



Pacific Northwest Swimming
 2010 Spring Divisional Champs -- Sanction #1003-DCHMP
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by WhiteWater 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 |
|---------------------|---|---------------------------------------|---------------------------------------|---------------------------|---------------------------------------|---------------------------------------|
| Dates | Saturday, March 27, 2010 | Saturday, March 27, 2010 | Saturday, March 27, 2010 | Sunday, March 28, 2010 | Sunday, March 28, 2010 | Sunday, March 28, 2010 |
| Coaches' Meetings | 7:45 AM Coaches' packet at Clerk of Course. | as needed | as needed | as needed | as needed | as needed |
| Officials' Meetings | 8:15 AM | 45 minutes before start of session | 45 minutes before start of session | 8:15 AM | 45 minutes before start of session | 45 minutes before start of session |
| Warm-ups | 8:00 AM | immediately following Session 1 | immediately following Session 2 | 8:00 AM | Immediately following Session 5 | Immediately following Session 5 |
| Timed Finals | 9:00 AM | Will be announced | Will be announced | Will be announced | Will be announced | Will be announced |

MEET DIRECTOR:

- Tracy Duvall
 • 4duvalls@comcast.net
 • 206 824 3858

MEET REFEREE:

- Frank Toles
 • selotfs@aol.com
 • 206 938 3182

LOCATION AND DIRECTIONS

Weyerhaeuser King County Aquatic Center
 650 SW Campus Drive
 Federal Way, Washington

Directions from I-5: Take Exit 142B west on 348th. It becomes Campus Drive after crossing 1st Ave S. Pool is on the right side approximately 1 1/4 miles from I-5.

Note: In the event of inclement weather, call the King County Aquatic Center Hotline: 206-296-4444 or toll-free 1-800-325-6165 x64444.

FACILITY

- World-class aquatic facility: Site of the 1990 Goodwill Games and 1991, 1994, 1997, 2000, and 2006 Spring National Championships, 2008 NCAA Men's Division 1 Championships, 2009 U.S. Open, 2009 Junior Nationals, and 2009 Short Course Nationals.
- Two 25 yard, 9 feet deep, 8-lane competitive pools. The area between the bulkheads is closed at all times.
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Diving tank will be available for continual warm-up
- 2500 spectator seats
- Omega electronic timing system
- Full-read scoreboard

ONSITE AMENITIES

- Vendor: iSwimUSA
- Special Meet T-Shirts: Fine Designs
- Heat Sheets: \$5.00

- **Finals Program:** \$1.00 per session
- **Results** on PNS web site
- **Concessions:** under contract with King County; neither PNS nor the host team derive any benefit
- **Hospitality:** Refreshments will be available for coaches and officials in the Hospitality Room. Swimmers, timers, and spectators are not permitted.
- **Parking:** pool parking lots (front and rear). Illegally parked cars will be ticked and towed by the Federal Way Police Dept. Do not leave valuables in cars. Carpooling is strongly recommended.

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. Ages and age groups for competition will be 8&under, 9-10, 11-12, and 13&O. See Order of Events and Entry Information.
- **De-qualifying times:** See Special Information and Rules for each session. The de-qualifying time period starts March 11, 2009.

ENTRY INFORMATION:

- Swimmers must meet the specific entry requirements for each individual event they enter.
- On-deck USA Swimming registration will not be permitted.
- Deck entries for individual events will be allowed in open lanes during preliminary (Sessions 1 and 4) and timed finals (Sessions 2 and 5) sessions only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards, team points, or advancement from prelims to finals. 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: \$15.00



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- Deck entry surcharge: \$30.00 (swimmer not previously in meet)
- Individual Event: \$4.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Any swimmer who qualifies for the first time for the Northwest Section Age Group Champs between the Spring Divisional entry deadline and that championship meets may withdraw from the Divisional meet without penalty. Participating teams must notify this meet's entry processor no later than 9:00 am Tuesday, March 23, of any such withdrawals in order to receive a refund for such swimmers' surcharge and individual event fees.
- Two pools may be used for Sessions 1, 2, 4, and 5, but only one pool will be used for Sessions 3 and 6. Announcements will be made at the Coaches' Meeting.

SPECIAL INFORMATION AND RULES FOR 13&O SESSIONS:

- Each swimmer may enter up to a maximum of 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.
- Events will be swum and scored by gender as a single age group.
- There will be three heats of finals for all prelims/finals events. See Order of Events for more information.

De-qualifying times: Swimmers may not enter any event in which they have achieved a Northwest Section Age Group Championship time (any course) for their current age since March 11, 2009. The 15-18 NWAG times apply to all 15&O swimmers.

Awards and Scoring:

- Individual events: Medals 1st-8th places; ribbons 9th-16th places.
- Scoring: 20-17-16-15-14-13-12-11-9-7-5-4-3-2-1

Scratch information:

- **Prelims:** No check-in required. No penalty for failure to show.
- **Finals:** These are preliminary/finals sessions, with three (see above) heats of each event in finals. Swimmers whose names are announced as qualifying for the A, B, or C finals 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 INFORMATION AND RULES FOR PENTATHLON SESSIONS:

- Each 12&U Pentathlon 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.
- All 9-10 events will be seeded and swum together by gender, but scored separately by age group and gender. All 11-12 events will be seeded and swum together by gender, but scored separately by age group and gender.

