

SOUTH BAY AQUATICS

B/C ALL AGES MEET DECEMBER 12-13, 2009



	Girls				Boys			
	B min	A min	Age	Dist/Stroke	A min	B min		
Warmup	7:30am				Saturday, Dec 12, 2009			
					Meet Starts 9:00am			
1	1:46.10	1:28.40	8/U	B/C	100 FREE	1:25.00	1:42.00	2
3	1:21.50	1:14.70	10/U	B/C	100 FREE	1:14.30	1:21.00	4
5	1:12.70	1:06.70	11-12	B/C	100 FREE	1:06.20	1:12.20	6
7	1:37.40	1:29.30	10/U	B/C	100 FLY	1:29.40	1:37.60	8
9	1:23.00	1:16.10	11-12	B/C	100 FLY	1:18.20	1:25.30	10
11	1:02.80	52.30	8/U	B/C	50 BRST	51.00	1:01.20	12
13	49.80	45.60	9-10	B/C	50 BRST	45.60	49.80	14
15	44.50	40.80	11-12	B/C	50 BRST	41.00	44.80	16
17	1:36.80	1:28.60	10/U	B/C	100 BACK	1:28.70	1:37.00	18
19	1:25.20	1:17.90	11-12	B/C	100 BACK	1:20.50	1:28.00	20
21	3:23.50	3:06.50	10/U	B/C	200 IM	3:07.40	3:24.50	22
23	3:01.30	2:46.20	11-12	B/C	200 IM	2:46.50	3:01.70	24
25	-	-	10/U		200 FREE RELAY	-	-	26
27	-	-	11-12		200 FREE RELAY	-	-	28

2ND SESSION STARTS NO EARLIER THAN 30 MINS AFTER THE 1ST ENDS

29	1:09.10	1:03.40	13-14	B/C	100 FREE	59.60	1:05.00	30
31	1:08.50	1:02.80	SR	B/C	100 FREE	57.40	1:02.60	32
33	1:17.40	1:11.00	13-14	B/C	100 FLY	1:07.70	1:13.80	34
35	1:17.50	1:11.10	SR	B/C	100 FLY	1:05.10	1:11.00	36
37	2:54.50	2:39.60	13-14	B/C	200 BACK	2:31.00	2:45.10	38
39	2:48.10	2:33.80	SR	B/C	200 BACK	2:23.90	2:37.30	40
41	1:31.00	1:23.40	13-14	B/C	100 BRST	1:19.10	1:26.30	42
43	1:31.60	1:23.90	SR	B/C	100 BRST	1:15.80	1:22.70	44
45	2:50.90	2:36.60	13-14	B/C	200 IM	2:29.00	2:42.60	46
47	2:52.10	2:37.70	SR	B/C	200 IM	2:21.70	2:34.70	48
49	6:32.30	5:59.60	13-14	B/C	500 FREE	5:48.60	6:20.30	50
51	6:29.90	5:57.40	SR	B/C	500 FREE	5:34.80	6:05.30	52
53	-	-	13-14		200 FREE RELAY	-	-	54
55	-	-	SR		200 FREE RELAY	-	-	56

	Sunday, Dec 13, 2009				Meet Starts 9:00am			
	B min	A min	Age	Dist/Stroke	A min	B min		
Warmup	7:30am							
57	48.60	40.50	8/U	B/C	50 FREE	39.40	47.30	58
59	37.00	33.90	9-10	B/C	50 FREE	34.10	37.20	60
61	33.50	30.70	11-12	B/C	50 FREE	30.80	33.60	62
63	2:01.40	1:41.20	8/U	B/C	100 IM	1:38.50	1:58.20	64
65	1:34.40	1:26.60	9-10	B/C	100 IM	1:26.90	1:34.80	66
67	1:24.70	1:17.70	11-12	B/C	100 IM	1:17.70	1:24.70	68
69	57.80	48.10	8/U	B/C	50 BACK	46.80	56.30	70
71	44.30	40.50	9-10	B/C	50 BACK	40.40	44.20	72
73	39.60	36.20	11-12	B/C	50 BACK	36.60	40.00	74
75	1:49.10	1:40.00	10/U	B/C	100 BRST	1:40.50	1:49.70	76
77	1:37.00	1:28.90	11-12	B/C	100 BRST	1:29.00	1:37.10	78
79	55.60	46.30	8/U	B/C	50 FLY	47.00	56.40	80
81	41.80	38.30	9-10	B/C	50 FLY	38.20	41.60	82
83	37.40	34.30	11-12	B/C	50 FLY	34.50	37.70	84
85	2:56.80	2:42.00	10/U	B/C	200 FREE	2:41.80	2:56.50	86
87	2:37.20	2:24.10	11-12	B/C	200 FREE	2:24.60	2:37.80	88
89	-	-	10/U		200 MED RELAY	-	-	90
91	-	-	11-12		200 MED RELAY	-	-	92

