

PACIFIC SWIM – A/B ALL AGES LC MEET

MARCH 28-29, 2009



Girls						Boys			
	B min	A min	Age	Dist/Stroke		A min	B min		
Warmup 7:00am						Saturday, March 28, 2009			Meet Starts 9:00am
1	54.70	45.60	8/U	A/B	50 FREE	44.40	53.30	2	
3	41.90	38.40	9-10	A/B	50 FREE	38.10	41.50	4	
5	38.00	34.90	11-12	A/B	50 FREE	34.40	37.60	6	
7	36.40	33.30	13/Ov	A/B	50 FREE	30.20	33.00	8	
9	1:02.40	52.00	8/U	A/B	50 FLY	52.70	1:08.50	10	
11	47.20	43.20	9-10	A/B	50 FLY	43.10	47.00	12	
13	41.90	38.40	11-12	A/B	50 FLY	39.20	42.70	14	
15	3:17.40	3:00.90	13/Ov	A/B	200 FLY	2:53.10	3:08.90	16	
17	3:19.30	3:02.70	10/U	A/B	200 FREE	3:02.40	3:19.00	18	
19	2:57.70	2:42.90	11-12	A/B	200 FREE	2:43.60	2:58.40	20	
21	2:48.10	2:34.10	13/Ov	A/B	200 FREE	2:28.50	2:42.00	22	
23	2:02.40	1:52.20	10/U	A/B	100 BRST	1:52.90	2:03.10	24	
25	1:49.10	1:40.00	11-12	A/B	100 BRST	1:40.10	1:49.20	26	
27	1:42.50	1:33.90	13/Ov	A/B	100 BRST	1:29.20	1:37.30	28	
29	1:50.30	1:41.00	10/U	A/B	100 BACK	1:41.30	1:50.50	30	
31	1:37.60	1:29.40	11-12	A/B	100 BACK	1:30.70	1:39.00	32	
33	1:32.90	1:25.10	13/Ov	A/B	100 BACK	1:22.10	1:31.60	34	
35	6:55.10	6:20.40	13/Ov	A/B	400 IM	6:00.20	6:33.00	36	
Warmup 7:00am						Sunday, March 29, 2009			Meet Starts 9:00am
37	1:05.30	54.40	8/U	A/B	50 BRST	57.10	1:08.50	38	
39	56.00	51.40	9-10	A/B	50 BRST	51.40	56.00	40	
41	50.20	46.00	11-12	A/B	50 BRST	45.60	49.80	42	
43	3:43.00	3:24.40	13/Ov	A/B	200 BRST	3:15.20	3:33.00	44	
45	1:05.30	54.40	8/U	A/B	50 BACK	53.20	1:03.80	46	
47	50.60	46.40	9-10	A/B	50 BACK	46.30	50.50	48	
49	45.40	41.60	11-12	A/B	50 BACK	42.00	45.80	50	
51	3:19.60	3:02.80	13/Ov	A/B	200 BACK	2:53.30	3:09.20	52	
53	1:49.70	1:40.50	10/U	A/B	100 FLY	1:40.70	1:49.80	54	
55	1:35.30	1:27.30	11-12	A/B	100 FLY	1:28.10	1:36.10	56	
57	1:27.60	1:20.30	13/Ov	A/B	100 FLY	1:16.70	1:23.60	58	
59	4:52.80	4:04.90	8/U	A/B	200 IM	3:58.40	4:45.20	60	
61	3:49.30	3:30.20	9-10	A/B	200 IM	3:31.20	3:50.40	62	
63	3:25.00	3:07.90	11-12	A/B	200 IM	3:08.20	3:25.30	64	
65	3:13.40	2:57.30	13/Ov	A/B	200 IM	2:49.00	3:04.30	66	
67	1:32.00	1:24.40	10/U	A/B	100 FREE	1:23.90	1:31.60	68	
69	1:22.40	1:15.60	11-12	A/B	100 FREE	1:15.10	1:22.00	70	
71	1:18.50	1:11.90	13/Ov	A/B	100 FREE	1:07.90	1:14.00	72	
73	6:18.80	5:47.30	12/U	A/B	400 FREE*	5:46.60	6:18.10	74	
75	5:55.80	5:26.10	13/Ov	A/B	400 FREE*	5:15.60	5:44.30	76	

Notes:

- Events 73/75 and 74/76 will be combined seeded and swum fastest to slowest, alternating women and men. Swimmers in these events must provide their own timer.
- Three event per day limit.

PACIFIC SWIM – MARCH 28-29, 2009

A/B ALL AGES – LONG COURSE

SANCTION: This meet is sanctioned by USA and San Diego-Imperial Swimming #SI-09-13

POOL: Poway Community Swim Center Pool. The pool is 50-Meters. Snack bar available.

ELIGIBILITY: Open to USA swimmers who hold a valid 2009 USA Swimming Card issued no later than 2:30pm on Thursday, March 19, 2009.

RULES:

- Current USA swimming rules and SI Swimming procedures will govern all competition, and will take precedence over errors/omissions of this meet announcement.
- 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.

ENTRIES:

- SI Teams submit entries electronically via email or CD, using Hy-Tek Team Manager or Team Manager Lite, and a backup paper copy.
- Out of district entries may use their own consolidated cards, BUT must include a copy of their USA Swimming registration card.
- Send a self-addressed stamped postcard to verify entries. Verification will NOT be made by phone.
- NOTE: There is a 3 event per day limit.

ENTRY TIMES:

- Submit Long Course times for this long course meet. Times must be recorded times from this or the previous swim season.

WARM-UP: Assigned warm-ups, an estimated timeline and team timing assignments will be posted on www.psswim.com by Wed. March 25th.

ENTRY FEES:

- Surcharge: \$5.00 per swimmer. Individual Entries: \$3.00 each.
- Late entries, IF ACCEPTED, will be charged double, including surcharge.
- Make checks payable to: **PACIFIC SWIM**

DELIVERY:

- Mail: Must be postmarked no later than Wednesday, March 18, 2009.
Gary Scott/PS 14343 Silverset Street Poway, CA 92064
OR emailed to gary@psswim.sdcxmail.com with check mailed within 24 hours
- Hand delivery: by Thursday, March 19, 2009 to: SI Swimming Office, 1511 Morena Blvd, by 2:30pm.

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