



**Northwest Section Western Zone
2010 Short Course Age Group Championships
Sanction #1003-NWAG, Time Trial Sanction #1003-AGTT
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
Hosted by StingRay Swim Club**

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

N2 Certification for Officials:

This meet has been designated as a training meet for N2 and N3 Officials Certification. Officials wishing to obtain or renew this level of certification must apply on the attached application form and notify Teri White, Meet Referee. Instructions for Certification will be provided during the Officials briefings.

Northwest Section Meeting Announcement:

A Northwest Section Age Group meeting will be held at the end of prelims on Saturday. Items should be submitted to Ash Milad for the agenda.

ENTRY SUBMITTAL INFORMATION:

Hy-Tek set up

1) Under "Meet Maintenance:

- a) Click on Enforce Qualifying Times
- b) Click on "Use Since Date" and enter March 11, 2009;
- c) Make sure that the swimmer surcharge is set for \$15.00.

2) Under Meet Entries Report:

- a) Under "Sort by" click on "Name" and
- b) Under "Other Options" click on "Include Proof of Time".

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, March 10, 2010:

1. COMMLINK file exported from Team Manager, if used.
2. Meet Entry Reports for individual (proof of time format 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 StingRay Swim Club.

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 or PDF 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.
- Handwritten 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.
- Relay-only swimmers must be listed on the Meet Entry Report or equivalent, and appropriate surcharges must be included with the entry.
- 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.
- Entry mailing address:
StingRay Swim Club
PO Box 1346
Snohomish, WA 98291
- Email address: jemiann@yahoo.com
- Meet entry phone number: 425-293-7469

NORTHWEST AGE GROUP SECTIONALS

MARCH 19-21, 2010

QUALIFYING PERIOD – MARCH 11, 2009 through entry deadline

G10U	SCY	SCM	LCM	B10U	SCY	SCM	LCM
50 FR	30.39	33.99	34.69	50 FR	30.79	34.39	35.29
100 FR	1:07.69	1:15.59	1:16.99	100 FR	1:08.49	1:16.49	1:18.79
200 FR	2:28.09	2:45.29	2:48.39	200 FR	2:29.49	2:46.89	2:50.79
500/400 FR	6:07.09	5:21.19	5:27.79	500/400 FR	6:16.09	5:29.09	5:40.29
50 BA	35.79	39.99	40.79	50 BA	36.59	40.89	42.09
100 BA	1:17.29	1:26.29	1:27.39	100 BA	1:19.19	1:28.39	1:31.09
50 BR	40.79	45.59	46.49	50 BR	42.09	46.99	48.39
100 BR	1:28.99	1:39.29	1:42.29	100 BR	1:30.99	1:41.59	1:45.29
50 FL	34.49	38.49	39.29	50 FL	35.29	39.39	40.59
100 FL	1:19.29	1:28.49	1:29.19	100 FL	1:22.89	1:32.59	1:33.69
100 IM	1:17.19	1:26.19	N/A	100 IM	1:18.99	1:27.79	N/A
200 IM	2:45.89	3:05.19	3:08.59	200 IM	2:50.29	3:10.09	3:16.99
200 FR R	2:12.39	2:27.79	2:29.59	200 FR R	2:13.19	2:28.69	2:32.19
200 M.R.	2:30.19	2:47.69	2:50.79	200 M.R.	2:32.39	2:50.09	2:56.29
G11	SCY	SCM	LCM	B11	SCY	SCM	LCM
50 FR	28.89	32.29	32.89	50 FR	29.19	32.59	33.59
100 FR	1:03.29	1:10.69	1:11.99	100 FR	1:04.49	1:11.99	1:14.19
200 FR	2:18.19	2:34.29	2:36.19	200 FR	2:19.49	2:35.69	2:39.39
500/400 FR	6:07.09	5:21.19	5:27.79	500/400 FR	6:16.09	5:29.09	5:40.29
1650/1500 FR	20:20.59	20:16.99	20:41.89	1650/1500 FR	20:18.09	20:14.49	20:55.89
50 BA	33.39	37.29	37.99	50 BA	34.19	38.19	39.39
100 BA	1:11.79	1:20.19	1:21.19	100 BA	1:13.89	1:22.49	1:24.99
200 BA	2:26.79	2:43.89	2:45.89	200 BA	2:28.59	2:45.89	2:50.79
50 BR	37.59	41.99	42.79	50 BR	39.59	44.19	45.59
100 BR	1:22.09	1:31.69	1:34.39	100 BR	1:26.59	1:36.69	1:39.59
200 BR	2:45.89	3:05.19	3:07.49	200 BR	2:53.49	3:13.69	3:20.69
50 FL	31.79	35.59	36.19	50 FL	33.29	37.19	38.29
100 FL	1:13.19	1:21.69	1:22.29	100 FL	1:16.49	1:25.39	1:26.49
200 FL	2:33.69	2:51.59	2:52.79	200 FL	2:36.49	2:54.69	2:57.89
100 IM	1:12.19	1:20.59	N/A	100 IM	1:14.49	1:23.19	N/A
200 IM	2:35.79	2:53.89	2:57.09	200 IM	2:40.69	2:59.29	3:05.89
400 IM	5:14.59	5:51.19	5:55.49	400 IM	5:18.69	5:55.69	6:06.39
200 FR R	1:53.29	2:06.49	2:07.99	200 FR R	1:54.79	2:08.19	2:11.19
400 FR R	4:08.39	4:37.29	4:40.69	400 FR R	4:18.19	4:48.19	4:54.99
200 M.R.	2:06.49	2:21.09	2:23.69	200 M.R.	2:10.49	2:25.69	2:30.99
400 M.R.	4:38.19	5:10.59	5:16.29	400 M.R.	4:43.69	5:16.69	5:26.09

