



Pacific Northwest Swimming  
 WAVE Aquatics Pyramid Pentathlon -- Sanction #1004-SP02  
 Juanita Aquatic Center - Kirkland, Washington  
 Hosted by WAVE Aquatics

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



SCHEDULES	SESSION 1	SESSION 2	SESSION 3
Dates	Saturday, April 24, 2010	Saturday, April 24, 2010	Saturday, April 24, 2010
Coaches' Meeting	7:45 AM Coaches' packet at Clerk of Course.	as needed	as needed
Officials' Meetings	30 minutes before start of competition	25 minutes before start of competition	25 minutes before start of competition
Timers' Meetings	20 minutes before start of competition	20 minutes before start of competition	20 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1	Immediately following conclusion of Session 2
Timed Finals	9:00 AM	45 minutes after start of warm-ups	1 hour after start of warm-ups

**MEET DIRECTOR:**

- Linda Chapman  
 • wavemeetdirector@gmail.com  
 • (425) 885-7218

**MEET REFEREE:**

- Dick Chapman  
 • richard.m.chapman@boeing.com  
 • (425) 891-7931 (c)

**LOCATION AND DIRECTIONS**

Juanita High School  
 10601 NE 132nd Street  
 Kirkland, Washington

**Directions:** From the **South**, take I-405 to exit 20B. At exit 20B, take ramp right and follow signs for Totem Lake Blvd. Turn left onto Totem Lake Blvd NE and continue until reaching NE 132<sup>nd</sup> St. From the **North**, take I-405 to exit 20. Turn right onto NE 124<sup>th</sup> and then an immediate right onto 116<sup>th</sup> Ave NE and continue until reaching NE 132<sup>nd</sup> St. From **either direction**, turn left onto NE 132<sup>nd</sup> Street. Turn left at the traffic light into Juanita High School. At the traffic circle, turn right at the first parking lot entrance - the pool is down the stairs leading from right side parking lot to school.

**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
- 200 spectator seats
- Electronic timing system
- Scoreboard: six-lane readout

**ONSITE AMENITIES**

- **Clothing Vendor:** Fine Designs
- **Heat Sheets:** \$3.00
- **Results** on PNS web site
- **Concessions:** Yes
- **Hospitality** for coaches and officials only
- **Parking:** ample parking in high school lot

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Age groups for competition will be 7&under, 8, 9, 10, 11, 12, 13, 14, and 15&over. See Order of Events.

**ENTRY INFORMATION:**

- Each swimmer may enter up to a maximum of five (5) individual events. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Complete whole team entries will be processed in order received until meet ending time reaches 6:30pm - 7pm
- Sessions 1 & 2 are subject to the 4-hour rule
- If the timeline allows, partial team entries, into unfilled sessions only, will be allowed if entering team agrees in writing. Teams subject to partial entry, if any, will be contacted by the meet director.
- On-deck USA Swimming registration will not be permitted.
- Deck entries will be permitted if room available. 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-6th places
- **Pentathlon Awards:** WAVE Pyramid Trophies 1st - 6th for each age group and gender. The winners of the Pentathlon awards will be the



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swimmers with the least amount of accumulated time for the five events. For swimmers who are disqualified, 2.5 seconds will be added to their total time for each 25 yard length of that event. The swimmers will still be eligible for Pentathlon awards.

#### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- To be eligible for Pentathlon awards, a swimmer must compete in all five events for his/her age group/gender.
- **25 yard events:** All 25 yard events will be staged from the bleachers adjacent to the warm-up pool. 25 yard events will start from the bulkhead and end at the touchpads.

#### 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.
- 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, meet directors 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.

#### ENTRY SUBMITTAL INFORMATION:

**Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, April 14, 2010:**

1. **COMMLINK file** exported from Team Manager, if used.
2. **Meet Entry Reports** for individual (sorted by swimmer) and relay (sorted by event) 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 WAVE 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 ltd.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.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to:  
Linda Chapman  
17532 NE 142nd Street  
Redmond, WA 98052
- Email entries to: [chapman\\_family@comcast.net](mailto:chapman_family@comcast.net)
- Meet Entry Contact/Questions: Linda Chapman (425) 885-7218



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## WAVE PYRAMID PENTATHLON - April 24, 2010

