



Pacific Northwest Swimming  
 Grand Poobah Invitational -- Sanction #1008-SP01  
 Juanita Aquatic Center - Kirkland, Washington  
 Hosted by WAVE Aquatics



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

SCHEDULES	SUNDAY, AUGUST 8, 2010
Coaches' Meeting	11:45 AM -- Coaches' packet at Clerk of Course.
Officials' Meetings	30 minutes before start of competition
Timers' Meetings	20 minutes before start of competition
Warm-ups	12:00 PM
Timed Finals	1:00 PM
Positive Check-in	TBA

**MEET DIRECTOR:**

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

**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 132nd St.

From the **North**, take I-405 to exit 20. Turn right onto NE 124th and then an immediate right onto 116th Ave NE and continue until reaching NE 132nd St.

From **either direction**, turn left onto NE 132nd 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**

- Heat Sheets: \$3.00
- Results on PNS web site
- Concessions: None -- bring your own snacks
- Hospitality for coaches and officials only
- Parking: ample parking in high school lots

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming through one of the invited teams.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Age groups for competition will be 8&U, 9-10, 11-12, 13-14 and 15&over. See Meet Rules and Order of Events.
- Priority entry will be given to the host and to invited teams but an invitation does not guarantee entry due to the four-hour rule. Teams wishing an invitation should contact Erin Dunn, erinadunn@gmail.com.

**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 the estimated time-line reaches the four-hour limit. If necessary for the timeline, swimmers will be scratched down to (four) 4 events and entry fees for timeline-related scratches will be refunded to the entering teams. Coaches of all invited teams will be notified should that become necessary. The fifth priority event for any swimmer entered in more than four individual events should be clearly marked on all entries and entry reports.
- The 500 Free may be limited to the top 12 or 18 swimmers of each gender who check in if necessary to meet the timeline. See Meet Rules for more information.
- On-deck USA Swimming registration will not be permitted.
- On-deck transfer to one of the invited teams 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 either the host team or one of the invited teams 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



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- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

#### AWARDS AND SCORING

- None

#### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All events will be swum mixed boys and girls, but results will be posted by age groups.
- All 25 yd events will start from the bulkhead and finish at the touchpads
- The 500 freestyle will be deck-seeded and may be limited to the top 12 or 18 swimmers of each gender who check in. Positive check-in prior to the announced deadline is required in order to swim. Swimmers must provide their own timers and counters (if desired) for these events; lanes with no timers go unprotected.

#### 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.
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

#### 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 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, August 3, 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. The fifth priority event for any swimmer entered in more than four individual events should be clearly marked on the hardcopy.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).



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- 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
- Meet Entry Contact/Questions: Linda Chapman (425) 885-7218

Grand Poobah Order of Events		
1	100 IM	Open
2	50 Fly	12&Under
3	25 Free	8&Under
4	200 Back	13&Over
5	100 Free	Open
6	50 Back	12&Under
7	25 Breast	8&Under
8	200 Fly	13&Over
9	100 Breast	Open
10	200 Free	Open
11	50 Breast	12&Under
12	25 Back	8&Under
13	100 Back	Open
14	50 Free	Open
15	25 Fly	8&Under
16	200 Breast	13&Over
17	100 Fly	Open
18	200 IM	Open
19	500 Free	11&Over

- Swimmers will be seeded slow to fast, combined genders and ages.
- Positive check-in for the 500 Free
- 500 Free may be limited to fastest 12 or 18 of each gender



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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.