



INLAND COASTAL AQUATIC CLUB

JO MAX Meet ★ SI North Division

August 10-11, 2019

Teams Invited – BAY, BFST, CALL, FAST, ICAC, NCA, NSDY, OSC, PQAC, RAQ, RSD, RST, TE

- THIS MEET HAS MAXIMUM TIME STANDARDS
- SWIMMERS ARE NOT QUALIFIED IF THEY HAVE 6 OR MORE JO CUTS
- ALL 13-14 AGE GROUP AND 15-18 AGE GROUP EVENTS WILL BE SWUM TOGETHER BUT AWARDED SEPARATELY
- SWIMMERS MAY ENTER ANY NUMBER OF EVENTS, BUT SWIM ONLY 3 INDIVIDUAL 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 MAXIMUM		AGE	EVENT	Boys MAXIMUM	
Warmup 7:30am		Saturday, AUG 10, 2019		Meet Starts 9:00am	
1	1:27.19	8/U	100 IM	1:29.49	2
3	1:27.19	9-10	100 IM	1:29.49	4
5	1:11.99	11-12	100 IM	1:14.19	6
7	5:07.79	13-14	400 IM	5:04.49	8
7	5:07.99	15-18	400 IM	4:45.09	8
9	2:44.59	10/U	200 FREE	2:47.49	10
11	2:16.49	11-12	200 FREE	2:19.39	12
13	2:05.89	13-14	200 FREE	2:00.89	14
13	2:01.59	15-18	200 FREE	1:51.89	14
15	1:38.79	10/U	100 BRST	1:41.89	16
17	1:22.49	11-12	100 BRST	1:25.49	18
19	1:16.39	13-14	100 BRST	1:13.79	20
19	1:14.89	15-18	100 BRST	1:07.99	20
21	33.99	8/U	50 FREE	34.29	22
23	33.99	9-10	50 FREE	34.29	24
25	28.69	11-12	50 FREE	28.99	26
27	26.99	13-14	50 FREE	25.39	28
27	26.09	15-18	50 FREE	23.39	28
29	2:19.49	10/U	200 FR REL	2:17.99	30
31	1:57.99	11-12	200 FR REL	2:01.19	32
33	---	13-14	200 FR REL	---	34
33	---	15-18	200 FR REL	---	34
35	38.89	8/U	50 FLY	40.19	36
37	38.89	9-10	50 FLY	40.19	38
39	31.79	11-12	50 FLY	32.99	40
41	2:30.49	13-14	200 FLY	2:26.99	42
41	2:25.99	15-18	200 FLY	2:19.79	42
43	1:29.89	10/U	100 BACK	1:29.09	44
45	1:12.79	11-12	100 BACK	1:15.89	46
47	1:06.59	13-14	100 BACK	1:04.89	48
47	1:04.89	15-18	100 BACK	59.09	48
49	5:59.99	11-12	500 FREE	6:18.29	50
51	11:31.09	13-14	1000 FREE	11:22.29	52
51	11:15.99	15-18	1000 FREE	10:54.09	52
Warmup 7:30am		Sunday, AUG 11, 2019		Meet Starts 9:00am	
53	5:39.79	13-14	500 FREE	5:34.39	54
53	5:29.89	15-18	500 FREE	5:09.39	54
55	45.19	8/U	50 BRST	47.09	56
57	45.19	9-10	50 BRST	47.09	58
59	37.99	11-12	50 BRST	39.09	60
61	2:44.79	13-14	200 BRST	2:41.59	62
61	2:42.99	15-18	200 BRST	2:31.59	62
63	1:32.19	10/U	100 FLY	1:38.09	64
65	1:11.29	11-12	100 FLY	1:14.59	66
67	1:04.89	13-14	100 FLY	1:03.19	68
67	1:03.49	15-18	100 FLY	57.39	68
69	39.89	8/U	50 BACK	41.09	70
71	39.89	9-10	50 BACK	41.09	72
73	33.69	11-12	50 BACK	34.59	74
75	2:24.79	13-14	200 BACK	2:21.99	76
75	2:22.19	15-18	200 BACK	2:10.19	76
77	2:41.09	10/U	200 MED REL	2:43.99	78
79	2:15.49	11-12	200 MED REL	2:19.39	80
81	---	13-14	200 MED REL	---	82
81	---	15-18	200 MED REL	---	82
83	3:08.89	10/U	200 IM	3:08.99	84
85	2:33.99	11-12	200 IM	2:37.29	86
87	2:22.59	13-14	200 IM	2:18.39	88
87	2:18.39	15-18	200 IM	2:05.99	88
89	1:15.09	10/U	100 FREE	1:15.69	90
91	1:01.99	11-12	100 FREE	1:02.79	92
93	58.29	13-14	100 FREE	55.69	94
93	56.29	15-18	100 FREE	51.19	94





