

North Coast Aquatics Age Group Meet Schedule Long Course 2010

<u>Date of meet</u>	<u>Type of meet</u>	<u>Date cards due *</u>	<u>Host Pool/team</u>
March 20 th March 27 th -28 th	Novice event 14/U ABC Dist/Sprint	At event Wed March 10 th	Poway /PS Fallbrook/FAST
April 8 th -April 11 th April 17 th -18 th April 30 th -May 2 nd	Far Westerns C All Ages (SC) # A/B All Ages (LC)	Now or emailed to Sue on 3-28 Wed March 31 st Mon April 19 th or before!	Morgan Hill Joan Kroc/CAST Coronado/CNSA
May 15 th -16 th May 22 nd May 23 rd May 28 th -30 th	C All Ages (SC) High School CIF Swim Finals Annual NCA Awards Presentation A/B All Ages (LC)	Wed April 21 st Go support your NCA HS swimmers!! info out soon Monday May 3 rd	La Jolla/WSST Canyon Crest HS JCC/NCA
June 12 th -13 th June 24 th -27 th June 26 th -27 th	B/C All Ages (SC) June Invite (LC) A/B All Ages (LC) #	Wed May 19 th will be on format Friday June 4 th	Fallbrook/FAST La Mirada or Irvine (we hope) CV or National City/SBA
July 17 th -18 th July 23 rd -25 th	C All Ages A/B All Ages (LC)	Monday June 21 st Monday July 5 th	Mission Valley/MVY JCC/NCA
August 5 th -8 th August 10 th -14 th August 19 th -22 nd	Summer Wrap-up meet Zones SI LC Junior Olympics	Monday July 5 th on application on format	Palomar College/ICAC San Jose, Ca TBA
August 23 –Aug 26 th August 27 th -Sept 13 th	There will be 3 days of La Jolla Cove swim practices for all levels. We will have our end of summer cove party on Thursday August 26 th . ☺ Team Break		
September 12 th	La Jolla Rough Water	Entries due dates are on application. Please send in entries on your own with a copy of your USA card. The entry forms will be online at ncaq.org when they are available.	

(SC)= short course 25 yard pool (LC)= long course 50 meter pool

NCA / JCC Summer League schedule will be out in mid May. This league is for all NCA Red, White and some newer Blue swimmers. Watch your files for more information.

We are only going to this meet for one day. TBA

* This is the date that cards are due back to NCA mailboxes or mailed to: Hartwell
3972 San Martine Way
San Diego, Ca. 92130

Please carefully fill out your consolidated cards. Ask for help if necessary and reference your meet entry flyer. Novice meet times are not official. Official times are on the USA Swimming website under Times/Time standards at www.usaswimming.org All entries are posted on the NCA website about 1 week before the meet. Please double-check the entries online. They are easier to fix 1 week prior to the meet than at the meet.