

# INLAND COASTAL AQUATIC CLUB

## JO MAX Meet – SI North Division

### March 5-7, 2010

**Meet Format  
updated  
9 February**



- THIS MEET HAS MAXIMUM TIME STANDARDS
- SWIMMERS ARE NOT QUALIFIED IF THEY HAVE 6 OR MORE JO CUTS
- \*13-14 AGE GROUP, + 15-18 AGE GROUP - EVENTS SWUM TOGETHER BUT AWARDED SEPARATELY
- SWIMMERS MAY ENTER ANY NUMBER OF EVENTS, BUT SWIM ONLY 3 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	MAX	AGE	EVENT	Boys	MAX
Warmup 4:00pm		Friday, Mar 5, 2010		Meet Starts 5:00pm	
1	6:03.00	11-12	500 FREE		6:22.40
3	* 11:31.70	13-14	1000 FREE	*	11:34.20
5	+ 11:16.00	15-18	1000 FREE	+	10:55.40
Warmup 7:30am		Saturday, Mar 6, 2010		Meet Starts 9:00am	
7	1:24.40	8/U	100 IM		1:29.10
9	1:24.40	9-10	100 IM		1:29.10
11	1:12.90	11-12	100 IM		1:17.00
13	5:11.00	13-14	400 IM		5:21.10
15	5:03.00	15-18	400 IM		4:49.00
17	2:41.60	10/U	200 FREE		2:49.00
19	2:17.90	11-12	200 FREE		2:23.00
21	2:07.80	13-14	200 FREE		2:06.80
23	2:02.90	15-18	200 FREE		1:54.90
25	1:37.40	10/U	100 BRST		1:43.60
27	1:23.60	11-12	100 BRST		1:27.80
29	1:17.90	13-14	100 BRST		1:16.50
31	1:14.90	15-18	100 BRST		1:09.60
33	33.60	8/U	50 FREE		34.40
35	33.60	9-10	50 FREE		34.40
37	29.00	11-12	50 FREE		30.10
39	27.60	13-14	50 FREE		26.40
41	26.40	15-18	50 FREE		23.80
43	39.00	8/U	50 FLY		41.20
45	39.00	9-10	50 FLY		41.20
47	32.90	11-12	50 FLY		34.30
49	2:33.60	13-14	200 FLY		2:32.00
51	2:26.00	15-18	200 FLY		2:19.80
53	1:26.60	10/U	100 BACK		1:31.60
55	1:13.60	11-12	100 BACK		1:17.90
57	1:09.00	13-14	100 BACK		1:08.50
59	1:05.80	15-18	100 BACK		1:01.40
61	2:21.60	10/U	200 FR REL		2:20.80
63	2:01.80	11-12	200 FR REL		2:04.00
65	4:11.40	13-14	400 FR REL		4:08.80
67	4:11.40	15-18	400 FR REL		4:08.80
Warmup 7:30AM		Sunday, Mar 7, 2010		Meet Starts 9:00am	
69	5:45.00	13-14	500 FREE		5:48.30
71	5:30.00	15-18	500 FREE		5:16.10
73	44.50	8/U	50 BRST		46.90
75	44.50	9-10	50 BRST		46.90
77	38.80	11-12	50 BRST		39.90
79	2:48.80	13-14	200 BRST		2:48.10
81	2:43.00	15-18	200 BRST		2:34.00
83	1:29.10	10/U	100 FLY		1:38.90
85	1:13.30	11-12	100 FLY		1:18.40
87	1:08.00	13-14	100 FLY		1:07.10
89	1:04.80	15-18	100 FLY		59.50
91	39.70	8/U	50 BACK		41.40
93	39.70	9-10	50 BACK		41.40
95	34.20	11-12	50 BACK		35.80
97	2:28.00	13-14	200 BACK		2:29.60
99	2:23.00	15-18	200 BACK		2:15.60
101	3:03.20	10/U	200 IM		3:13.50
103	2:36.40	11-12	200 IM		2:44.40
105	2:28.00	13-14	200 IM		2:26.10
107	2:19.10	15-18	200 IM		2:10.20
109	1:14.60	10/U	100 FREE		1:16.00
111	1:02.60	11-12	100 FREE		1:04.60
113	59.70	13-14	100 FREE		58.30
115	57.00	15-18	100 FREE		52.00
117	2:45.30	10/U	200 MED REL		2:49.80
119	2:19.70	11-12	200 MED REL		2:24.50
121	4:43.20	13-14	400 MED REL		4:38.00
123	4:43.20	15-18	400 MED REL		4:38.00
125	* 20:10.90	13-14	1650 FREE	*	19:44.00
127	+ 19:47.90	15-18	1650 FREE	+	18:33.20

# INLAND COASTAL AQUATIC CLUB

## JO MAX Meet – SI North Division March 5-7, 2010

**SANCTION:** This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-10-09.

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

**PARKING:** Palomar College has a new policy for parking for visitors attending athletic events. You must park in lot 14 or you will be ticketed. Lot 14 is on Mission Road, just east of the campus access road (Comet Circle). The pool is a short walk up Comet Circle.

**ELIGIBILITY:** Open to SI North Division USA swimmers who hold a valid 2010 USA Swimming Card issued no later than 2:30pm on Thursday, February 25, 2010. Swimmers with a disability are encouraged to participate. All USA Swimming registration numbers will be verified with the SWIMS registration database.

**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.

- **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:** >>THREE EVENT PER DAY LIMIT = SIX EVENT TOTAL LIMIT (including Friday)<<
- **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.
- **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 distance freestyle events must provide their own timers, and a person to count laps and a lap counting device if desired.

**ENTRIES:** Entries must be submitted electronically using the Hy-Tek Team Manager system, and emailed to [johnlinscheid@cox.net](mailto:johnlinscheid@cox.net). A paper copy of the meet entry report and the entry fee report must be mailed with payment within 48 hours. Team entries must be paid with a single check. Event files can be uploaded from [www.si-swimming.com](http://www.si-swimming.com). All entries that do not show a current USA Swimming registration number will be rejected.

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

**WARM-UP:** Assigned warm-ups, an estimated timeline and team timing assignments will be posted at [www.icacswim.com](http://www.icacswim.com) prior to the meet.

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## JO MAX Meet – SI North Division March 5-7, 2010

### ENTRY FEES:

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

### DELIVERY:

- EMAIL: Must be received by Thursday, February 25, 2010, to: [johnlinscheid@cox.net](mailto:johnlinscheid@cox.net) with paper reports & payment mailed within 24 hours.
- MAIL: Must be postmarked no later than Wednesday, February 24, 2010 to:  
ICAC, c/o John Linscheid, 324 Calle Juanita, San Marcos, CA 92069
- HAND DELIVERY: by 2:30pm Thursday, February 25, 2010 to the SI Swimming office:  
1511 Morena Blvd, San Diego CA 92110

**SCORING:** Individual events: 1<sup>st</sup> through 8<sup>th</sup> place (9, 7, 6, 5, 4, 3, 2, 1). Relays: 1<sup>st</sup> through 8<sup>th</sup> 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.