



NORTH COAST AQUATICS

★ A/B ALL AGES NORTH MEET ★

DECEMBER 4-6, 2015

Warmup 4:00 pm		Friday, December 4, 2015					Meet Starts 5:00 pm		
Girls Evt #	B Min	A Min	Age	Class	Dist/Stroke	A min	B min	Boys Evt #	
1	6:59.50	6:24.60	12 & Un	A/B	500 FREE	6:29.80	7:05.30	2	
3	22:57.70	21:02.90	12 & Over	A/B	1650 FREE	20:42.80	22:35.80	4	

Warmup 7:15 am		Saturday, December 5, 2015					Meet Starts 8:30 am		
Girls Evt #	B Min	A Min	Age	Class	Dist/Stroke	A min	B min	Boys Evt #	
5	2:37.20	2:24.10	11 - 12	A/B	200 FREE				
6	48.60	40.50	8 & Un	A/B	50 FREE	39.40	47.30	7	
8	37.00	33.90	9 - 10	A/B	50 FREE	34.10	37.20	9	
10	33.50	30.70	11 - 12	A/B	50 FREE				
11	2:01.40	1:41.20	8 & Un	A/B	100 IM	1:38.50	1:58.20	12	
13	1:34.40	1:26.60	9 - 10	A/B	100 IM	1:26.90	1:34.80	14	
15	1:24.70	1:17.70	11 - 12	A/B	100 IM				
16	57.80	48.10	8 & Un	A/B	50 BACK	46.80	56.30	17	
18	1:36.80	1:28.60	10 & Un	A/B	100 BACK	1:28.70	1:37.00	19	
20	1:25.20	1:17.90	11 - 12	A/B	100 BACK				
21	1:02.80	52.30	8 & Un	A/B	50 BREAST	51.00	1:01.20	22	
23	49.80	45.60	9 - 10	A/B	50 BREAST	45.60	49.80	24	
25	44.50	40.80	11 - 12	A/B	50 BREAST				
26	55.60	46.30	8 & Un	A/B	50 FLY	47.00	56.40	27	
28	1:37.40	1:29.30	10 & Un	A/B	100 FLY	1:29.40	1:37.60	29	
30	1:23.00	1:16.10	11 - 12	A/B	100 FLY				
31	--	--	10 & Un	--	200 MED RELAY	--	--	32	
33	--	--	11 - 12	--	200 MED RELAY				

AFTERNOON SESSION

			11 - 12	A/B	200 FREE	2:24.60	2:37.80	34
35	2:28.40	2:16.10	13 - 14	A/B	200 FREE	2:10.90	2:22.80	36
37	2:28.80	2:16.40	15 & Over	A/B	200 FREE	2:04.80	2:16.20	38
			11 - 12	A/B	50 FLY	34.50	37.70	39
40	2:55.10	2:40.50	13 - 14	A/B	200 FLY	2:33.30	2:47.30	41
42	2:50.90	2:36.60	15 & Over	A/B	200 FLY	2:21.60	2:34.40	43
			11 - 12	A/B	50 BREAST	41.00	44.80	44
45	3:18.20	3:01.70	13 - 14	A/B	200 BREAST	2:50.80	3:06.40	46
47	3:17.30	3:00.80	15 & Over	A/B	200 BREAST	2:43.00	2:57.80	48
			11 - 12	--	200 MED RELAY	--	--	49
50	--	--	13 & Over	--	200 MED RELAY	--	--	51
			11 - 12	A/B	100 BACK	1:20.50	1:28.00	52
53	1:21.00	1:14.10	13 - 14	A/B	100 BACK	1:11.30	1:18.00	54
55	1:21.50	1:14.50	15 & Over	A/B	100 BACK	1:08.20	1:14.50	56
			11 - 12	A/B	50 FREE	30.80	33.60	57
58	31.90	29.30	13 - 14	A/B	50 FREE	27.50	30.00	59
60	31.90	29.30	15 & Over	A/B	50 FREE	26.50	28.90	61
			11 - 12	A/B	100 IM	1:17.70	1:24.70	62
63	6:07.30	5:36.60	13 - 14	A/B	400 IM	5:18.20	5:47.30	64
65	5:51.50	5:22.00	15 & Over	A/B	400 IM	5:01.20	5:28.80	66

