

FALLBROOK ASSOCIATED SWIM TEAM

C All Ages Meet – November 8, 2009

We are only participating on Sunday due to the Amazing Question the 7th

SANCTION: This meet is sanctioned by USA and San Diego-Imperial Swimming #SI-09-30

POOL: Fallbrook High School, Fallbrook, CA. 6-lane, 25 yard pool with a warm-up pool. Snack bar available. Do not park in any red striped curb area. Additional parking is available in front of the High School.

ELIGIBILITY: Open to USA swimmers who hold a valid 2009 USA Swimming Card issued no later than 2:30 pm on Thursday, October 29, 2009. Swimmers in "C" events must not have met the listed "B" time standards. 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 eight events of each session will close ½ hour before the start of the session. The balance of the events will close at start of each 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.

Warmup 7:30am		Sun, March 22, 2009		Starts 9:00am	
45	48.60	7-8	50 FREE	47.30	46
47	1:21.50	9-10	100 FREE	1:21.00	48
49	1:12.70	11-12	100 FREE	1:12.20	50
51	1:09.10	13/Ov	100 FREE	1:05.00	52
53	28.80	7-8	25 BRST	28.00	54
55	49.80	9-10	50 BRST	49.80	56
57	44.50	11-12	50 BRST	44.80	58
59	1:31.00	13/Ov	100 BRST	1:26.30	60
61	2:01.40	7-8	100 IM	1:58.20	62
63	1:34.40	9-10	100 IM	1:34.80	65
65	1:24.70	11-12	100 IM	1:24.70	66
67	2:50.90	13/Ov	200 IM	2:42.60	68
69		8/U	100 MED MIXED RELAY		
70		10/U	200 MED MIXED RELAY		
71		11-12	200 MED MIXED RELAY		
72		13/Ov	200 MED MIXED RELAY		

Entry Fees: Entry fee is \$13.00 (includes NCA surcharge of \$8.00) plus \$3.00 for each individual event. Please make a check out to NCA. All entries are due to either the NCA pool mailbox or mailed directly to Hartwell by Monday October 19th. The mailing address is 3972 San Martine Way, San Diego, Ca. 92130. **You must have a 2009 or 2010 USA swim card to compete in this meet.** Please submit short course times only. Questions, ask your coach. An estimated timeline and team warm ups will be posted online the Thursday before the meet. Warm-up is 7:30 am in the water unless otherwise posted the Thur before the meet. Please check in after warm-up and before the team meeting. Our team meeting is at 8:30 am if we have 7:30 warm-ups. Please do not sign up for relays, they are deck entered and we will do it at the team meeting.

Reminder: NCA tarps are for swimmers only. Parents and siblings are encouraged to "camp-out" close by but not under the tarps. If you can transport a tarp or 2 please let me know.

Please remember our team timing responsibilities. If you sign up for this meet, you need to agree to time for a portion of the meet. Thanks in advance for your cooperation. If you send a child with another parent, that parent will have to time for you. All timers are entered into our end of LC season raffle for 3 free months of swimming!