

A/B ALL AGES--LONG COURSE

NORTH COAST AQUATICS - MAY 23-25, 2008

Girls						Boys			
	B min	A min	Age	Dist/Stroke		A min	B min		
Warmup 4:00pm						Friday, May 23, 2008			
						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	5:55.80	5:26.10	13-14	A/B	400 FREE	5:15.60	5:44.30	4	
5	5:47.60	5:18.70	OPEN	A/B	400 FREE	4:59.20	5:26.40	6	
Warmup 7:15am						Saturday, May 24, 2008			
						Meet Starts 8:30am			
MORNING SESSION									
7	1:49.70	1:40.50	10/U	A/B	100 FLY	1:40.70	1:49.80	8	
9	1:35.30	1:27.30	11-12	A/B	100 FLY	1:28.10	1:36.10	10	
11	1:10.30	58.60	8/U	A/B	50 BRST	57.10	1:08.50	12	
13	56.00	51.40	9-10	A/B	50 BRST	51.40	56.00	14	
15	50.20	46.00	11-12	A/B	50 BRST	45.60	49.80	16	
17	1:05.30	54.40	8/U	A/B	50 BACK	53.20	1:03.80	18	
19	50.60	46.40	9-10	A/B	50 BACK	46.30	50.50	20	
21	45.40	41.60	11-12	A/B	50 BACK	42.00	45.80	22	
23	3:49.30	3:30.20	10/U	A/B	200 IM	3:31.20	3:50.40	24	
25	3:25.00	3:07.90	11-12	A/B	200 IM	3:08.20	3:25.30	26	
27	1:59.20	1:39.30	8/U	A/B	100 FREE	1:35.50	1:54.60	28	
29	1:32.00	1:24.40	9-10	A/B	100 FREE	1:23.90	1:31.60	30	
31	1:22.40	1:15.60	11-12	A/B	100 FREE	1:15.10	1:22.00	32	
AFTERNOON SESSION									
33	2:48.10	2:34.10	13-14	A/B	200 FREE	2:28.50	2:42.00	34	
35	2:46.20	2:32.30	15-Ov	A/B	200 FREE	2:21.80	2:34.70	36	
37	3:43.00	3:24.40	13-14	A/B	200 BRST	3:15.20	3:33.00	38	
39	3:41.90	3:23.40	15-Ov	A/B	200 BRST	3:03.70	3:20.40	40	
41	1:27.60	1:20.30	13-14	A/B	100 FLY	1:16.70	1:23.61	42	
43	1:26.40	1:19.20	15-Ov	A/B	100 FLY	1:13.90	1:20.60	44	
45	3:19.60	3:02.80	13-14	A/B	200 BACK	2:53.30	3:09.20	46	
47	3:12.70	2:56.50	15-Ov	A/B	200 BACK	2:45.50	3:00.70	48	
49	3:13.40	2:57.30	13-14	A/B	200 IM	2:49.00	3:04.30	50	
51	3:12.00	2:56.00	15-Ov	A/B	200 IM	2:41.00	2:55.70	52	
53	1:18.50	1:11.90	13-14	A/B	100 FREE	1:07.90	1:14.00	54	
55	1:17.80	1:11.30	15-Ov	A/B	100 FREE	1:04.50	1:10.30	56	
Warmup 7:15am						Sunday, May 25, 2008			
						Meet Starts 9:00am			
MORNING SESSION									
57	3:19.30	3:02.70	10/U	A/B	200 FREE	3:02.40	3:19.00	58	
59	2:57.70	2:42.90	11-12	A/B	200 FREE	2:43.60	2:58.40	60	
61	2:02.40	1:52.20	10/U	A/B	100 BRST	1:52.90	2:03.10	62	
63	1:49.10	1:40.00	11-12	A/B	100 BRST	1:40.10	1:49.20	64	
65	54.70	45.60	8/U	A/B	50 FREE	44.40	53.30	66	
67	41.90	38.40	9-10	A/B	50 FREE	38.10	41.50	68	
69	38.00	34.90	11-12	A/B	50 FREE	34.40	37.60	70	
71	1:02.40	52.00	8/U	A/B	50 FLY	52.70	1:03.20	72	
73	47.20	43.20	9-10	A/B	50 FLY	43.10	47.00	74	
75	41.90	38.40	11-12	A/B	50 FLY	39.20	42.70	76	
77	1:50.30	1:41.00	10/U	A/B	100 BACK	1:41.30	1:50.50	78	
79	1:37.60	1:29.40	11-12	A/B	100 BACK	1:30.70	1:39.00	80	
AFTERNOON SESSION									
81	6:55.10	6:20.40	13-14	A/B	400 IM	6:00.20	6:33.00	82	
83	6:37.70	6:04.50	15-Ov	A/B	400 IM	5:41.70	6:12.80	84	
85	1:42.51	1:33.90	13-14	A/B	100 BRST	1:29.20	1:37.30	86	
87	1:43.20	1:34.60	15-Ov	A/B	100 BRST	1:25.60	1:33.40	88	
89	36.40	33.30	13-14	A/B	50 FREE	30.20	33.00	90	
91	35.80	32.80	15-0v	A/B	50 FREE	29.80	32.50	92	
93	3:17.40	3:00.90	13-14	A/B	200 FLY	2:53.10	3:08.90	94	
95	3:13.00	2:56.90	15-Ov	A/B	200 FLY	2:40.30	2:54.80	96	
97	1:32.90	1:25.10	13-14	A/B	100 BACK	1:22.10	1:31.60	98	
99	1:32.20	1:24.40	15-0v	A/B	100 BACK	1:18.60	1:25.80	100	

