

# Rancho San Dieguito

## All Ages ABC Meet North ★ October 16-17, 2010



Girls						Boys		
	B min	A min	Age	Dist/Stroke	A min	B min		
<b>Warmup 7:00am</b>						<b>Meet Starts 8:30am</b>		
<b>Saturday, Oct 16, 2010</b>								
1	48.60	40.50	8/U	A/B/C	50 FREE	39.40	47.30	2
3	37.00	33.90	9-10	A/B/C	50 FREE	34.10	37.20	4
5	33.50	30.70	11-12	A/B/C	50 FREE	30.80	33.60	6
7	2:01.40	1:41.20	8/U	A/B/C	100 IM	1:38.50	1:58.20	8
9	1:34.40	1:26.60	9-10	A/B/C	100 IM	1:26.90	1:34.80	10
11	1:24.70	1:17.70	11-12	A/B/C	100 IM	1:17.70	1:24.70	12
13	57.80	48.10	8/U	A/B/C	50 BACK	46.80	56.30	14
13	44.30	40.50	9-10	A/B/C	50 BACK	40.40	44.20	16
17	39.60	36.20	11-12	A/B/C	50 BACK	36.60	40.00	18
19	1:02.80	52.30	8/U	A/B/C	50 BRST	51.00	1:01.20	20
21	49.80	45.60	9-10	A/B/C	50 BRST	45.60	49.80	22
23	44.50	40.80	11-12	A/B/C	50 BRST	41.00	44.80	24
25	55.60	46.30	8/U	A/B/C	50 FLY	47.00	56.40	26
27	41.80	38.30	9-10	A/B/C	50 FLY	38.20	41.60	28
29	37.40	34.30	11-12	A/B/C	50 FLY	34.50	37.70	30
31	2:56.80	2:42.00	10/U	A/B/C	200 FREE	2:41.80	2:56.50	32
33	2:37.20	2:24.10	11-12	A/B/C	200 FREE	2:24.60	2:37.80	34
35	-	-	10/U		200 MED RELAY	-	-	36
37	-	-	11-12		200 MED RELAY	-	-	38
AFTERNOON SESSION								
39	-	-	13-Ov		400 MED RELAY	-	-	40
41	2:28.40	2:16.10	13-14	A/B/C	200 FREE	2:10.90	2:22.80	42
43	2:28.80	2:16.40	15-Ov	A/B/C	200 FREE	2:04.80	2:16.20	44
45	2:55.10	2:40.50	13-14	A/B/C	200 FLY	2:33.30	2:47.30	46
47	2:50.90	2:36.60	15-Ov	A/B/C	200 FLY	2:21.60	2:34.40	48
49	3:18.20	3:01.70	13-14	A/B/C	200 BRST	2:50.80	3:06.40	50
51	3:17.30	3:00.80	15-Ov	A/B/C	200 BRST	2:43.00	2:57.80	52
53	1:21.00	1:14.10	13-14	A/B/C	100 BACK	1:11.30	1:18.00	54
55	1:21.50	1:14.50	15-Ov	A/B/C	100 BACK	1:08.20	1:14.50	56
57	31.90	29.30	13-14	A/B/C	50 FREE	27.50	30.00	58
59	31.90	29.30	15-Ov	A/B/C	50 FREE	26.50	28.90	60
61	6:07.30	5:36.60	13-14	A/B/C	400 IM	5:18.20	5:47.30	62
63	5:51.50	5:22.00	15-Ov	A/B/C	400 IM	5:01.20	5:28.80	64
<b>Warmup 7:00am</b>						<b>Meet Starts 8:30am</b>		
<b>Sunday, Oct 17, 2010</b>								
65	6:59.50	6:24.60	12/U	A/B/C	500 FREE	6:29.80	7:05.30	66
67	1:23.00	1:16.10	11-12	A/B/C	100 FLY	1:18.20	1:25.30	68
69	1:37.40	1:29.30	10/U	A/B/C	100 FLY	1:29.40	1:37.60	70
71	1:12.70	1:06.70	11-12	A/B/C	100 FREE	1:06.20	1:12.20	72
73	1:21.50	1:14.70	10/U	A/B/C	100 FREE	1:14.30	1:21.00	74
75	1:37.00	1:28.90	11-12	A/B/C	100 BRST	1:29.00	1:37.10	76
77	1:49.10	1:40.00	10/O	A/B/C	100 BRST	1:40.50	1:49.70	78
79	1:25.20	1:17.90	11-12	A/B/C	100 BACK	1:20.50	1:28.00	80
81	1:36.80	1:28.60	10/U	A/B/C	100 BACK	1:28.70	1:37.00	82
83	3:01.30	2:46.20	11-12	A/B/C	200 IM	2:46.50	3:01.70	84
85	3:23.50	3:06.50	10/U	A/B/C	200 IM	3:07.40	3:24.50	86
87	-	-	11-12		200 FREE RELAY	-	-	88
89	-	-	10/U		200 FREE RELAY	-	-	90
AFTERNOON SESSION								
91	-	-	13-Ov		400 FREE RELAY	-	-	92
93	1:17.50	1:11.10	15-Ov	A/B/C	100 FLY	1:05.10	1:11.00	94
95	1:17.40	1:11.00	13-14	A/B/C	100 FLY	1:07.70	1:13.80	96
97	1:08.50	1:02.80	15-Ov	A/B/C	100 FREE	57.40	1:02.60	98
99	1:09.10	1:03.40	13-14	A/B/C	100 FREE	59.60	1:05.00	100
101	2:48.10	2:33.80	15-Ov	A/B/C	200 BACK	2:23.90	2:37.30	102
103	2:54.50	2:39.60	13-14	A/B/C	200 BACK	2:31.00	2:45.10	104
105	1:31.60	1:23.90	15-Ov	A/B/C	100 BRST	1:15.80	1:22.70	106
107	1:31.00	1:23.40	13-14	A/B/C	100 BRST	1:19.10	1:26.30	108
109	2:52.10	2:37.70	15-Ov	A/B/C	200 IM	2:21.70	2:34.70	110
111	2:50.90	2:36.60	13-14	A/B/C	200 IM	2:29.00	2:42.60	112
113	6:29.90	5:57.40	15-Ov	A/B/C	500 FREE	5:34.80	6:05.30	114
115	6:32.30	5:59.60	13-14	A/B/C	500 FREE	5:48.60	6:20.30	116