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SANCTION: This meet is held under the sanction of USA Swimming and is issued by San Diego-Imperial Swimming, #SI-19-35. 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: Mary Redmond. Telephone: (760) 716-7678, or email: seanmary@aol.com.

POOL: Palomar College Pool, 1140 W. Mission Rd., San Marcos, CA 92069. 25 yard, 8 lane pool with warm-up facilities. 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). A Full snack bar will be available.

PARKING: Palomar College policy for parking for visitors attending athletic events: You may park for free in Lot 14 on Mission Road, just east of the campus access road (Comet Circle). The pool is a short walk up Comet Circle. Day permit parking cost is \$5.00 for Lot 5, which is closer to the pool. Do not park in teacher/staff lots – violators will be ticketed.

ELIGIBILITY: Open only to SI North Division USAS swimmers who hold a valid 2019 USA Swimming Card issued no later than 2:30pm on Thursday, August 1, 2019. 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.

- **Swimmers with a disability are encouraged to participate.**

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. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

- **JO MAX Rule:** If a swimmer is qualified for the JO's in a particular stroke & distance, he/she may not swim it in this meet - even if the swimmer chose not to swim it in the JOs. The same rule applies for a relay leg.
- **JO MAX Rule:** Swimmers with 6 or more SI JO cuts may not swim in this meet.
- **Entry Limits:** Swimmers may enter any number of events, but may only swim a maximum of 3 individual events per day, and a maximum of 6 individual events for the entire meet.
- **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 the first 8 events of each session will close ½ hour before the start of the session.
- **Seeding.** All events will be seeded and swum fastest to slowest. All 13-14 age group and 15-18 age group events will be swum together but awarded separately.
- **Racing Starts.** Any swimmer 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- **No Show Penalty.** Once checked in for an event, a swimmer 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.** These events will be swum fastest to slowest, alternating girls then boys heats. Swimmers in the Saturday distance freestyle events must provide their own timers, and a person to count laps and a lap counting device if desired.





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ENTRIES: All individual entries must be submitted electronically using Hy-Tek Team Manager compatible software to seanmary@aol.com. A paper copy of the meet entry report and the entry fee report must be mailed along with full payment of entry fees within 24 hours. Event files can be uploaded from www.si-swimming.org. All relays will be deck-entered.

ENTRY TIMES: Submit Short Course times only. Times must be the best recorded times in the event from this or the previous swim season. These are MAXIMUM time standards.

WARM-UP: Assigned warm-ups, an estimated timeline and team timing assignments will be posted at www.si-swimming.org the Wednesday before the meet.

ENTRY FEES:

- Surcharge: \$7.00 per swimmer. Individual Entries: \$4.00 each. Relays: \$16.00 each. No refunds.
- Late entries, IF ACCEPTED, will be charged double, including surcharge. No late entries are permitted after the meet begins.
- Team entries must be paid with a single check.
- Make checks payable to: **Barracuda Booster Club**

DELIVERY:

- EMAIL: Must be received by Friday, August 2, 2019 to: seanmary@aol.com with paper copy & team check mailed within 24 hours.
- MAIL: Must be postmarked no later than Wednesday, July 31, 2019 to:
Mary Redmond, 1335 Via del Oro, Fallbrook, CA 92028

SCORING: Individual events: 1st through 8th place (9, 7, 6, 5, 4, 3, 2, 1).
Relays: 1st through 8th place (18, 14, 12, 10, 8, 6, 4, 2).

AWARDS: Individual Events: Medals 1-8. Relays: Medals 1-3, Ribbons 4-8. Team Trophies 1-3.

Concussion Training Required in California

- California has modified existing school concussion law to apply the concussion requirements to youth sports organizations in which athletes participate, including swimming.
- **These requirements will also apply to out of state coaches whose swimmers are attending meets in California.**
- All links can be found on www.si-swimming.org under the 2019 registration forms tab.