NORTH COAST AQUATICS

A/B ALL AGES NORTH MEET ★ DECEMBER 4-6, 2015

Warmup 7:15 am		Sunday, December 6, 2015					Meet Starts 8:30 am	
Girls Evt #	B Min	A Min	Age	Class	Dist/Stroke	A min	B min	Boys Evt #
67	41.80	38.30	9 – 10	A/B	50 FLY	38.20	41.60	68
69	37.40	34.30	11 – 12	A/B	50 FLY			
70	2:56.80	2:42.00	8 & Un	A/B	200 FREE	2:41.80	2:56.50	71
72	2:56.80	2:42.00	9 – 10	A/B	200 FREE	2:41.80	2:56.50	73
74	1:49.10	1:40.00	10 & Un	A/B	100 BREAST	1:40.50	1:49.70	75
76	1:37.00	1:28.90	11 – 12	A/B	100 BREAST			
77	44.30	40.50	9 – 10	A/B	50 BACK	40.40	44.20	78
79	39.60	36.20	11 – 12	A/B	50 BACK			
80	1:46.10	1:28.40	8 & Un	A/B	100 FREE	1:25.00	1:42.00	81
82	1:21.50	1:14.70	9 – 10	A/B	100 FREE	1:14.30	1:21.00	83
84	1:12.70	1:06.70	11 – 12	A/B	100 FREE			
85	3:23.50	3:06.50	8 & Un	A/B	200 IM	3:07.40	3:24.50	86
87	3:23.50	3:06.50	9 – 10	A/B	200 IM	3:07.40	3:24.50	88
89	3:01.30	2:46.20	11 – 12	A/B	200 IM			
90	--	--	10 & Un	--	200 FREE RELAY	--	--	91
92	--	--	11 – 12	--	200 FREE RELAY			
93	--	--	10 & Un	--	500 FREE	--	--	94

SUNDAY AFTERNOON SESSION

95	1:17.50	1:11.10	15 & Over	A/B	100 FLY	1:05.10	1:11.00	96
97	1:17.40	1:11.00	13 – 14	A/B	100 FLY	1:07.70	1:13.80	98
			11 – 12	A/B	100 FLY	1:18.20	1:25.30	99
100	1:08.50	1:02.80	15 & Over	A/B	100 FREE	57.40	1:02.60	101
102	1:09.10	1:03.40	13 – 14	A/B	100 FREE	59.60	1:05.00	103
			11 – 12	A/B	100 FREE	1:06.20	1:12.20	104
105	2:48.10	2:33.80	15 & Over	A/B	200 BACK	2:23.90	2:37.30	106
107	2:54.50	2:39.60	13 – 14	A/B	200 BACK	2:31.00	2:45.10	108
			11 – 12	A/B	50 BACK	36.60	40.00	109
110	1:31.60	1:23.90	15 & Over	A/B	100 BREAST	1:15.80	1:22.70	111
112	1:31.00	1:23.40	13 – 14	A/B	100 BREAST	1:19.10	1:26.30	113
			11 – 12	A/B	100 BREAST	1:29.00	1:37.10	114
115	2:52.10	2:37.70	15 & Over	A/B	200 IM	2:21.70	2:34.70	116
117	2:50.90	2:36.60	13 – 14	A/B	200 IM	2:29.00	2:42.60	118
			11 – 12	A/B	200 IM	2:46.50	3:01.70	119
120	--	--	13 & Over	--	200 FREE RELAY	--	--	121
			11 – 12	--	200 FREE RELAY	--	--	122
123	6:29.90	5:57.40	15 & Over	A/B	500 FREE	5:34.80	6:05.30	124
125	6:32.30	5:59.60	13 – 14	A/B	500 FREE	5:48.60	6:20.30	126

5 EVENTS PER DAY – USA SWIMMING LIMIT

SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-15-48. 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: Patty Stephan. Tel: 760-720-1494, or email (best): mstephan@san.rr.com.

NORTH COAST AQUATICS

A/B ALL AGES NORTH MEET ★ DECEMBER 4-6, 2015

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 not 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 North Division and Out-of-District swimmers who hold a valid 2015 or 2016 USA Swimming Card issued no later than 2:30pm on Wednesday, November 25, 2015. 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 5 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. There is no penalty for missing a pre-seeded event.** 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.
- **Distance Events.** Swimmers entered in the Friday night events must check-in by 4:30 pm and indicate if they will be swimming the event. Swimmers in the distance events on Saturday and Sunday (400 IM, 500 Free) must check in for those events before the session begins. The 400 IM, 500 Freestyle and 1650 Freestyle events will be swum alternating girls and boys heats. Swimmers in these events must also provide their own timers and lap counters if desired.

ENTRIES: Swimmers may enter any number of events, but will only be allowed to swim in 5 events per day. Entries must be submitted electronically on the RSD website (rdsdswimming.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. No time "NT" entries will not be accepted.

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 and www.ncaswim.com the Wednesday before the meet.

ENTRY FEES:

- **Surcharge: \$5.00 per swimmer. Individual Entries: \$4.00 each. No refunds.**
- **Late entries, IF ACCEPTED, will be charged double, including surcharge.**

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A/B ALL AGES NORTH MEET ★ DECEMBER 4-6, 2015

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: A events: Medals 1-3, Ribbons 4-8. B events: Ribbons 1-8. Relays 1-3.