4 EVENTS PER DAY LIMIT

# Rancho San Dieguito

## All Ages ABC Meet North ★ October 16-17, 2010

**SANCTION:** This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-10-32.

**POOL:** Doug & Marianne Pardee Aquatics Center at the Boys & Girls Club of San Dieguito, 533 Lomas Santa Fe Dr., Solana Beach, CA 92075. Competition pool is 10 lanes by 25 yards. The minimum water depth, measured in accordance with Article 103.2.3, is 9 feet, 0 inches at the start end and 9 feet, 0 inches at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

Additional 6 lane 25 yard shallow pool is available for warm-up & cool-down throughout the meet - absolutely NO DIVING in the warm-up pool! Snack bar will be available. Canopies will be allowed on deck only on the Southwest side of the pool. Our indoor basketball gym is available for team areas, with no canopies allowed inside. DIRECTIONS: From I-5 exit @ Lomas Santa Fe Dr. West past STEVENS to the Boys & Girls Club driveway located on the left (South) side.

**SPECIAL PARKING INSTRUCTIONS:** The facility has 128 parking spots; when they fill, we encourage loading/unloading and the use of the overflow parking. We have secured overflow parking at the Earl Warren Middle school adjacent to the pool on Stevens, two (2) lots are available. 1<sup>st</sup> lot staff: staff parking lot on STEVENS (dirt lot). 2<sup>nd</sup> lot at SAN RODOLFO entrance.

No parking along or down the private drive directly East of the pool. All cars will be towed on the private drive.

No parking in the office park directly West of the pool (505 Lomas Santa Fe). Cars will be towed.

No parking in the office park directly North of the pool (530 Lomas Santa Fe). Cars will be towed.

**ELIGIBILITY:** Open to SI North Division teams and Out-of-District USA swimmers who hold a valid 2010 USA Swimming Card issued no later than 2:30pm on Thursday, October 7, 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 the Hy-Tek Team Manager system, and emailed to [br60mail-rsd@yahoo.com](mailto:br60mail-rsd@yahoo.com) with a paper copy and payment mailed separately. 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.

### 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: **BGCSDTO**

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

**DELIVERY:**

- EMAIL: Must be received by Thursday, October 7, 2010, to: [br60mail-rsd@yahoo.com](mailto:br60mail-rsd@yahoo.com), with paper copy & checks mailed within 24 hrs.
- MAIL: Must be postmarked no later than Wednesday, October 6, 2010 to:  
Brian Robinson 840 Valley Ave. Solana Beach, CA 92075 tel. 6-10 pm 858-259-5972
- HAND DELIVERY: by 2:30pm Thursday, October 7, 2010 to the SI Swimming office:  
1511 Morena Blvd, San Diego CA 92110

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