### Order of Events

SESSION #1		SESSION #2		SESSION #3	
SATURDAY MORNING		SATURDAY MID-DAY		SATURDAY AFTERNOON	
1	Girls 10 y.o. 50 Free	26	Girls 7 & Under 25 Free	61	Girls 13 y.o. 100 Free
2	Girls 11 y.o. 50 Free	27	Boys 7 & Under 25 Free	62	Boys 13 y.o. 100 Free
3	Boys 11 y.o. 50 Free	28	Girls 8 y.o. 25 Free	63	Girls 14 y.o. 100 Free
4	Girls 12 y.o. 50 Free	29	Boys 8 y.o. 25 Free	64	Boys 14 y.o. 100 Free
5	Boys 12 y.o. 50 Free	30	Girls 9 y.o. 50 Free	65	Girls 15 & Over 100 Free
6	Girls 10 y.o. 50 Back	31	Boys 9 y.o. 50 Free	66	Boys 15 & Over 100 Free
7	Girls 11 y.o. 50 Back	32	Boys 10 y.o. 50 Free	67	Girls 13 y.o. 100 Back
8	Boys 11 y.o. 50 Back	33	Girls 7 & Under 25 Back	68	Boys 13 y.o. 100 Back
9	Girls 12 y.o. 50 Back	34	Boys 7 & Under 25 Back	69	Girls 14 y.o. 100 Back
10	Boys 12 y.o. 50 Back	35	Girls 8 y.o. 25 Back	70	Boys 14 y.o. 100 Back
11	Girls 10 y.o. 50 Breast	36	Boys 8 y.o. 25 Back	71	Girls 15 & Over 100 Back
12	Girls 11 y.o. 50 Breast	37	Girls 9 y.o. 50 Back	72	Boys 15 & Over 100 Back
13	Boys 11 y.o. 50 Breast	38	Boys 9 y.o. 50 Back	73	Girls 13 y.o. 100 Breast
14	Girls 12 y.o. 50 Breast	39	Boys 10 y.o. 50 Back	74	Boys 13 y.o. 100 Breast
15	Boys 12 y.o. 50 Breast	40	Girls 7 & Under 25 Breast	75	Girls 14 y.o. 100 Breast
16	Girls 10 y.o. 50 Fly	41	Boys 7 & Under 25 Breast	76	Boys 14 y.o. 100 Breast
17	Girls 11 y.o. 50 Fly	42	Girls 8 y.o. 25 Breast	77	Girls 15 & Over 100 Breast
18	Boys 11 y.o. 50 Fly	43	Boys 8 y.o. 25 Breast	78	Boys 15 & Over 100 Breast
19	Girls 12 y.o. 50 Fly	44	Girls 9 y.o. 50 Breast	79	Girls 13 y.o. 100 Fly
20	Boys 12 y.o. 50 Fly	45	Boys 9 y.o. 50 Breast	80	Boys 13 y.o. 100 Fly
21	Girls 10 y.o. 100 IM	46	Boys 10 y.o. 50 Breast	81	Girls 14 y.o. 100 Fly
22	Girls 11 y.o. 100 IM	47	Girls 7 & Under 25 Fly	82	Boys 14 y.o. 100 Fly
23	Boys 11 y.o. 100 IM	48	Boys 7 & Under 25 Fly	83	Girls 15 & Over 100 Fly
24	Girls 12 y.o. 100 IM	49	Girls 8 y.o. 25 Fly	84	Boys 15 & Over 100 Fly
25	Boys 12 y.o. 100 IM	50	Boys 8 y.o. 25 Fly	85	Girls 13 y.o. 100 IM
		51	Girls 9 y.o. 50 Fly	86	Boys 13 y.o. 100 IM
		52	Boys 9 y.o. 50 Fly	87	Girls 14 y.o. 100 IM
		53	Boys 10 y.o. 50 Fly	88	Boys 14 y.o. 100 IM
		54	Girls 7 & Under 50 Free	89	Girls 15 & Over 100 IM
		55	Boys 7 & Under 50 Free	90	Boys 15 & Over 100 IM
		56	Girls 8 y.o. 100 IM		
		57	Boys 8 y.o. 100 IM		
		58	Girls 9 y.o. 100 IM		
		59	Boys 9 y.o. 100 IM		
		60	Boys 10 y.o. 100 IM		



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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.

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

**MEET ENTRY FEES ENCLOSED:**

<b>SURCHARGE:</b>		<b>X \$5.00</b>	<b>\$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$3.00</b>	<b>\$</b>
		<b>TOTAL:</b>	<b>\$</b>

Make one check payable to **WAVE 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.