

2010 North American Challenge Cup

- Host Pacific Swimming USA-S Sanction **10-075**
- Participants Mexican Swimming Federation, Pacific Swimming, Pacific Northwest Swimming, Swimming Canada & Southern California Swimming
- Dates: August 5-7, 2010
Heats: warm-up 7:30am-9:00am, start: 9:00am
Finals: warm-up 3:30pm-5:00pm, start: 5:00pm
- Location: Santa Clara International Swim Center
50 meter 9 lane competition pool with 2 separate 25 yard warm-up poolstraining pool
Colorado Timing
- Rules: The competition will be conducted under FINA technical rules. Only FINA approved suits are permitted.
- Eligibility: All swimmers must be registered with the Mexican Swimming Federation, Swimming Canada or USA Swimming.
Swimmers will swim in their appropriate competitive age bracket by virtue of their age as of the first day of the meet.
- Entry Limits: Each delegation may enter **up to four** swimmers in the heats of each event.
Each delegation will advance at least one (1) but no more two (2) swimmers per event to the final. An individual swimmer is limited to competing in six (6) individual events plus relays.
- Competition: For preliminary events all ages will be combined and seeded by gender. Finals are single heat by gender, by age (11-12, 13-14, 15-16, 17-18)
The 800 freestyle for women and 1500 freestyle for men will be timed finals seeded ages combined with the eight (8) fastest entered swimmers competing in the Saturday final session. All other heats will be swum at end of preliminary session, fastest to slowest, alternating 800/1500.
- Relays: Each delegation may enter two (2) relays per event; **one in 800 free relay**.
If a relay event has more than eight (8) entries, the "A" relays will compete at the end of finals; the "B" relays at the end of preliminary session.
- Scoring: The meet will be scored 9-7-6-5-4-3-2-1, relays double.
- Awards: Distinctive NACC medals will be presented 1st-3rd in each event.
The "North American Challenge Cup" will be presented to the winning team.
- Entries: Entries will be due **Aug 3, 2010** Submission by Hy-tek .cl2 file to **entries@fastlanetek.com**
This meet is a "dual meet;" line up changes may be made up to the start of the preliminary heats of an event.
- Social: Saturday night at the conclusion of the final session, there will be a swimmer social Barbecue and dance in the park by the pool.