

**Coronado-Navy Swimming
Islander Senior Invite (LCM)
March 23-24, 2013**



Meet Director: Alina de Armas. Tel: (805) 444-0317.
Submit entries to: AlinadeA@aol.com

SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-13-14. 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.

Facility: Brian Bent Memorial Aquatics Complex – 818 Sixth St. Coronado, CA. 92118. 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.

Eligibility: All events will be swum OPEN. Competition is open to Coronado-Navy Swim Association members, Out-of-District USA Swimming Members who hold current 2013 USA Swimming cards, and approved foreign athletes.

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. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

- **Check---in.** Swimmers must check in with the Clerk of Course for each event they wish to swim. Scratches are permitted without refunds. After an event is closed, a swimmer may not check in or scratch. **Seeding.** All events will be seeded and swum slowest to fastest.
- **Racing Starts.** 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.

Entry Fees: Surcharge: \$5.00 per swimmer. \$5.00 per event. Entries due Tuesday March 19th, **late entries will be accepted**.

Additional info: Contact CNSA Coach Kevin Blum (818) 201-5908

-----Saturday, March 23rd. Warm-up 12:00pm. Meet starts 1:30pm-----

Men	LCM	SCY		LCM	SCY	Women
1	2:42.00	2:22.80	200 Free	2:48.10	2:28.40	2
3	1:31.60	1:18.00	100 Back	1:32.90	1:21.00	4
5	3:33.00	3:06.40	200 Breast	3:43.00	3:18.20	6
7	1:23.60	1:13.80	100 Fly	1:27.60	1:17.40	8
9	3:04.30	2:42.60	200 IM	3:13.40	2:50.90	10
11	33.00	30.00	50 Free	36.40	31.90	12
13	5:44.30	6:20.30	400 Free	5:55.80	6:32.30	14

-----Sunday, March 24th. Warm-up 8:30am. Meet starts 10:00am-----

Men	LCM	SCY		LCM	SCY	Women
15	6:33.00	5:47.30	400 IM	6:55.10	6:07.30	16
17	1:14.00	1:05.00	100 Free	1:18.50	1:09.10	18
19	3:08.90	2:47.30	200 Fly	3:17.40	2:55.10	20
21	1:37.30	1:26.30	100 Breast	1:42.50	1:31.00	22
23	3:09.20	2:45.10	200 Back	3:19.60	2:54.50	24
25	12:01.30	13:30.70	800 Free	12:31.70	13:45.80	26

Hotels on the Island (within roughly one mile of the pool)

El Cordova Hotel	619 435-4131
Glorietta Bay Inn	619 435-3101
Coronado Beach Resort	619 522-6000
La Avenida Inn	619 435-3191
Marriot Coronado Island	619 435-3000
Coronado Inn	619 435-4121
Crown City Inn Coronado	619 435-3116
Coronado Island Inn	619 598-6624

***There are dozens of hotels located in downtown San Diego and San Diego's Gaslamp District which are all within a ten minute drive of the pool.**