



Pacific Northwest Swimming
 Age Group Invitational – Division 1 -- Sanction #1002-AGD01
 Kamiak High School Pool
 Mukilteo, Washington
 Hosted by West Coast Aquatics

Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	SESSION 7
Dates	Friday, February 26, 2010	Saturday, February 27, 2010	Saturday, February 27, 2010	Saturday, February 27, 2010	Sunday, February 28, 2010	Sunday, February 28, 2010	Sunday, February 28, 2010
Coaches' Meeting	As needed	7:45 AM	as needed	as needed	as needed	as needed	as needed
Officials' Meetings	4:15 Pm	8:30 AM	45 minutes before start of competition	45 minutes before start of competition	8:30 AM	45 minutes before start of competition	45 minutes before start of competition
Warm-ups	4:00 PM	8:00 AM	Immediately following conclusion of Session 2	Immediately following conclusion of Session 3	8:00 AM	Immediately following conclusion of Session 5	Immediately following conclusion of Session 6
Timed Finals	5:00 PM	9:00 AM	One hour after start of warm-ups	One hour after start of warmups	9:00 AM	One hour after start of warm-ups	One hour after start of warmups
Positive Check-in Deadline	4:30 PM						

MEET DIRECTOR:

Pam Williamson
 • pamwilliamson.pmw@verizon.net
 • 425-487-0875

MEET REFEREE:

Peter Keane
 • pkeane@wwdb.org
 • 425-745-8926

LOCATION AND DIRECTIONS

Kamiak High School Pool
 10801 Harbour Pointe Blvd.
 Mukilteo, Washington

Directions: From the south: Take I-5 north to exit #182. Follow signs to SR 525 and Mukilteo. Head north on SR 525 (Mukilteo Speedway) for about 5 1/2 miles to the second Harbour Pointe Blvd. Turn left. Go past the fire station and Harbour Pointe Middle School. The high school will be on your left after the curve.

From the east: Go north on I-405 until it ends. Follow SR 525 and the above directions.

From the north: Take I-5 to Highway 525 (Boeing/Mukilteo Freeway). Follow all the way to the end. At the "T" turn left onto SR 525 (Mukilteo Speedway). Take the first right onto Harbour Pointe Blvd. Go past the fire station and Harbour Pointe Middle School. The high school will be on your left after the curve.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 5.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool in the shallow end
- 400 spectator seats

- Daktronic electronic timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- **Vendors:** NW Swim Shop
- **Heat Sheets:** \$7.00
- **Results** on PNS web site
- **Concessions:** Fantastic concessions available
- **Hospitality** for coaches and officials only
- **Parking** adjacent to pool

TEAMS:

- West Coast Aquatics
- Bainbridge Island Swim Club
- Bellevue Club Swim Team
- Bellevue Eastside YMCA Swim Team
- Bellingham Bay Swim Team
- Cascade Swim Club
- Chinook Aquatic Club
- Gold's Aquatics Club
- Mighty Marlins Swim Club
- North Whidbey Aquatic Club
- South Snohomish County Dolphins
- Steelhead Swim Team
- StingRay Swimming
- Storm Aquatics
- Thunderbird Aquatic Club
- TigerSharks Swimming
- Wave Aquatics

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.



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- Age groups are based on the age of the swimmer as of the first day of the meet.
- Age groups for competition will be 10&under, 11-12, 13-14, and 15&over. See Order of Events.
- Swimmers must have achieved the PNS "Gold" time standard for their current age in USA Swimming sanctioned, approved or observed competition in order to enter an event.
- The PNS 10&U "Gold" time standards apply to 8&U swimmers. A PNS 8&U "Gold" time may not be used to qualify for this meet.
- All qualifying times must have been achieved between March 11, 2009, and the meet entry deadline.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of six (6) individual events for the weekend, subject to the following limitations: Swimmers ages 10&U or 15&O may not enter more than four (4) individual events per day, and swimmers age 11-14 may not enter more than three (3) individual events per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- On-deck USA Swimming registration will not be permitted.
- Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards or team points. Deck entry fees must be paid prior to the swim.
- Deck entered swimmers who are not already in the meet are required to show proof of USA Swimming athlete registration through PNS and complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

ENTRY FEES:

- Surcharge: \$5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$3.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** Ribbons 1st thru 6th. Scoring: 7-5-4-3-2-1

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.

