A/B/C	100 FLY	1:07.70	1:13.80	96
97	1:08.50	1:02.80	15-Ov	A/B/C	100 FREE	57.40	1:02.60	98
99	1:09.10	1:03.40	13-14	A/B/C	100 FREE	59.60	1:05.00	100
101	2:48.10	2:33.80	15-Ov	A/B/C	200 BACK	2:23.90	2:37.30	102
103	2:54.50	2:39.60	13-14	A/B/C	200 BACK	2:31.00	2:45.10	104
105	1:31.60	1:23.90	15-Ov	A/B/C	100 BRST	1:15.80	1:22.70	106
107	1:31.00	1:23.40	13-14	A/B/C	100 BRST	1:19.10	1:26.30	108
109	2:52.10	2:37.70	15-Ov	A/B/C	200 IM	2:21.70	2:34.70	110
111	2:50.90	2:36.60	13-14	A/B/C	200 IM	2:29.00	2:42.60	112
113	6:29.90	5:57.40	15-Ov	A/B/C	500 FREE	5:34.80	6:05.30	114
115	6:32.30	5:59.60	13-14	A/B/C	500 FREE	5:48.60	6:20.30	116

4 EVENTS PER DAY LIMIT

CORONADO NAVY SWIM ASSOCIATION

All Ages ABC Meet South ★ October 22-23, 2011

SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-11-32.

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 South Division teams and Out-of-District USA swimmers who hold a valid 2011 USA Swimming Card issued no later than 2:30pm on Thursday, October 13, 2011. Be advised that seasonal USA Swimming registrations will not be valid for this meet. 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 8 events of each session 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.
- **No Show Penalty.** Any swimmer, once checked in for an event, who is a no show for an event they will be barred from their next individual event that day and will not be allowed to swim that race.
- **Distance Events.** These events will be swum fastest to slowest, alternating girls and boys heats. Swimmers in the 500 Y freestyle must provide their own timers, and a person to count laps and a lap counting device if desired.
- **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.

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 Short Course times for this meet. Times must be the best recorded times in the event from this or the previous swim season.

ENTRY FEES: Surcharge: \$5.00 per swimmer. Individual Entries: \$3.00 each. Relays: \$12.00 each. No refunds. Late entries, IF ACCEPTED, will be charged double, including surcharge. Team entries must be paid with a single check.

- Make checks payable to: **CNSA**

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

DELIVERY:

- EMAIL: Must be received by Thursday, October 13, 2011, to: swimcoachcheryl@aol.com with paper copy & team check mailed within 24 hours. Entries received without entry fees may be rejected.
- MAIL: Must be postmarked no later than Wednesday, October 12, 2011 to:
Cheryl Bauman/CNSA
308 Orange Avenue #26, Coronado, CA 92118
- HAND DELIVERY: by 2:30pm Thursday, October 13, 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 and C events: Ribbons 1-8.