



PACIFIC SWIM – A/B ALL AGES MEET

NOVEMBER 13-15, 2009

		Girls				Boys			
		B min	A min	Age	Dist/Stroke	A min	B min		
Warmup 4:00pm		Friday, Nov 13, 2009				Meet Starts 5:00pm			
1	6:59.50	6:24.60	12/U	A/B	500 FREE	6:29.80	7:05.30	2	
3	13:45.80	12:37.00	SR	A/B	1000 FREE	12:23.20	13:30.70	4	
Warmup 7:30am		Saturday, Nov 14, 2009				Meet Starts 9:00am			
5	1:21.50	1:14.70	10/U	A/B	100 FREE	1:14.30	1:21.00	6	
7	1:12.70	1:06.70	11-12	A/B	100 FREE	1:06.20	1:12.20	8	
9	1:09.10	1:03.40	13-14	A/B	100 FREE	59.60	1:05.00	10	
11	1:08.50	1:02.80	SR	A/B	100 FREE	57.40	1:02.60	12	
13	1:37.40	1:29.30	10/U	A/B	100 FLY	1:29.40	1:37.60	14	
15	1:23.00	1:16.10	11-12	A/B	100 FLY	1:18.20	1:25.30	16	
17	1:17.40	1:11.00	13-14	A/B	100 FLY	1:07.70	1:13.80	18	
19	1:17.50	1:11.10	SR	A/B	100 FLY	1:05.10	1:11.00	20	
21	-	-	10/U		200 FREE RELAY	-	-	22	
23	-	-	11-12		200 FREE RELAY	-	-	24	
25	-	-	13-14		200 FREE RELAY	-	-	26	
27	-	-	SR		200 FREE RELAY	-	-	28	
29	49.80	45.60	9-10	A/B	50 BRST	45.60	49.80	30	
31	44.50	40.80	11-12	A/B	50 BRST	41.00	44.80	32	
33	1:31.00	1:23.40	13-14	A/B	100 BRST	1:19.10	1:26.30	34	
35	1:31.60	1:23.90	SR	A/B	100 BRST	1:15.80	1:22.70	36	
37	1:36.80	1:28.60	10/U	A/B	100 BACK	1:28.70	1:37.00	38	
39	1:25.20	1:17.90	11-12	A/B	100 BACK	1:20.50	1:28.00	40	
41	2:54.50	2:39.60	13-14	A/B	200 BACK	2:31.00	2:45.10	42	
43	2:48.10	2:33.80	SR	A/B	200 BACK	2:23.90	2:37.30	44	
45	3:23.50	3:06.50	10/U	A/B	200 IM	3:07.40	3:24.50	46	
47	3:01.30	2:46.20	11-12	A/B	200 IM	2:46.50	3:01.70	48	
49	2:50.90	2:36.60	13-14	A/B	200 IM	2:29.00	2:42.60	50	
51	2:52.10	2:37.70	SR	A/B	200 IM	2:21.70	2:34.70	52	
53	6:32.30	5:59.60	13-14	A/B	500 FREE	5:48.60	6:20.30	54	
55	6:29.90	5:57.40	SR	A/B	500 FREE	5:34.80	6:05.30	56	
Warmup 7:30am		Sunday, Nov 15, 2009				Meet Starts 9:00am			
57	2:28.40	2:16.10	13-14	A/B	200 FREE	2:10.90	2:22.80	58	
59	2:28.80	2:16.40	SR	A/B	200 FREE	2:04.80	2:16.20	60	
61	48.60	40.50	8/Un	A/B	50 FREE	39.40	47.30	62	
63	37.00	33.90	9-10	A/B	50 FREE	34.10	37.20	64	
65	33.50	30.70	11-12	A/B	50 FREE	30.80	33.60	66	
67	31.90	29.30	13-14	A/B	50 FREE	27.50	30.00	68	
69	31.90	29.30	SR	A/B	50 FREE	26.50	28.90	70	
71	1:34.40	1:26.60	10/U	A/B	100 IM	1:26.90	1:34.80	72	
73	1:24.70	1:17.70	11-12	A/B	100 IM	1:17.70	1:24.70	74	
75	-	-	10/U		200 MED RELAY	-	-	76	
77	-	-	11-12		200 MED RELAY	-	-	78	
79	-	-	13-14		200 MED RELAY	-	-	80	
81	-	-	SR		200 MED RELAY	-	-	82	
83	57.80	48.10	8/U	A/B	50 BACK	46.80	56.30	84	
85	44.30	40.50	9-10	A/B	50 BACK	40.40	44.20	86	
87	39.60	36.20	11-12	A/B	50 BACK	36.60	40.00	88	
89	1:21.00	1:14.10	13-14	A/B	100 BACK	1:11.30	1:18.00	90	
91	1:21.50	1:14.50	SR	A/B	100 BACK	1:08.20	1:14.50	92	
93	1:02.80	52.30	8/U	A/B	50 BRST	51.00	1:01.20	94	
95	1:49.10	1:40.00	10/U	A/B	100 BRST	1:40.50	1:49.70	96	
97	1:37.00	1:28.90	11-12	A/B	100 BRST	1:29.00	1:37.10	98	
99	3:18.20	3:01.70	13-14	A/B	200 BRST	2:50.80	3:06.40	100	
101	3:17.30	3:00.80	SR	A/B	200 BRST	2:43.00	2:57.80	102	
103	55.60	46.30	8/U	A/B	50 FLY	47.00	56.40	104	
105	41.80	38.30	9-10	A/B	50 FLY	38.20	41.60	106	
107	37.40	34.30	11-12	A/B	50 FLY	34.50	37.70	108	
109	2:55.10	2:40.50	13-14	A/B	200 FLY	2:33.30	2:47.30	110	
111	2:50.90	2:36.60	SR	A/B	200 FLY	2:21.60	2:34.40	112	
113	2:56.80	2:42.00	10/U	A/B	200 FREE	2:41.80	2:56.50	114	
115	2:37.20	2:24.10	11-12	A/B	200 FREE	2:24.60	2:37.80	116	
117	6:07.30	5:36.60	13-14	A/B	400 IM	5:18.20	5:47.30	118	
119	5:51.50	5:22.00	SR	A/B	400 IM	5:01.20	5:28.80	120	

PACIFIC SWIM – A/B ALL AGES MEET

NOVEMBER 13-15, 2009

SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-09-31.

POOL: Poway Community Swim Center Pool, 13094 Civic Center Drive, Poway, CA 92064. Tel (858) 668-4680. Snack bar available.

ELIGIBILITY: Open to SI and Out-of-District USA swimmers who hold a valid 2009 USA Swimming Card issued no later than 2:30pm on Thursday, November 5, 2009. 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 8 events of each session will close ½ hour before 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 that day and will not be allowed to swim that race.
- **Distance Events.** These events will be swum fastest to slowest. Swimmers in the 500 and 1000 freestyle events must provide their own timers, and a person to count laps and a lap counting device if desired.

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 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 Annual USA swim card to compete in this meet!!!** Please short course times only. Questions, ask your coach. An estimated timeline, timing assignments and warm-up times will be posted online (ncaq.org) the Thursday before the meet. Please check our websites for any changes or updates. If there is no event limit, you may swim up to 5 events.

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!