

POST JO MAX MEET - NORTH INLAND COASTAL AQUATIC CLUB - MARCH 6-8, 2009

**THIS MEET HAS MAXIMUM TIME STANDARDS
SWIMMERS ARE NOT QUALIFIED IF THEY HAVE 6 JO CUTS**

**SWIMMERS MUST HAVE SWUM ONE SANCTIONED (NON-NOVICE) MEET THIS SEASON
THE MEET SWUM SHALL BE IDENTIFIED ON THE BACK OF THE ENTRY CARD**



Girls		Boys	
MAX	AGE	EVENT	MAX
Warmup 4:00pm Friday, MARCH 6, 2009 Meet Starts 5:00pm			
1	6:03.00	11-12 500 FREE	2 6:22.40
3	11:31.70* 11:16.00+	13-18 1000 FREE	4 10:55.40+ 11:36.40*
Warmup 7:30am Saturday, MARCH 7, 2009 Meet Starts 9:00am			
5	1:24.40	8/U 100 IM	6 1:29.10
7	1:24.40	9-10 100 IM	8 1:29.10
9	1:13.10	11-12 100 IM	10 1:17.20
11	5:11.80* 5:03.00+	13-18 400 IM	12 4:49.00+ 5:21.40*
13	2:41.90	10/U 200 FREE	14 2:49.00
15	2:18.00	11-12 200 FREE	16 2:23.00
17	2:08.50* 2:02.90+	13-18 200 FREE	18 1:54.90+ 2:07.20*
19	1:37.40	10/U 100 BRST	20 1:43.60
21	1:23.80	11-12 100 BRST	22 1:27.80
23	1:18.10* 1:14.90+	13-18 100 BRST	24 1:09.60+ 1:16.50*
25	2:21.60	10/U 200 F REL	26 2:20.80
27	2:01.80	11-12 200 F REL	28 2:04.00
29	4:11.40	13-18 400 F REL	30 4:08.80
31	33.60	8/U 50 FREE	32 34.40
33	33.60	9-10 50 FREE	34 34.40
35	29.00	11-12 50 FREE	36 30.10
37	27.60* 26.40+	13-18 50 FREE	38 23.80+ 26.40*
39	39.00	8/U 50 FLY	40 41.20
41	39.00	9-10 50 FLY	42 41.20
43	32.90	11-12 50 FLY	44 34.30
45	2:34.20* 2:26.00+	13-18 200 FLY	46 2:19.80+ 2:32.00*
47	1:26.40	10/U 100 BACK	48 1:32.10
49	1:13.60	11-12 100 BACK	50 1:18.10
51	1:09.30* 1:05.80+	13-18 100 BACK	52 1:01.40+ 1:08.50*
Warmup 7:30am Sunday, MARCH 8, 2009 Meet Starts 9:00am			
53	5:46.20* 5:30.00+	13-18 500 FREE	54 5:16.10+ 5:48.70*
55	44.40	8/U 50 BRST	56 46.90
57	44.40	9-10 50 BRST	58 46.90
59	38.80	11-12 50 BRST	60 39.90
61	2:49.00* 2:43.00+	13-18 200 BRST	62 2:34.00+ 2:49.00*
63	1:28.90	10/U 100 FLY	64 1:38.90
65	1:13.30	11-12 100 FLY	66 1:18.40
67	1:08.20* 1:04.80+	13-18 100 FLY	68 59.50+ 1:07.20*
69	39.50	8/U 50 BACK	70 41.40
71	39.50	9-10 50 BACK	72 41.40
73	34.20	11-12 50 BACK	74 35.80
75	2:28.70* 2:23.00+	13-18 200 BACK	76 2:15.60+ 2:29.60*
77	2:45.30	10/U 200 M REL	78 2:49.80
79	2:19.70	11-12 200 M REL	80 2:24.50
81	4:43.20	13-18 400 M REL	82 4:38.00
83	3:03.20	10/U 200 IM	84 3:13.90
85	2:36.60	11-12 200 IM	86 2:44.40
87	2:28.50* 2:19.10+	13-18 200 IM	88 2:10.20+ 2:26.70*
89	1:14.60	10/U 100 FREE	90 1:16.00
91	1:02.60	11-12 100 FREE	92 1:04.60
93	59.80* 57.00+	13-18 100 FREE	94 52.00+ 58.30*
95	20:10.90* 19:47.90+	13-18 1650 FREE	96 18:33.20+ 19:44.00*

* 13-14 + 15-18 AGES - EVENTS SWUM & AWARDED TOGETHER

Note 1: If a swimmer is qualified in stroke/distance for the JO's, even if the swimmer chose not to swim it in the JO's, he/she may not swim it in this meet. The same applies to a relay leg.

