

# INLAND COASTAL AQUATIC CLUB

## JOMAX Meet ★ SI North Division

### March 11 - 12, 2017



- THIS MEET HAS MAXIMUM TIME STANDARDS
- SWIMMERS ARE NOT QUALIFIED IF THEY HAVE 6 OR MORE JO CUTS
- ALL 13-14 AGE GROUP AND 15-18 AGE GROUP EVENTS WILL BE SWUM TOGETHER BUT AWARDED SEPARATELY
- SWIMMERS MAY ENTER ANY NUMBER OF EVENTS, BUT SWIM ONLY 3 INDIVIDUAL 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 MAXIMUM		AGE	EVENT	Boys MAXIMUM	
Warmup 7:30am		Saturday, Mar 11, 2017		Meet Starts 9:00am	
1	1:23.20	8/U	100 IM	1:26.00	2
3	1:23.20	9-10	100 IM	1:26.00	4
5	1:12.20	11-12	100 IM	1:14.50	6
7	5:09.70	13-14	400 IM	5:08.00	8
7	5:08.00	15-18	400 IM	4:45.10	8
9	2:40.60	10/U	200 FREE	2:47.60	10
11	2:16.70	11-12	200 FREE	2:20.20	12
13	2:06.70	13-14	200 FREE	2:02.60	14
13	2:01.60	15-18	200 FREE	1:52.10	14
15	1:36.80	10/U	100 BRST	1:41.90	16
17	1:22.90	11-12	100 BRST	1:26.40	18
19	1:17.30	13-14	100 BRST	1:14.90	20
19	1:14.90	15-18	100 BRST	1:08.50	20
21	33.00	8/U	50 FREE	33.40	22
23	33.00	9-10	50 FREE	33.40	24
25	28.80	11-12	50 FREE	29.10	26
27	27.10	13-14	50 FREE	25.60	28
27	26.20	15-18	50 FREE	23.60	28
29	2:19.50	10/U	200 FR REL	2:20.00	30
31	1:59.00	11-12	200 FR REL	2:02.50	32
33	---	13-14	200 FR REL	---	34
33	---	15-18	200 FR REL	---	34
35	37.90	8/U	50 FLY	39.60	36
37	37.90	9-10	50 FLY	39.60	38
39	31.90	11-12	50 FLY	33.00	40
41	2:32.60	13-14	200 FLY	2:28.90	42
41	2:26.00	15-18	200 FLY	2:19.80	42
43	1:25.90	10/U	100 BACK	1:29.40	44
45	1:12.80	11-12	100 BACK	1:16.40	46
47	1:07.70	13-14	100 BACK	1:06.60	48
47	1:04.90	15-18	100 BACK	59.30	48
49	6:00.00	11-12	500 FREE	6:18.70	50
51	11:31.10	13-14	1000 FREE	11:25.70	52
51	11:16.00	15-18	1000 FREE	10:55.20	52
Warmup 7:30am		Sunday, Mar 12, 2017		Meet Starts 9:00am	
53	5:41.80	13-14	500 FREE	5:38.90	54
53	5:29.90	15-18	500 FREE	5:10.90	54
55	44.20	8/U	50 BRST	46.20	56
57	44.20	9-10	50 BRST	46.20	58
59	38.40	11-12	50 BRST	39.30	60
61	2:46.80	13-14	200 BRST	2:43.40	62
61	2:43.00	15-18	200 BRST	2:32.80	62
63	1:28.20	10/U	100 FLY	1:36.90	64
65	1:11.50	11-12	100 FLY	1:15.90	66
67	1:06.40	13-14	100 FLY	1:05.40	68
67	1:03.70	15-18	100 FLY	57.60	68
69	38.90	8/U	50 BACK	40.20	70
71	38.90	9-10	50 BACK	40.20	72
73	33.80	11-12	50 BACK	34.90	74
75	2:27.10	13-14	200 BACK	2:24.50	76
75	2:22.20	15-18	200 BACK	2:11.00	76
77	2:41.10	10/U	200 MED REL	2:47.10	78
79	2:16.90	11-12	200 MED REL	2:21.00	80
81	---	13-14	200 MED REL	---	82
81	---	15-18	200 MED REL	---	82
83	3:00.90	10/U	200 IM	3:09.10	84
85	2:34.90	11-12	200 IM	2:39.00	86
87	2:25.40	13-14	200 IM	2:21.00	88
87	2:18.40	15-18	200 IM	2:06.00	88
89	1:13.10	10/U	100 FREE	1:13.90	90
91	1:02.10	11-12	100 FREE	1:03.20	92
93	58.60	13-14	100 FREE	56.30	94
93	56.30	15-18	100 FREE	51.40	94

