



# NORTH COAST AQUATICS

## Mostly C All Ages Meet SC

April 28-29, 2018

Girls						Boys		
Warmup 7:30am			Saturday, April 28, 2018			Meet Starts 9:00am		
Event	A Min	B Min	Age	Div	Distance/Stroke	B Min	A Min	Event
1	--	--	6 & Under	--	25 Y Free	--		2
3		1:46.10	8 & Under	ABC	100 Y Free	1:42.00		4
5		1:21.50	9 – 10	C	100 Y Free	1:21.00		6
7		1:12.70	11 – 12	C	100 Y Free	1:12.20		8
9		1:09.10	13 & Over	C	100 Y Free	1:05.00		10
11		--	6 & Under	--	25 Y Back	--		12
13		57.80	8 & Under	ABC	50 Y Back	56.30		14
15		44.30	9 – 10	C	50 Y Back	44.20		16
17		39.60	11 – 12	C	50 Y Back	40.00		18
19		1:21.00	13 & Over	C	100 Y Back	1:18.00		20
21		--	6 & Under	--	25 Y Fly	--		22
23		55.60	8 & Under	ABC	50 Y Fly	56.40		24
25		41.80	9 – 10	C	50 Y Fly	41.60		26
27		37.40	11 – 12	C	50 Y Fly	37.70		28
29		1:17.40	13 & Over	C	100 Y Fly	1:13.80		30
31		--	6 & Under	--	25 Y Breast	--		32
33		2:56.80	9 – 10	C	200 Y Free	2:56.50		34
35		2:37.20	11 – 12	C	200 Y Free	2:37.80		36
37		2:28.40	13 & Over	C	200 Y Free	2:22.80		38
39			8 & Under	--	Mixed 100 Y Free Relay			
40			10 & Under	--	Mixed 200 Y Free Relay			
41			11 – 12	--	Mixed 200 Y Free Relay			
42			13 & Over	--	Mixed 200 Y Free Relay			

Warmup 7:30am			Sunday, April 29, 2018			Meet Starts 9:00am		
Event	A Min	B Min	Age	Div	Distance/Stroke	B Min	A Min	Event
43		48.60	8 & Under	ABC	50 Y Free	47.30		44
45		37.00	9 – 10	C	50 Y Free	37.20		46
47		33.50	11 – 12	C	50 Y Free	33.60		48
49		31.90	13 & Over	C	50 Y Free	30.00		50
51		2:01.40	8 & Under	ABC	100 Y IM	1:58.20		52
53		1:34.40	9 – 10	C	100 Y IM	1:34.80		54
55		1:24.70	11 – 12	C	100 Y IM	1:24.70		56
57		2:50.90	13 & Over	C	200 Y IM	2:42.60		58
59		1:02.80	8 & Under	ABC	50 Y Breast	1:01.20		60
61		49.80	9 – 10	C	50 Y Breast	49.80		62
63		44.50	11 – 12	C	50 Y Breast	44.80		64
65		1:31.00	13 & Over	C	100 Y Breast	1:26.30		66
67			8 & Under	--	Mixed 100 Y Medley Relay			
68			10 & Under	--	Mixed 200 Y Medley Relay			
69			11 – 12	--	Mixed 200 Y Medley Relay			
70			13 & Over	--	Mixed 200 Y Medley Relay			

Except for 8 & Under events, this is a C meet. All 9 & over swimmers must be slower than the B minimum time standard shown.  
8 & Under swimmers may swim only one relay per day!

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**SANCTION:** This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming # 18-24. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**MEET DIRECTOR:** Kristyn Evans. Tel: 512-529-7994, or email: [coachkristyn@ncaswim.com](mailto:coachkristyn@ncaswim.com)

**POOL:** Alga Norte Aquatic Center, 6565 Alicante Rd, Carlsbad, CA 92009. Phone (760) 268-4777. 10 lane, 25 yard course with additional warmup/down lanes. Colorado timing. The minimum water depth, measured in accordance with Article 103.2.3, is 14 feet, 0 inches at the start end and 7 feet, 0 inches at the turn end. The competition course has been certified in accordance with Article 104.2.2C(4). Full city run snack bar available. All spectators will be charged a \$2.00 city-imposed spectator fee (not applicable for swimmers, coaches, and officials).

**ELIGIBILITY:** Open to SI and Out-of-District swimmers who hold a valid 2018 USA Swimming Card issued no later than 2:30pm on Thursday April 19, 2018. Swimmers with a disability are encouraged to participate. SI Swimming does not permit on-deck registration. All USA Swimming registration numbers will be verified with the SWIMS registration database; swimmers without a current registration will be scratched from all events.

**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. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet.

- **Entry Limit.** Swimmers may enter any number of events, but may only swim in a maximum of 6 individual events per day.
- **Check-in. Except for the distance events, this meet will be pre-seeded.** No check-in is required except for the distance events. Heat and lane assignments will be emailed to all teams in advance of the meet.
- **Seeding.** All events will be seeded and swum fastest to slowest.
- **Racing Starts.** All swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. For swimmers unaccompanied by a USA Swimming member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- **No Show Penalty.** Any swimmer, once checked in for an event, who is then a no show, will be barred from their next individual event and will not be allowed to swim that race.

**ENTRIES:** Swimmers may enter any number of events, but will only be allowed to swim in 6 events per day. Entries must be submitted electronically using Hy-Tek Team Manager compatible software, and emailed to [coachkristyn@ncaswim.com](mailto:coachkristyn@ncaswim.com) with a paper copy and payment mailed separately. Event files can be uploaded from [www.si-swimming.org](http://www.si-swimming.org). All entries that do not contain a current USA Swimming registration number will be rejected.

**ENTRY TIMES:** Please submit the swimmer's best Short Course Times. Times must be the best recorded times from this or the previous swim season.

**WARM-UP:** Heat and lane assignments for most events, assigned warm-ups, an estimated timeline and team timing assignments will be posted at [www.si-swimming.com](http://www.si-swimming.com) and [www.ncaswim.com](http://www.ncaswim.com) the Wednesday before the meet.

- Swimmers must enter the pool feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING allowed from the blocks or the edge of the pool.

### ENTRY FEES:

- Surcharge: \$5.00 per swimmer. Individual Entries: \$4.00 each. Relays: \$16.00 each and may be deck-entered. No refunds. Teams (10 or more swimmers) not submitted entries electronically: \$8.00 per event.
- Late entries, IF ACCEPTED, will be charged double, including surcharge. Late entries are not permitted once the meet begins.
- Team entries must be paid with a single check. Make checks payable to: **NORTH COAST AQUATICS**

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**DELIVERY:**

- EMAIL: Must be received by Friday April 20, 2018, to: coachkristyn@ncaswim.com with paper copy & team check mailed within 24 hours.
- MAIL: Must be postmarked no later than Wednesday, April 18, 2018 to:  
North Coast Aquatics  
Suite 108, A #317  
300 Carlsbad Village Drive  
Carlsbad, CA 92008

HAND DELIVERY: by 2:30pm Friday April 18, 2018 to the SI Swimming office:  
3511 Camino del Rio South, Suite 405, San Diego CA 92108

**PROGRAMS:** No programs will be available at the meet. Heat and lane assignments will be posted on the SI and NCA websites.

**AWARDS:** Individual Events: Ribbons 1-8. Relays 1-3.