Note 2: Swimmers may enter any number of events, but may swim only 6 total with a 3 per day limit.

Note 3: Swimmers must provide their own timers for events 1-4, 53-54, 95&96.

POST JO MAX MEET - NORTH

INLAND COASTAL AQUATIC CLUB - MARCH 6-8, 2009

SANCTION: SI sanction # SI-09-10 granted 12 JAN 09.

POOL:

- From the Coast: Take I-5 to 78 Freeway E. Exit at Rancho Sante Fe. Turn left onto Rancho Sante Fe Road. Go to end of Rancho Sante Fe Road and turn right onto Mission Road. Go through 4 signals. Palomar College will be on the left. Pass the main entrance and ball fields to second entrance. Turn Left into campus.
- From Inland: Take I-15 freeway N. to 78 Freeway W. Get off at Twin Oaks Valley Road Exit. Turn Right onto Twin Oaks Valley Road. Go to signal and turn Left onto San Marcos Blvd. At first stop sign, turn Right onto Pico Ave. Go to signal and turn Left onto Mission Road. Just pass Church and parking lot, turn Right into campus.

ELIGIBILITY: Open to USA swimmers who hold a 2009 USA Swimming Card issued no later than 2:30pm on Thursday, Feb 26, 2009.

RULES:

- SWIMMERS WITH 6 OR MORE JO CUTS MAY NOT SWIM IN THIS MEET.
- Current USA Swimming rules and SI Swimming procedures will govern all competition.
- Swimmers must check in with the Clerk of Course for each event they wish to swim. Swimmers who fail to check-in will be scratched from their events. Scratches are permitted without refunds. After an event is closed, a swimmer may not check-in or scratch.
- Check-in for all events close at 4:30pm Friday, the first eight events close at 8:30 Saturday and first ten events at 8:30am on Sunday. All remaining events close at the scheduled start time of the meet for the day.
 - >>THREE EVENT PER DAY LIMIT == SIX EVENT TOTAL LIMIT (including Friday)<<
- The 13-14 and 15-Over events are swum together AND each has its own max time standard.

ENTRIES:

- All entries must be submitted electronically, using Hy-Tek Team Manager Lite or Team Manager, with a paper copy included. Event files can be uploaded from www.si-swimming.com.
- Email entries and a PDF backup to johnlinscheid@cox.net with the team check mailed within 48 hours.
- All relays will be deck-entered.
- Timeline, warm-up and timing assignments will be posted on www.icacswim.com prior to the meet.

ENTRY TIMES:

- Submit Short Course Times only. Times must be recorded times from this or the previous swim season. There are maximum time standards !!!
- IF A SWIMMER IS QUALIFIED FOR JO's IN STROKE/DISTANCE, even if the swimmer chose not to swim it in the JO's, S/HE MAY NOT SWIM IT IN THIS MEET. THE SAME APPLIES TO A RELAY LEG.

ENTRY FEES:

- Surcharge: \$7.00 per swimmer. Individual Entries: \$3.00 each. Relays: \$12.00.
- Late entries, IF ACCEPTED, will be charged double, including surcharge.
- Make checks payable to: INLAND COASTAL AQUATIC CLUB (ICAC)

DELIVERY:

- Mail: Must be postmarked no later than Wednesday, Feb 25, 2009 to:
ICAC c/o John Linscheid, 324 Calle Juanita, San Marcos, CA 92069
- Hand delivery: by 2:30 pm on Thursday, February 26, 2009 to the SI Swimming Office, 1511 Morena Blvd, San Diego, CA 92110
- Questions: Contact call John Linscheid at 760-737-0339 or email at johnlinscheid@cox.net

AWARDS: Ind. Events: Medals 1-8. Relays: Medals 1-3, Ribbons 4-8. Team trophies 1-3.