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93	2:28.40	2:16.10	13-14	B/C	200 FREE	2:10.90	2:22.80	94
95	2:28.80	2:16.40	SR	B/C	200 FREE	2:04.80	2:16.20	96
97	2:55.10	2:40.50	13-14	B/C	200 FLY	2:33.30	2:47.30	98
99	2:50.90	2:36.60	SR	B/C	200 FLY	2:21.60	2:34.40	100
101	1:21.00	1:14.10	13-14	B/C	100 BACK	1:11.30	1:18.00	102
103	1:21.50	1:14.50	SR	B/C	100 BACK	1:08.20	1:14.50	104
105	3:18.20	3:01.70	13-14	B/C	200 BRST	2:50.80	3:06.40	106
107	3:17.30	3:00.80	SR	B/C	200 BRST	2:43.00	2:57.80	108
109	31.90	29.30	13-14	B/C	50 FREE	27.50	30.00	110
111	31.90	29.30	SR	B/C	50 FREE	26.50	28.90	112
113	6:07.30	5:36.60	13-14	B/C	400 IM	5:18.20	5:47.30	114
115	5:51.50	5:22.00	SR	B/C	400 IM	5:01.20	5:28.80	116
117	-	-	13-14		200 MED RELAY	-	-	118
119	-	-	SR		200 MED RELAY	-	-	120

SOUTH BAY AQUATICS

B/C ALL AGES MEET - DECEMBER 12-13, 2009

SANCTION: This meet is sanctioned by USA and San Diego-Imperial Swimming #SI-09-35.

POOL: Loma Verde Pool. 1420 Loma Lane, Chula Vista, CA. Take I-805 South, exit west on Orange to Loma Lane. Right to pool. 8 lane, 25 yard pool with warm-up area available.

ELIGIBILITY: Open to SI and Out-of-District USA swimmers who hold a 2009 or 2010 USA Swimming Card issued no later than 2:30 pm on Thursday, December 3, 2009.

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, alternating girls and boys heats. Swimmers in the 500 Y freestyle must provide their timers, and a person to count laps and a lap counting device if desired.
- **Entry Limit.** Swimmers may enter any number of events, but may only swim in a maximum of 3 individual events per day, and a maximum of 6 events for the entire meet.

*** Relays are deck entered. We will have relay cards available at the team meeting. Please do not include any relay money on your check. Relays are \$12/each and we will collect that on the pool deck. If you want to do relays please note that on the back of your entry card.

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 by Fri Nov 13th.** You may also mail them by the 13th to the following address is 3972 San Martine Way, San Diego, Ca. 92130. Estimated timeline, 13/O warm-up times and team timing assignments will be posted on our website ncaq.org by the Thur prior to the meet. NCA entries will also be posted on the website under the meet format. You must have a 2009 or 2010 annual USA swim card to compete in this meet. Please submit **SHORT COURSE** times only. If you do not have a time, enter NT. Questions, ask your coach. All relays will be deck entered at the meet. **PLEASE** do not include any relay money with your check for the meet. Do however note on the back of the card if you would like to participate in a relay. There is a 5 event total per day limit in this meet, not including relays.

Reminder: NCA tarps are for swimmers only. I need the NCA tarps transported to the meet. Any takers???

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.