FOUR EVENTS PER DAY LIMIT !!

NORTH COAST AQUATICS

A/B ALL AGES - MAY 23-25, 2008

POOL: Jewish Community Center, 4126 Executive Drive, La Jolla. 50-meter, 8 lanes with limited warm-up facilities. Snack Bar. Friday: Parking on street only. Sat/Sun: Street parking and additional parking information will be posted with the team warm-up times and timing assignments at ncaq.org

ELIGIBILITY: Open to swimmers who hold a 2008 regular or current seasonal USA Swimming Card issued no later than 2:30pm on Thursday, May 15, 2008.

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

- Swimmers must check in with the Clerk of Course for each event they wish 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 will close at 4:30 pm on Friday and for the first eight events at 8:00 am Sat/Sun.
- All Distance freestyle events will be swum fastest to slowest, alternating women and men. You will need to provide your own timer and counter.

ENTRIES: All entries must be submitted electronically using Hy-Tek Team Manager Lite or Team Manager with backup paper copy and fee sheet included. NO DECK ENTRIES WILL BE ACCEPTED. Checks must be mailed within 24 hours. Team checks are preferred.

Event files can be uploaded from www.si-swimming.com. Click on Meets > schedule. Find the meet and choose corresponding TEAM MANAGER EVENT FILE. Electronic entries can be sent to allswim@aol.com or sent by CD or disc to the swim office on 1511 Morena Blvd. We will confirm by email that we received your entries if you send them via email. Send a self-addressed stamped postcard to verify entries. Verifications will not be made by phone.

ENTRY TIMES: Submit Long Course Times only. Times must be recorded times from this or the previous swim season.

ENTRY FEES: Surcharges: \$5.00 per swimmer, Individual Events: \$3.00 each. Late entries, IF ACCEPTED, will be charged double, including surcharge. Make all checks payable to: **NORTH COAST AQUATICS**

WARM-UP: Assigned warm-ups, estimated timelines, team timing assignments and parking information will be posted on ncaq.org by Tuesday May 20th.

OUT OF DISTRICT HOTELS: There is a list of local hotels for out of district teams on ncaq.org

DELIVERY: Entries sent by mail: Must be postmarked no later than Wednesday May 14, 2008 to:

North Coast Aquatics
c/o Jeff Stites
8986 Hampe Ct.
San Diego, CA 92129

Questions: Telephone Jeff Stites, 858-484-6711 or email: lstites1@san.rr.com

Hand delivery: by 2:30 pm, Thursday, May 15, 2008 to the SI Swim Office: 1511 Morena Blvd, San Diego, CA

AWARDS: A Events: Medals 1-3, Ribbons 4-8; B Events: Ribbons 1-8.

Sanction #: SI-08-21

Pre Orders for Event T shirts and 1 line encouragement ads available online at NCAQ.org.