



Coronado Navy Swim Association

Freestyle Festival

SI South Division Teams

September 26, 2010

Girls						Boys		
	B min	A min	Age	Dist/Stroke	A min	B min		
Warmup 7:30am		SUNDAY			Sept 26, 2010		Meet Starts 9:00am	
1	-	-	6/U	25 FREE	-	-	2	
3	21.70	18.10	7-8	A/B/C 25 FREE	17.60	21.10	4	
5	1:12.70	1:06.70	11-12	A/B/C 100 FREE	1:06.20	1:12.20	6	
7	1:21.50	1:14.70	9-10	A/B/C 100 FREE	1:14.30	1:21.00	8	
9	1:46.10	1:28.40	8/U	A/B/C 100 FREE	1:25.00	1:42.00	10	
11	2:37.20	2:24.10	11-12	A/B/C 200 FREE	2:24.60	2:37.80	12	
13	2:56.80	2:42.00	9-10	A/B 200 FREE	2:41.80	2:56.50	14	
15	3:50.20	3:11.80	8/U	A/B 200 FREE	3:04.50	3:41.30	16	
17	-	-	6/U	50 FREE	-	-	18	
19	48.60	40.50	7-8	A/B/C 50 FREE	39.40	47.30	20	
21	37.00	33.90	9-10	A/B/C 50 FREE	34.10	37.20	22	
23	33.50	30.70	11-12	A/B/C 50 FREE	30.80	33.60	24	
25	6:59.50	6:24.60	12/U	A/B 500 FREE	6:29.80	7:05.30	26	
AFTERNOON SESSION								
27	1:08.50	1:02.80	15/Ov	A/B/C 100 FREE	57.40	1:02.60	28	
29	1:09.10	1:03.40	13-14	A/B/C 100 FREE	59.60	1:05.00	30	
31	2:28.80	2:16.40	15/Ov	A/B/C 200 FREE	2:04.80	2:16.20	32	
33	2:28.40	2:16.10	13-14	A/B/C 200 FREE	2:10.90	2:22.80	34	
35	31.90	29.30	15/Ov	A/B/C 50 FREE	26.50	28.90	36	
37	31.90	29.30	13-14	A/B/C 50 FREE	27.50	30.00	38	
39	6:32.30	5:59.60	13/Ov	A/B 500 FREE	5:48.60	6:20.30	40	

NOTE: THE 8/U AND 9-10 200 FREE HAVE MINIMUM TIME STANDARDS.
 THE 12/U & 13/Over 500 FREE ALSO HAVE A MINIMUM TIME STANDARD.

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SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-10-30.

POOL: Brian Bent Memorial Aquatics Complex, Coronado High School, 818 6th Street, Coronado CA 92118. Phone (619) 437-0227. 8 lane, 25 yard x 50 meter pool with separate 6 lane 25 yard warmup pool. Colorado timing and large alphanumeric scoreboard will be used. The minimum water depth, measured in accordance with Article 103.2.3, is 7 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 snack bar available.

ELIGIBILITY: Open to SI South Division teams and Out-of-District USA swimmers who hold a valid 2010 USA Swimming Card issued no later than 2:30pm on Thursday, September 16, 2010. Be advised that seasonal USA Swimming registrations will not be valid for this meet. 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.

- **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.** Any swimmer, once checked in for an event, who is a no show for an event they will be barred from their next individual event that day and will not be allowed to swim that race.
- **Distance Events.** These events will be swum fastest to slowest. Swimmers in the 500 Y freestyle must provide their timers, and a person to count laps and a lap counting device if desired.

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.

ENTRIES: Entries must be submitted electronically using Hy-Tek Team Manager compatible software, and emailed to swimcoachcheryl@aol.com with a paper copy and payment mailed separately. Event files can be uploaded from 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 for this early season meet. Times must be the best recorded times in the event from this or the previous swim season. Swimmers with no recorded time in an event enter NT.

WARM-UP: Assigned warm-ups, an estimated timeline and team timing assignments will be posted at www.swimcnsa.org the Wednesday before the meet.

ENTRY FEES:

- Surcharge: \$5.00 per swimmer. Individual Entries: \$3.00 each. Teams (10 or more swimmers) not submitted electronically: \$6.00 each.
- Late entries, IF ACCEPTED, will be charged double, including surcharge.
- Team entries must be paid with a single check. Make checks payable to: **CNSA**

DELIVERY:

- EMAIL: Must be received by Thursday, September 16, 2010, to: swimcoachcheryl@aol.com with paper copy & team check mailed within 24 hours.
- MAIL: Must be postmarked no later than Wednesday, September 15, 2010 to:
Cheryl Bauman/CNSA
728 1/2 Ormond Court, San Diego, CA 92109
- HAND DELIVERY: by 2:30pm Thursday, September 16, 2010 to the SI Swimming office:
1511 Morena Blvd, San Diego CA 92110
- Questions: Cheryl Bauman Cell # 301-529-7946, or email: swimcoachcheryl@aol.com

AWARDS: Individual Events: A-Events: Medals 1-3, Ribbons 4-8. B-Events: Ribbons 1-8. C-Events: Ribbons 1-8.