

NORTH COAST AQUATICS

A/B All Ages LC Meet ★ May 28-30, 2010



Girls						Boys			
	B min	A min	Age	Dist/Stroke		A min	B min		
Warmup 4:00pm						Friday, May 28, 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 7:15am						Saturday, May 29, 2010			
						Meet Starts 8:30am			
MORNING SESSION									
5	1:49.70	1:40.50	10/U	A/B	100 FLY	1:40.70	1:49.80	6	
7	1:35.30	1:27.30	11-12	A/B	100 FLY	1:28.10	1:36.10	8	
9	1:10.30	58.60	8/U	A/B	50 BRST	57.10	1:08.50	10	
11	56.00	51.40	9-10	A/B	50 BRST	51.40	56.00	12	
13	50.20	46.00	11-12	A/B	50 BRST	45.60	49.80	14	
15	1:05.30	54.40	8/U	A/B	50 BACK	53.20	1:03.80	16	
17	50.60	46.40	9-10	A/B	50 BACK	46.30	50.50	18	
19	45.40	41.60	11-12	A/B	50 BACK	42.00	45.80	20	
21	3:49.30	3:30.20	10/U	A/B	200 IM	3:31.20	3:50.40	22	
23	3:25.00	3:07.90	11-12	A/B	200 IM	3:08.20	3:25.30	24	
25	1:59.20	1:39.30	8/U	A/B	100 FREE	1:35.50	1:54.60	26	
27	1:32.00	1:24.40	9-10	A/B	100 FREE	1:23.90	1:31.60	28	
29	1:22.40	1:15.60	11-12	A/B	100 FREE	1:15.10	1:22.00	30	
AFTERNOON SESSION									
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	15-Ov	A/B	200 FREE	2:21.80	2:34.70	34	
35	3:43.00	3:24.40	13-14	A/B	200 BRST	3:15.20	3:33.00	36	
37	3:41.90	3:23.40	15-Ov	A/B	200 BRST	3:03.70	3:20.40	38	
39	1:27.60	1:20.30	13-14	A/B	100 FLY	1:16.70	1:23.61	40	
41	1:26.40	1:19.20	15-Ov	A/B	100 FLY	1:13.90	1:20.60	42	
43	3:19.60	3:02.80	13-14	A/B	200 BACK	2:53.30	3:09.20	44	
45	3:12.70	2:56.50	15-Ov	A/B	200 BACK	2:45.50	3:00.70	46	
47	3:13.40	2:57.30	13-14	A/B	200 IM	2:49.00	3:04.30	48	
49	3:12.00	2:56.00	15-Ov	A/B	200 IM	2:41.00	2:55.70	50	
51	1:18.50	1:11.90	13-14	A/B	100 FREE	1:07.90	1:14.00	52	
53	1:17.80	1:11.30	15-Ov	A/B	100 FREE	1:04.50	1:10.30	54	
Warmup 7:15am						Sunday, May 30, 2010			
						Meet Starts 8:30am			
MORNING SESSION									
55	3:19.30	3:02.70	10/U	A/B	200 FREE	3:02.40	3:19.00	56	
57	2:57.70	2:42.90	11-12	A/B	200 FREE	2:43.60	2:58.40	58	
59	2:02.40	1:52.20	10/U	A/B	100 BRST	1:52.90	2:03.10	60	
61	1:49.10	1:40.00	11-12	A/B	100 BRST	1:40.10	1:49.20	62	
63	54.70	45.60	8/U	A/B	50 FREE	44.40	53.30	64	
65	41.90	38.40	9-10	A/B	50 FREE	38.10	41.50	66	
67	38.00	34.90	11-12	A/B	50 FREE	34.40	37.60	68	
69	1:02.40	52.00	8/U	A/B	50 FLY	52.70	1:03.20	70	
71	47.20	43.20	9-10	A/B	50 FLY	43.10	47.00	72	
73	41.90	38.40	11-12	A/B	50 FLY	39.20	42.70	74	
75	1:50.30	1:41.00	10/U	A/B	100 BACK	1:41.30	1:50.50	76	
77	1:37.60	1:29.40	11-12	A/B	100 BACK	1:30.70	1:39.00	78	
AFTERNOON SESSION									
79	6:55.10	6:20.40	13-14	A/B	400 IM	6:00.20	6:33.00	80	
81	6:37.70	6:04.50	15-Ov	A/B	400 IM	5:41.70	6:12.80	82	
83	1:42.51	1:33.90	13-14	A/B	100 BRST	1:29.20	1:37.30	84	
85	1:43.20	1:34.60	15-Ov	A/B	100 BRST	1:25.60	1:33.40	86	
87	36.40	33.30	13-14	A/B	50 FREE	30.20	33.00	88	
89	35.80	32.80	15-Ov	A/B	50 FREE	29.80	32.50	90	
91	3:17.40	3:00.90	13-14	A/B	200 FLY	2:53.10	3:08.90	92	
93	3:13.00	2:56.90	15-Ov	A/B	200 FLY	2:40.30	2:54.80	94	
95	1:32.90	1:25.10	13-14	A/B	100 BACK	1:22.10	1:31.60	96	
97	1:32.20	1:24.40	15-Ov	A/B	100 BACK	1:18.60	1:25.80	98	
99	5:47.60	5:18.70	13-Ov	A/B	400 FREE	4:59.20	5:26.40	100	

Notes: Swimmers may only swim four events per day.

NORTH COAST AQUATICS

A/B ALL AGES ★ MAY 28 - 30, 2010

SANCTION: This meet is sanctioned by USA Swimming and San Diego-Imperial Swimming #SI-10-17.

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 2010 USA Swimming Card issued no later than 2:30pm on Thursday, May 20, 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 all 4 events on 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 99/100 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: 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 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. No deck entries will be accepted.

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, parking information and team timing assignments will be posted at www.ncaq.org 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: **NORTH COAST AQUATICS**

DELIVERY:

- EMAIL: Must be received by Thursday, May 20, 2010, to: allswim@aol.com with paper copy & team check mailed within 24 hours.
- MAIL: Must be postmarked no later than Wednesday, May 19, 2010 to:
North Coast Aquatics Boosters
PMB #232
3830 Valley Centre Drive, Ste 705,
San Diego, CA 92130
- HAND DELIVERY: by 2:30pm Thursday, May 20, 2010 to the SI Swimming office:
1511 Morena Blvd, San Diego CA 92110
- Questions: Sue Parnes 760-720-1494, or email: allswim@aol.com

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 events: Ribbons 1-8.