

RANCHO SAN DIEGUITO SWIM TEAM
Long Course 2011 Meet Schedule

Date	Meet Type	Host / Location	Swimmers Who Should Attend	Entry Due Date
March 19-20	A/B All Ages (LCM)	SBA / National City	Red Star, White, Blue, Senior D, Senior	March 2nd
April 2-3	C All Ages (SCY)	CAST / Joan Kroc Center	Grunion, Red, Red Star, White, Senior D	March 22nd
April 8-10	A/B All Ages (LCM)	CNSA / BBMAC Coronado HS	Senior D, Senior	March 29 th
April 29 – May 1	A/B All Ages (LCM)	CNSA / BBMAC Coronado HS	Red Star, White, Blue, Senior D, Senior	April 12 th
May 14-15	C All Ages (SCY)	WSST / La Jolla HS	Grunion, Red, Red Star, White, Senior D	April 26 th
May 21-22	CIF Championships (SCY)	TBA	All Qualified Seniors	See HS coach
May 27-29	A/B All Ages (LCM)	NCA / La Jolla JCC	Red Star, White, Blue, Senior D, Senior (only those not going to Speedo Grand Challenge)	May 10 th
May 27-29	Speedo Grand Challenge (LCM)	Irvine Novas / Woollett Aquatics Center	All Qualified Seniors	May 10 th
June 11-12	B/C All Ages – North (SCY)	FAST / Fallbrook HS	Grunion, Red, Red Star, White (C level swimmers only), Senior D	May 24 th
June 23-26	TYR Meet of Champions (LCM)	MVN / Mission Viejo	All Qualified Seniors	June 7 th
June 24-26	Age Group Invite (LCM) (tentative)	Irvine Novas / Woollett Aquatics Center	All Qualified 12 & Under Swimmers	May 24 th
June 24-26	A/B All Ages (LCM)	SBA / National City	Red Star, White, Blue, Senior D, Senior (only those not in TYR meet)	June 7 th
July 9-10	12 & Over No Time Standard (SCY)	FAST / Fallbrook HS	Senior D	June 21 st
July 15-17	A/B/C 12 & Under (LCM)	NCA / La Jolla JCC	Red Star, White, Blue	June 28 th
July 20-25	Sectionals (LCM)	TBA	All Qualified Swimmers	June 28 th
July 28-31	Junior Olympics (LCM)	SI / TBA	All Qualified Swimmers	July 5 th
Aug. 2-6	Senior National Championships (LCM)	USA Swimming / Stanford University, Palo Alto, CA	All Qualified Swimmers	June 28 th
Aug. 8-12	Junior National Championships (LCM)	USA Swimming / Stanford University, Palo Alto, CA	All Qualified Swimmers	July 12 th
Aug. 9-13	Western Zone Championships (LCM)	TBA	All Qualified Swimmers	July 12 th
Aug. 19-21	JO Maxx – North (SCY)	ICAC / Palomar College	Red, Red Star, White, Blue, Senior D	Aug. 2 nd
March 31 – April 3rd	Short Course Far Westerns (SCY)	PS LSC / Morgan Hill, CA	All Qualified	March 8 th

2011 Long Course MEET SCHEDULE – Information



The meet schedule is subject to change. RSD will not attend all meets on the schedule. Please see your coach for further information. Also, the schedule does not include RSD Club Meets and novice events. These dates were not available at the time of publishing.

The long course season culminates with a series of Championship Swim Meets. These team scoring meets are offered for all levels of swimmers. We hope to have great participation and support for all of our team members. With this in mind, the RSD coaching staff asks that all team families schedule family trips/vacations after the appropriate championship swim meets. Please see your coach if you have any questions.

All parents are required to volunteer as a timer for swim meets. Please plan on a 1-2 hour shift for each day of competition. If a parent is not available to volunteer, you must find an appropriate substitute. If you can not volunteer as a timer – do not sign your child up for the swim meet.

Team uniform policy: All swimmers attending USA-Swimming competitions must wear a RSD team suit or solid navy blue suit. If a swim cap is worn, it must be a RSD team cap. Team shirts, sweats, and team colors are encouraged. Proudly wear RSD Red & Blue!

San Diego-Imperial Swimming now requires all meet entries to be submitted electronically on one computer disk as a team entry with a single team check. Please ensure that all individual entries are turned in by the RSD due date. The additional days required by RSD allows the coaching staff and volunteer computer operator to compile and submit entries on time. Unless otherwise noted, all meet entry fees should be made out to BGCSDTO.

Please make sure that when you are signing your swimmer up for meets that they are qualified and have the time standards that are required for the meet. If you have any questions about whether or not your swimmer is qualified for a certain meet or a certain event at a meet, please talk to your swimmer's coach.

After you have signed up for a meet, the events that your swimmer has entered will be posted on the office window for you to double check and make sure that everything was entered correctly. Please be sure to check this prior to the meet so that if there are any mistakes we can fix them before the meet happens.

Looking forward to a great long course meet season!

