

COLLEGE AREA SWIM TEAM

HOLIDAY SENIOR MEET



DECEMBER 4 and 6, 2009

Girls		Dist	Stroke	Boys	
Warmup	4:00 PM	Friday Dec. 4, 2009		Meet Starts 5:00 PM	
1	21:02.90	OPEN	1650 Y FREE	20:42.80	2
Warmup 7:15 AM		Sunday Dec. 6, 2009		Meet Starts 9:00 AM	
3	5:36.60	OPEN	400 Y IM	5:18.20	4
5	29.30	OPEN	50 Y FREE	27.50	6
7	1:23.40	OPEN	100 Y BREAST	1:19.10	8
9	2:16.10	OPEN	200 Y FREE	2:10.90	10
11	2:40.50	OPEN	200 Y FLY	2:33.30	12
13	1:14.10	OPEN	100 Y BACK	1:11.30	14
15	3:01.70	OPEN	200 Y BREAST	2:50.80	16
17	1:11.00	OPEN	100 Y FLY	1:07.70	18
19	2:39.60	OPEN	200 Y BACK	2:31.00	20
21	2:36.60	OPEN	200 Y IM	2:29.00	22
23	1:03.40	OPEN	100 Y FREE	59.60	24
25	5:59.60	*OPEN	500 Y FREE	5:48.60	26
27	12:37.00	*OPEN	1000 Y FREE	12:23.20	28

* Swimmers may swim only 1 of these 2 events. These 2 events may be seeded/swum together. The combination & seeding of these events will be determined and announced prior to event #16.

THE 1650, 1000, 500 FREES AND THE 400 IM WILL BE SWUM FASTEST TO SLOWEST ALTERNATING WOMEN AND MEN'S HEATS.

You must have times faster than the times on this format.

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December 4 and 6, 2009

SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-09-33.

POOL: Salvation Army Ray and Joan Kroc Community Center pool. 6845 University Ave, San Diego, CA 92115. 25 yd, 8-lane. Warmup area available during meet. Plenty of rest rooms and showers. Snack Bar provided by Salvation Army.

ELIGIBILITY: Open to SI and Out-of-District USA swimmers who hold a valid 2009 or 2010 USA Swimming Card issued no later than 2:30 pm on Wednesday, November 25, 2009. 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 Friday 1650s will close at 4:30 pm. Check-in for the first 4 events on Sunday will close at 8:30 am; the remaining events will close at 9:00am.
- **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.
- **Timeline.** An estimated timeline and timing assignments will be posted on www.castswim.com the Wednesday before the meet.

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 Friday November 13th. 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 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 7:15 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 7:15 warm-ups.

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!

AWARDS: Medals 1-3, Ribbons 4-8.