SPECIAL RULES FOR DISTANCE EVENTS: The 500 freestyle and 400 IM events will be deck-seeded, with all heats being swum fastest to slowest, combined girls and boys. Positive check-in prior to the check-in deadline is required for seeding.

- Coaches are asked not to check in any swimmer not present. Late arrivals may be accommodated in empty lanes at the Meet Referee's discretion.
- Swimmers must provide their own timer and counter (if desired) for these events; lanes with no timers go unprotected.

SPECIAL RULES FOR 11-12 AND 13-14 EVENTS: There will be two heats of finals for all 11&O prelims/finals events. See Order of Events for more information.

Scratch information:

Prelims: No check-in required. No penalty for failure to show.

- **Finals:** These are preliminary/finals sessions, with two heats of each event in finals. Swimmers whose names are announced as qualifying for the finals or consolation heat of any prelims/finals event who fail to show will be barred from competing in the next individual event in which they are entered unless properly scratched. Once event results are announced, finalists and consolation finalists have 30 minutes to declare their intention to scratch. Swimmers declaring an intention to scratch will have until 30 minutes after the completion of their last preliminary event of the session to finalize their intention to scratch. There is no penalty for scratches during this time.
- Athletes who are seeded into an event as a result of other athletes scratching will not themselves be penalized for a failure to properly scratch. Reseeding to include scratches made after the scratch deadline may occur at the discretion of the Meet Referee.

SPECIAL RULES FOR 10&U AND 15&O EVENTS: These events are pre-seeded timed finals events, swum slowest to fastest. No check-in is required. No penalty for failure to show.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
 - Lanes 1 & 6—pace lanes, no diving
 - Lanes 2 & 5—sprint lanes, dive starts, return in lanes 3 & 4
 - Lanes 3 & 4—general warm-up, no diving
 - Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closed promptly five (5) minutes prior to the start of competition.
- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

SAFETY:

- No diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool.
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation; no diving over persons in the water.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.
- Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
- Swimmers who participate without their USA Swimming certified coach present must notify the Meet Referee prior to warm-up. The swimmer will be assigned to a coach.

OTHER NOTES:

- In granting this sanction it is understood and agreed that PNS and 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.



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- Only authorized volunteers and working personnel can be on deck. All others must remain in the designated spectator area and are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet.
- In order to be on deck and serve in their official capacity, all coaches, officials and any other person required by sanction to be members of USA Swimming shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming.
- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of any points accumulated toward team standings by the individual.
- Team Areas: Please keep your area clean, and pick up all trash before leaving each session.

- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to:
Deborah Keane
14910 66th Ave. W.
Edmonds, WA 98026
- Email entries to: *golfandswim@comcast.net*
- Meet Entry Contact/Questions: 425-745-8926

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, February 17, 2010:

1. **COMMLINK** file exported from Team Manager, if used.
2. **Meet Entry Reports** for individual (sorted by swimmer) events from Team Manager—preferred—or equivalent hardcopy.
3. **Meet Entry Fee Report** from Team Manager—preferred—or equivalent hardcopy.
4. **Master Entry Summary Form**—Completed and hand-signed hardcopy only (original or faxed); typed signatures will not be accepted
5. **Meet Entry Fees**—one check payable to **West Coast Aquatics**.

Submittal Formats:

- **Electronic files:** email attachments—preferred—or disk. If emailing the COMMLINK file, include items #2 and #3 above in Word for Windows format in your email. Items #4 and #5 must still be received by the entry deadline.
- **Hardcopies:** mail, hand-deliver, or fax. If sending via express mail, waive signature requirement.
- **Disk:** CD or DVD, which should be mailed or delivered in a protective envelope
- To ensure correct entries, teams that do not have Team Manager or equivalent software can use Hy-Tek Lite to complete and submit entries for this meet. It is available at <http://www.hy-tek.com/downloads/html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Meet Entry Report or equivalent hardcopy must include full name of club, and, for each swimmer, first and last names, actual age as of the first day of the meet, gender, USA Swimming permanent 14-character identification number, events entered, and entry time for each.
- Identify each entry time as SCY, SCM, or LCM. Unidentified times will be assumed to be SCY times.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).

