

# COLLEGE AREA SWIM TEAM



## 1 DAY SENIOR MEET

DECEMBER 7, 2008

	Girls		Boys
		Dist/Stroke	
<hr/>			
	Warmup 7:15 AM	Sun Dec. 7, 2008	Meet Starts 9:00 AM
<hr/>			
1	5:36.60	OPEN	400 IM 5:18.20 2
3	29.30	OPEN	50 FREE 27.50 4
5	1:23.40	OPEN	100 BRST 1:19.10 6
7	2:16.10	OPEN	200 FREE 2:10.90 8
9	2:40.50	OPEN	200 FLY 2:33.30 10
11	1:14.10	OPEN	100 BACK 1:11.30 12
13	3:01.70	OPEN	200 BRST 2:50.80 14
15	1:11.00	OPEN	100 FLY 1:07.70 16
17	2:39.60	OPEN	200 BACK 2:31.00 18
19	2:36.60	OPEN	200 IM 2:29.00 20
21	1:03.40	OPEN	100 FREE 59.60 22
23	5:59.60	*OPEN	500 FREE 5:48.60 24
25	12:37.00	*OPEN	1000 FREE 12:23.20 26
27	21:02.90	*OPEN	1650 FREE 20:42.80 28

- \* Swimmers may swim only 1 of these 3 events
- \* These 6 events may be seeded/swum together
- \* The combination & seeding of these events will be determined and announced prior to event #16.

WARMUPS Sun: South: 7:15-8:00am, North: 8:00-8:45am.

THE 1650, 1000, 500 FREES AND THE 400 IM WILL BE SWUM FASTEST TO SLOWEST ALTERNATING WOMEN AND MEN'S HEATS.

**COLLEGE AREA SWIM TEAM**  
**1 DAY SENIOR MEET**  
**December 7, 2008**

POOL:

- Salvation Army Ray and Joan Kroc Community Center pool. 6845 University Ave, San Diego, CA 92115. 25 yd, 8-lane. Warmup area available during meet. Plenty of rest rooms and showers. SNACK BAR provided by Salvation Army.
- -Take I-8 East to 70<sup>th</sup> Street Exit. Take 70<sup>th</sup> South. Turn right on University Ave. Kroc Center will be on your left. Turn left on Salvation Drive. You will see the pool. Park in lot or on street. Additional parking behind the Performing Arts building at the West end of the Center.

ELIGIBILITY: Open to swimmers who hold a valid 2008 or 2009 USA swimming card issued no later than 2:30pm on Wed. Nov. 26, 2008. Note early due date because of Thanksgiving.

RULES:

- Current USA Swimming rules and SI Swimming procedures will govern all competition, and will take precedence over errors/omissions on 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 the first 8 events will close at 8:30 am. All remaining a.m. events close at 9:00 am.

ENTRIES:

- Teams are asked to submit their entries on disc using Hy-Tek, and a backup paper copy. All entries that do not show current USA Swimming registration number, etc., will be rejected.
- The host/LSC has the option to limit the number of entries to 500 swimmers. SI swimmers have precedence. Entries will be taken in the order received.
- Warm up Times, the time line and timing assignments will be on-line the Wed before the meet at [www.castswim.com](http://www.castswim.com) in CAST News Section.

ENTRY TIMES: Submit Short Course Times recorded times from this or the previous season.

ENTRY FEES:

- A Surcharge of \$5.00 per swimmer applies. Individual Entries are \$3.00 each. Late entries, IF ACCEPTED, will be charged double.
- Make checks payable to: COLLEGE AREA SWIM TEAM

DELIVERY OPTIONS:

- Mail: Entries must be postmarked no later than Tues. Nov. 25, 2008.
  - Mail to-Dave Kilmer, 1488 Pioneer Way Suite 5, El Cajon, CA 92020
- E-Mail delivery: Must be received by midnight Wed. Nov. 26th in acceptable Hytek format. A paper copy of entries, check for entries and an accompanying backup file (on disk) must follow the e-mail entry and be postmarked by Nov. 26<sup>th</sup>.
  - Contact: Dave Kilmer 619-997-7946. Email: [dave@castswim.com](mailto:dave@castswim.com) Fax: 619-590-9254
- Hand delivery: by Wed. Nov. 26, 2008: SI Swimming Office: 1511 Morena, SD, by 2:30 pm.

AWARDS: Medals 1-3, Ribbons 4-8.