

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.

NCA Parents: Very Important information!!! Please read all the way through!!!!

Entry Fees: Entry fee is \$13.00 (includes NCA surcharge of \$8.00) plus \$3.00 for each individual event. Please make this check out to NCA. All entries are due to either the NCA mailbox or mailed by Monday May 3rd. The mailing address is 3972 San Martine Way, San Diego, Ca. 92130. You must have a 2010 seasonal or 2010 annual USA swim card to compete in this meet. Please submit long course times only. You may not enter any No Times at an A/B meet. Questions, ask your coach.

All participants must also include a check to the NCA Boosters for \$25.00. This is for snack bar. If you can secure more than \$50.00 in donations your \$25.00 will be waived. You will also be required to work at one volunteer slot/swimmer (up to 2 slots) at this meet. You must sign up for a volunteer slot online before your entry will be processed. These positions will be posted on or before the week of April 19th on ncaq.org under this swim meet. This is a well-attended, big meet and we do need 100% participation. Sign up early for the job you most adore!! Thanks in advance for your support.

Please also read the ad opportunity that is attached to this format. Do you know any businesses that would be willing to advertise in our program or on our website?

Reminder: NCA tarps are for swimmers only.

Parents and siblings are encouraged to "camp-out" close by but not under the tarps.