De-qualifying times:

- Swimmers age 11 or 12 may not enter any event in which they have achieved a Northwest Section Age Group Championship time for their current age (any course) since March 11, 2009. Not all 11 or 12 swimmers may be eligible for pentathlon scoring because it requires successful completion of all five events.
- There are no de-qualifying times for 10&U swimmers.

Awards and Scoring:

- **Pentathlon Awards** for each age group and gender: 8&U, 9, 10, 11, and 12. The winners of the Pentathlon awards will be the swimmers with the least amount of accumulated time for the five events. A swimmer who is disqualified in one or more individual events is not eligible for Pentathlon Awards. Trophy for overall winner in each age group and gender with certificates for 2nd-8th places.
- **Ribbons:** 1st thru 8th for individual events in each awards age group.
- No team points.

Special Pentathlon Session Rules:

- To be eligible for Pentathlon awards, a swimmer must compete in all five events for his/her age group/gender.
- All Pentathlon events will be timed finals.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
 - Lanes 1 & 8—pace lanes, no diving
 - Lanes 2 & 7—sprint lanes, dive starts, return in lanes 3 & 6
 - Lanes 3, 4, 5 & 6—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.



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- 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 and any other person required by sanction to be members of USA Swimming shall visibly display their membership credentials at all times.
- **Timers:** All participating teams are asked to provide timers during sessions where two courses are in use. A volunteer from the host team will contact teams to organize timing assignments. The host team will provide timers for one pool for Finals on Saturday and Sunday (Sessions 3 and 6).
- 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, March 17, 2009:

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 WhiteWater 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:
 - Spring Divisional Champs Entries
 - Attn: Mike Duvall
 - 1424 S. 237th Ct
 - Des Moines, WA 98198
- Email entries to: Subject: Spring Divisional Champs Entries
4duvalls@comcast.net
- Meet Entry Contact/Questions: Mike Duvall
206-851-4152

| 2010 SPRING DIVISIONALS | | | | | |
|------------------------------|------------|-----------|------------------------------|------------|-----------|
| SESSION 1 (PRELIMS) SAT A.M. | | | SESSION 4 (PRELIMS) SUN A.M. | | |
| Event # | Event | Age Group | Event # | Event | Age Group |
| 1,2 | 200 Free | 13&O | 31,32 | 200 IM | 13&O |
| 3,4 | 100 Back | 13&O | 33,34 | 100 Fly | 13&O |
| 5,6 | 200 Fly | 13&O | 35,36 | 200 Back | 13&O |
| 7, 8 | 100 Breast | 13&O | 37,38 | 100 Free | 13&O |
| 9,10 | 50 Free | 13&O | 39, 40 | 200 Breast | 13&O |
| SESSION 2 (PENTATHLON) | | | SESSION 5 (PENTATHLON) | | |
| 11, 12 | 25 Free | 8-Under | 41,42 | 50 Free | 11 - 12‡ |
| 13, 14 | 50 Free | 9 - 10* | 43,44 | 50 Breast | 11 - 12‡ |
| 15, 16 | 25 Breast | 8-Under | 45,46 | 50 Back | 11 - 12‡ |
| 17, 18 | 50 Breast | 9 - 10* | 47,48 | 50 Fly | 11 - 12‡ |
| 19, 20 | 25 Back | 8-Under | 49,50 | 100 IM | 11 - 12‡ |
| 21, 22 | 50 Back | 9 - 10* | | | |
| 23, 24 | 25 Fly | 8-Under | | | |
| 25, 26 | 50 Fly | 9 - 10* | | | |
| 27, 28 | 50 Free | 8-Under | | | |
| 29,30 | 100 IM | 9 - 10* | | | |
| SESSION 3 SAT P.M. | | | SESSION 6 SUN P.M. | | |
| Event # | Event | | Event # | Event | |
| 1,2 | 200 Free | | 31,32 | 200 IM | |
| 3,4 | 100 Back | | 33,34 | 100 Fly | |
| 5,6 | 200 Fly | | 35,36 | 200 Back | |
| 7, 8 | 100 Breast | | 37,38 | 100 Free | |
| 9,10 | 50 Free | | 39,40 | 200 Breast | |

*All 9-10 events will be scored as separate ages: 9 year-olds and 10 year-olds, but swum together

‡All 11-12 events will be scored as separate ages: 11 year-olds and 12 year-olds, but swum together

@ 13&O - Prelims in the AM, finals in the PM - de-qualifying time of Age Group Sectionals (based on age). The 15-18 Age Group Sectional standard applies to 15&O.



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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 \$15.00 | \$ | |
| INDIVIDUAL EVENTS: | | X \$ 4.00 | \$ | |
| | | TOTAL: | \$ | |

Make one check payable to **WhiteWater 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.