

INLAND COASTAL AQUATIC CLUB

JO MAX MEET – NORTH DIVISION

AUGUST 6 - 8, 2010



- THIS MEET HAS MAXIMUM TIME STANDARDS
- SWIMMERS ARE NOT QUALIFIED IF THEY HAVE 6 OR MORE JO CUTS
- *13-14 AGE GROUP, + 15-18 AGE GROUP - EVENTS SWUM TOGETHER BUT AWARDED SEPARATELY
- SWIMMERS MAY ENTER ANY NUMBER OF EVENTS, BUT SWIM ONLY 3 EVENTS PER DAY (6 MAX FOR THE ENTIRE MEET)!
- IF A SWIMMER IS QUALIFIED IN STROKE/DISTANCE FOR JO'S, HE/SHE MAY NOT SWIM THE EVENT IN THIS MEET. THE SAME APPLIES TO A RELAY LEG.

Girls MAX Warmup 4:00pm	AGE	EVENT	Boys MAX Meet Starts 5:00pm
1 6:03.00	11-12	500 FREE	6:22.40
3 * 11:31.70	13-14	1000 FREE	* 11:34.20
5 + 11:16.00	15-18	1000 FREE	+ 10:55.40

Warmup 7:30am	Saturday, August 7, 2010	Meet Starts 9:00am
7 1:24.40	8/U 100 IM	1:29.10
9 1:24.40	9-10 100 IM	1:29.10
11 1:12.90	11-12 100 IM	1:17.00
13 5:11.00	13-14 400 IM	5:21.10
15 5:03.00	15-18 400 IM	4:49.00
17 2:41.60	10/U 200 FREE	2:49.00
19 2:17.90	11-12 200 FREE	2:23.00
21 2:07.80	13-14 200 FREE	2:06.80
23 2:02.90	15-18 200 FREE	1:54.90
25 1:37.40	10/U 100 BRST	1:43.60
27 1:23.60	11-12 100 BRST	1:27.80
29 1:17.90	13-14 100 BRST	1:16.50
31 1:14.90	15-18 100 BRST	1:09.60
33 33.60	8/U 50 FREE	34.40
35 33.60	9-10 50 FREE	34.40
37 29.00	11-12 50 FREE	30.10
39 27.60	13-14 50 FREE	26.40
41 26.40	15-18 50 FREE	23.80
43 39.00	8/U 50 FLY	41.20
45 39.00	9-10 50 FLY	41.20
47 32.90	11-12 50 FLY	34.30
49 2:33.60	13-14 200 FLY	2:32.00
51 2:26.00	15-18 200 FLY	2:19.80
53 1:26.60	10/U 100 BACK	1:31.60
55 1:13.60	11-12 100 BACK	1:17.90
57 1:09.00	13-14 100 BACK	1:08.50
59 1:05.80	15-18 100 BACK	1:01.40
61 2:21.60	10/U 200 FR REL	2:20.80
63 2:01.80	11-12 200 FR REL	2:04.00
65 4:11.40	13-14 400 FR REL	4:08.80
67 4:11.40	15-18 400 FR REL	4:08.80