2010 FEBRUARY AGE GROUP INVITATIONAL					
SESSION 1 (FRIDAY P.M.)					
1	400 IM	Mixed Open		2	500 Free Mixed Open
SESSION 2 (PRELIMS) SAT A.M.			SESSION 5 (PRELIMS) SUN A.M.		
Event #	Event	Age Group	Event #	Event	Age Group
3,4	50 Breast	11-12	45,46	50 Back	11-12
5,6	200 Free	11-12	47,48	200 IM	11-12
7, 8	200 Free	13-14	49,50	200 IM	13-14
9,10	100 Back	11-12	51,52	100 Fly	11-12
11,12	100 Back	13-14	53,54	100 Fly	13-14
13,14	200 Fly	11-12	55,56	200 Back	11-12
15,16	200 Fly	13-14	57,58	200 Back	13-14
17,18	100 Breast	11-12	59,60	100 Free	11-12
19, 20	100 Breast	13-14	61,62	100 Free	13-14
21,22	50 Free	11-12	63,64	200 Breast	11-12
23,24	50 Free	13-14	65,66	200 Breast	13-14
			67,68	50 Fly	11-12
SESSION 3-TIMED FINALS			SESSION 6 - TIMED FINALS		
25,26	200 Free	10U	69,70	200 IM	10U
27,28	200 Free	15-Over	71,72	200 IM	15-Over
29,30	100 Back	10U	73,74	100 Fly	10U
31,32	100 Back	15-Over	75,76	100 Fly	15-Over
33,34	50 Fly	10U	77,78	50 Back	10U
35,36	200 Fly	15-Over	79,80	200 Back	15-Over
37,38	100 Breast	10U	81,82	100 Free	10U
39,40	100 Breast	15-Over	83,84	100 Free	15-Over
41,42	50 Free	10U	85,86	50 Breast	10U
43,44	50 Free	15-Over	87,88	200 Breast	15-Over
SESSION 4 (TOP 12 FINALS) SAT P.M.			SESSION 7 (TOP 12 FINALS) SUN P.M.		
Event #	Event	Age Group	Event #	Event	Age Group
3,4	50 Breast	11-12	45,46	50 Back	11-12
5,6	200 Free	11-12	47,48	200 IM	11-12
7, 8	200 Free	13-14	49,50	200 IM	13-14
9,10	100 Back	11-12	51,52	100 Fly	11-12
11,12	100 Back	13-14	53,54	100 Fly	13-14
13,14	200 Fly	11-12	55,56	200 Back	11-12
15,16	200 Fly	13-14	57,58	200 Back	13-14
17,18	100 Breast	11-12	59,60	100 Free	11-12
19, 20	100 Breast	13-14	61,62	100 Free	13-14
21,22	50 Free	11-12	63,64	200 Breast	11-12
23,24	50 Free	13-14	65,66	200 Breast	13-14
			67,68	50 Fly	11-12

Swimmers must have achieved PNS Gold time to enter an event.

11-14 swimmers may enter up to 6 events for the weekend with max of 3 per day.

10&U and 15&O swimmers may enter up to 6 events for the weekend with max of 4 per day.



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MASTER ENTRY SUMMARY

Please complete this form and send with your entries (disk or hard copy). Failure to submit this form will delay your entry processing and may result in your entries being rejected.

TEAM NAME:			
TEAM CODE:		LSC CODE:	
COACH:		HOME PHONE:	
EMAIL ADDRESS:		OFFICE PHONE:	
TEAM MAIL ADDRESS:		CELL PHONE:	
CITY, STATE, ZIP:		POOL PHONE:	
ENTRY INFORMATION PREPARED BY:		PHONE:	

MEET ENTRY FEES ENCLOSED:

SURCHARGE:		X \$5.00	\$
INDIVIDUAL EVENTS:		X \$3.00	\$
		TOTAL:	\$

Make one check payable to **West Coast Aquatics**.

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc.

 Signature of Coach or Team Representative

 Date

 Phone Number

Important Note: Upon processing of the pre-meet exception report, PNS will register as a full-year USA Swimming athlete member any swimmer not then registered. PNS shall require the club or responsible party to pay an amount equal to the current full-year USA Swimming athlete registration fee, including the PNS surcharge, plus a \$15.00 fine for each athlete who is registered from the pre-meet exception report. The fines are due prior to the entry deadline of the next meet entered by the team being fined or within 15 business days after the receipt of the fine statement, whichever occurs first. See PNS AD 97-08 for additional information.