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**SANCTION:** This meet is held under the sanction of USA Swimming and is issued by San Diego-Imperial Swimming, #SI-17-17. 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:** Mary Redmond. Telephone: (760) 716-7678, or email: [seanmary@aol.com](mailto:seanmary@aol.com).

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

**PARKING:** Palomar College policy for parking for visitors attending athletic events: You may park for free in Lot 14 on Mission Road, just east of the campus access road (Comet Circle). The pool is a short walk up Comet Circle. Day permit parking cost is \$5.00 for Lot 5, which is closer to the pool. Do not park in teacher/staff lots – violators will be ticketed.

**ELIGIBILITY:** Open only to SI North Division USAS swimmers who hold a valid 2017 USA Swimming Card issued no later than 2:30pm on Thursday, March 2, 2017. 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. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

- **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:** Swimmers may enter any number of events, but may only swim a maximum of 3 individual events per day, and a maximum of 6 individual events for the entire meet.
- **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.
- **Seeding.** All events will be seeded and swum fastest to slowest. All 13-14 age group and 15-18 age group events will be swum together but awarded separately.
- **Racing Starts.** Any swimmer 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- **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 the Saturday distance freestyle events must provide their own timers, and a person to count laps and a lap counting device if desired.

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**ENTRIES:** All individual entries must be submitted electronically using Hy-Tek Team Manager compatible software to [seanmary@aol.com](mailto:seanmary@aol.com). A paper copy of the meet entry report and the entry fee report must be mailed along with full payment of entry fees within 24 hours. Event files can be uploaded from [www.si-swimming.org](http://www.si-swimming.org). We will confirm by e-mail that we received your e-mailed entries. All relays will be deck-entered.

**ENTRY TIMES:** Submit Short Course times only. Times must be the best recorded times in the event from this or the previous swim season. These are MAXIMUM time standards. Times will be checked against the SWIMS database; swimmers with recorded times faster than the event maximum will be scratched from that event.

**WARM-UP:** Assigned warm-ups, an estimated timeline and team timing assignments will be posted at [www.si-swimming.org](http://www.si-swimming.org) the Wednesday before the meet.

### ENTRY FEES:

- Surcharge: \$7.00 per swimmer. Individual Entries: \$4.00 each. Relays: \$16.00 each. No refunds.
- Late entries, IF ACCEPTED, will be charged double, including surcharge. No late entries are permitted after the meet begins.
- Team entries must be paid with a single check.
- Make checks payable to: **INLAND COASTAL AQUATICS CLUB**

### DELIVERY:

- EMAIL: Must be received by Friday, March 3, 2017, to: [seanmary@aol.com](mailto:seanmary@aol.com) with paper copy & team check mailed within 24 hours.
- MAIL: Must be postmarked no later than Wednesday, March 1, 2017 to:  
Mary Redmond, 1335 Via del Oro, Fallbrook, CA 92028
- HAND DELIVERY: by 2:30 pm Friday, March 3, 2017 to:  
Mary Redmond, 1335 Via del Oro, Fallbrook, CA 92028

**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.