Warmup 7:30am	Sunday, August 8, 2010	Meet Starts 9:00am
69 5:45.00	13-14 500 FREE	5:48.30
71 5:30.00	15-18 500 FREE	5:16.10
73 44.50	8/U 50 BRST	46.90
75 44.50	9-10 50 BRST	46.90
77 38.80	11-12 50 BRST	39.90
79 2:48.80	13-14 200 BRST	2:48.10
81 2:43.00	15-18 200 BRST	2:34.00
83 1:29.10	10/U 100 FLY	1:38.90
85 1:13.30	11-12 100 FLY	1:18.40
87 1:08.00	13-14 100 FLY	1:07.10
89 1:04.80	15-18 100 FLY	59.50
91 39.70	8/U 50 BACK	41.40
93 39.70	9-10 50 BACK	41.40
95 34.20	11-12 50 BACK	35.80
97 2:28.00	13-14 200 BACK	2:29.60
99 2:23.00	15-18 200 BACK	2:15.60
101 3:03.20	10/U 200 IM	3:13.50
103 2:36.40	11-12 200 IM	2:44.40
105 2:28.00	13-14 200 IM	2:26.10
107 2:19.10	15-18 200 IM	2:10.20
109 1:14.60	10/U 100 FREE	1:16.00
111 1:02.60	11-12 100 FREE	1:04.60
113 59.70	13-14 100 FREE	58.30
115 57.00	15-18 100 FREE	52.00
117 2:45.30	10/U 200 MED REL	2:49.80
119 2:19.70	11-12 200 MED REL	2:24.50
121 4:43.20	13-14 400 MED REL	4:38.00
123 4:43.20	15-18 400 MED REL	4:38.00
125 * 20:10.90	13-14 1650 FREE	* 19:44.00
127 + 19:47.90	15-18 1650 FREE	+ 18:33.20

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!

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.

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.

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SANCTION: This meet is sanctioned by USA and issued by San Diego-Imperial Swimming #SI-10-24.

POOL: Palomar College Pool, 1140 W. Mission Rd., San Marcos, CA 92069. 25 yard, 8 lane pool with warm-up facilities. Outstanding snack bar available. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and 7 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.

PARKING: Palomar College has a new policy for parking for visitors attending athletic events. You must park in lot 14 or you will be ticketed. Lot 14 is on Mission Road, just east of the campus access road (Comet Circle). The pool is a short walk up Comet Circle.

ELIGIBILITY: Open to SI North Division teams and Out-of-District USA swimmers who hold a 2010 USA Swimming Card issued no later than 2:30 pm on Thursday, July 29, 2010.

RULES: Current USA Swimming rules and SI Swimming procedures will govern all competition, and will take precedence over errors/omissions on this meet announcement.

- **Swimmers with 6 or more SI JO cuts may NOT swim in this meet.**
- **Swimmers may enter any number of events, but may only swim in a maximum of 3 events per day, and a maximum of six events for the entire meet (including Friday events).**

This meet will be deck seeded. 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 events on Friday will close at 4:30 pm, and for the first eight events on Sat/Sun will close ½ hour before the start of that day's session. The balance of the events will close at start of each session.

The 13-14 and 15-18 1000 Free and 1650 Free events are swum together (awarded separately) AND each has its own maximum time standard. The Friday distance events and the 1650 Free will be swum fastest to slowest, alternating women and men's heats. For those same distance events you will need to provide your own counter and timer.

ENTRIES: ALL entries must be submitted electronically using Hy-Tek Team Manager Lite or Team Manager, with a paper copy included. Event files can be uploaded from www.si-swimming.com. Email entries and a PDF backup to johnlinscheid@cox.net with the team check mailed within 48 hours. We will confirm by e-mail that we received your e-mailed entries. All relays will be deck-entered. Assigned warm-up times, estimated timelines and team timing assignments will be posted on www.icacswim.com prior to the meet.

ENTRY TIMES: Submit Short Course times only. Times must be the best recorded times from this or the previous swim season. There are maximum time standards for this meet – entries will be checked against SWIMS. If a swimmer is qualified for JO's in a Stroke/Distance, even if the swimmer chose not to swim it in JO's, that swimmer may NOT swim that Stroke/Distance in this meet, either in an individual event or a relay leg.

Entry Fees: Entry fee is \$15.00 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 July 19th. The mailing address is 3972 San Martine Way, San Diego, Ca. 92130. **You must have a 2010 Annual USA swim card to compete in this meet!!!** Please use 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. There is a 3 events per day limit. 6 events total. We will set up relays beforehand. If you are interested in swimming a relay, please make note of that on the back of the card. You will not pay for relays until the day of the meet. You will be pre-assigned to relays. Relays are \$3.00 /swimmer.