

CORONADO NAVY SWIM ASSOCIATION

A/B ALL AGES LC MEET

April 30- May 2, 2010



Girls						Boys			
	B min	A min	Age	Dist/Stroke		A min	B min		
Warmup 4:00pm						Friday, April 30, 2010			
						Meet Starts 5:00pm			
1	6:18.80	5:47.30	12/Un	A/B	400 FREE	5:46.60	6:18.10	2	
3	12:31.70	11:29.00	12-Ov	A/B	800 FREE	11:01.20	12:01.30	4	
Warmup 7:00am						Saturday, May 1, 2010			
						Meet Starts 8:30am			
MORNING SESSION									
5	3:19.30	3:02.70	10/U	A/B	200 FREE	3:02.40	3:19.00	6	
7	2:57.70	2:42.90	11-12	A/B	200 FREE	2:43.60	2:58.40	8	
9	1:50.30	1:41.00	10/U	A/B	100 BACK	1:41.30	1:50.50	10	
11	1:37.60	1:29.40	11-12	A/B	100 BACK	1:30.70	1:39.00	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	1:02.40	52.00	8/U	A/B	50 FLY	52.70	1:03.20	20	
21	47.20	43.20	9-10	A/B	50 FLY	43.10	47.00	22	
23	41.90	38.40	11-12	A/B	50 FLY	39.20	42.70	24	
25	2:02.40	1:52.20	10/U	A/B	100 BRST	1:52.90	2:03.10	26	
27	1:49.10	1:40.00	11-12	A/B	100 BRST	1:40.10	1:49.20	28	
AFTERNOON SESSION									
29	6:55.10	6:20.40	13-14	A/B	400 IM	6:00.20	6:33.00	30	
31	6:37.70	6:04.50	15-Ov	A/B	400 IM	5:41.70	6:12.80	32	
33	2:48.10	2:34.10	13-14	A/B	200 FREE	2:28.50	2:42.00	34	
35	2:46.20	2:32.30	15-Ov	A/B	200 FREE	2:21.80	2:34.70	36	
37	1:32.90	1:25.10	13-14	A/B	100 BACK	1:22.10	1:31.60	38	
39	1:32.20	1:24.40	15-0v	A/B	100 BACK	1:18.60	1:25.80	40	
41	36.40	33.30	13-14	A/B	50 FREE	30.20	33.00	42	
43	35.80	32.80	15-0v	A/B	50 FREE	29.80	32.50	44	
45	3:17.40	3:00.90	13-14	A/B	200 FLY	2:53.10	3:08.90	46	
47	3:13.00	2:56.90	15-Ov	A/B	200 FLY	2:40.30	2:54.80	48	
49	1:42.50	1:33.90	13-14	A/B	100 BRST	1:29.20	1:37.30	50	
51	1:43.20	1:34.60	15-Ov	A/B	100 BRST	1:25.60	1:33.40	52	
53	5:55.80	5:26.10	13-Ov	A/B	400 FREE	5:15.60	5:44.30	54	
Warmup 7:00am						Sunday, May 2, 2010			
						Meet Starts 8:30am			
MORNING SESSION									
55	1:59.20	1:39.30	8/U	A/B	100 FREE	1:35.50	1:54.60	56	
57	1:32.00	1:24.40	9-10	A/B	100 FREE	1:23.90	1:31.60	58	
59	1:22.40	1:15.60	11-12	A/B	100 FREE	1:15.10	1:22.00	60	
61	1:10.30	58.60	8/U	A/B	50 BRST	57.10	1:08.50	62	
63	56.00	51.40	9-10	A/B	50 BRST	51.40	56.00	64	
65	50.20	46.00	11-12	A/B	50 BRST	45.60	49.80	66	
67	1:05.30	54.40	8/U	A/B	50 BACK	53.20	1:03.80	68	
69	50.60	46.40	9-10	A/B	50 BACK	46.30	50.50	70	
71	45.40	41.60	11-12	A/B	50 BACK	42.00	45.80	72	
73	1:49.70	1:40.50	10/U	A/B	100 FLY	1:40.70	1:49.80	74	
75	1:35.30	1:27.30	11-12	A/B	100 FLY	1:28.10	1:36.10	76	
77	3:49.30	3:30.20	10/U	A/B	200 IM	3:31.20	3:50.40	78	
79	3:25.00	3:07.90	11-12	A/B	200 IM	3:08.20	3:25.30	80	
AFTERNOON SESSION									
81	1:18.50	1:11.90	13-14	A/B	100 FREE	1:07.90	1:14.00	82	
83	1:17.80	1:11.30	15-Ov	A/B	100 FREE	1:04.50	1:10.30	84	
85	3:43.00	3:24.40	13-14	A/B	200 BRST	3:15.20	3:33.00	86	
87	3:41.90	3:23.40	15-Ov	A/B	200 BRST	3:03.70	3:20.40	88	
89	3:19.60	3:02.80	13-14	A/B	200 BACK	2:53.30	3:09.20	90	
91	3:12.70	2:56.50	15-Ov	A/B	200 BACK	2:45.50	3:00.70	92	
93	1:27.60	1:20.30	13-14	A/B	100 FLY	1:16.70	1:23.60	94	
95	1:26.40	1:19.20	15-Ov	A/B	100 FLY	1:13.90	1:20.60	96	
97	3:13.40	2:57.30	13-14	A/B	200 IM	2:49.00	3:04.30	98	
99	3:12.00	2:56.00	15-Ov	A/B	200 IM	2:41.00	2:55.70	100	

Notes: Swimmers may only swim four events per day.

CORONADO NAVY SWIM ASSOCIATION

A/B ALL AGES ★ APRIL 30 – MAY 2, 2010

SANCTION: This meet is sanctioned by USA Swimming and San Diego-Imperial Swimming #SI-10-15.

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.

ELIGIBILITY: Open to SI and out-of-district USA swimmers who hold a valid 2010 USA Swimming Card issued no later than 2:30pm on Thursday, April 22, 2010. 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 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.
- **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 1/2, 3/4, and 53/54 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.com. All entries that do not show 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, April 22, 2010, to: swimcoachcheryl@aol.com with paper copy & team check mailed within 24 hours.
- MAIL: Must be postmarked no later than Wednesday, April 21, 2010 to:
Cheryl Bauman/CNSA
728 1/2 Ormond Court, San Diego, CA 92109
- HAND DELIVERY: by 2:30pm Thursday, April 22, 2010 to the SI Swimming office:
1511 Morena Blvd, San Diego CA 92110
- Questions: Cheryl Bauman Cell # 301-529-7946, or email: swimcoachcheryl@aol.com

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