NORTHWEST AGE GROUP SECTIONALS

MARCH 19-21, 2010

QUALIFYING PERIOD – MARCH 11, 2009 through entry deadline

G12	SCY	SCM	LCM	B12	SCY	SCM	LCM
50 FR	27.29	30.49	31.09	50 FR	27.29	30.49	31.09
100 FR	59.49	1:06.49	1:07.69	100 FR	59.69	1:06.69	1:07.89
200 FR	2:10.29	2:25.49	2:27.19	200 FR	2:10.89	2:26.09	2:27.89
500/400 FR	5:47.69	5:04.19	5:10.49	500/400 FR	5:50.79	5:06.89	5:13.19
1650/1500 FR	20:20.59	20:16.99	20:41.89	1650/1500 FR	20:18.09	20:14.49	20:55.89
50 BA	31.79	35.49	36.19	50 BA	31.99	35.79	36.39
100 BA	1:07.59	1:15.49	1:16.39	100 BA	1:08.79	1:16.79	1:17.79
200 BA	2:26.79	2:43.89	2:45.89	200 BA	2:28.59	2:45.89	2:50.79
50 BR	35.49	39.69	40.39	50 BR	36.09	40.29	41.09
100 BR	1:16.79	1:25.79	1:28.29	100 BR	1:19.29	1:28.49	1:31.19
200 BR	2:45.89	3:05.19	3:07.49	200 BR	2:53.49	3:13.69	3:20.69
50 FL	30.19	33.79	34.39	50 FL	30.69	34.29	34.99
100 FL	1:07.99	1:15.89	1:16.49	100 FL	1:09.09	1:17.19	1:17.69
200 FL	2:33.69	2:51.59	2:52.79	200 FL	2:36.49	2:54.69	2:57.89
100 IM	1:08.19	1:16.19	N/A	100 IM	1:09.39	1:17.49	N/A
200 IM	2:26.69	2:43.79	2:46.79	200 IM	2:28.59	2:45.89	2:48.89
400 IM	5:14.59	5:51.19	5:55.49	400 IM	5:18.69	5:55.69	6:06.39
200 FR R	1:53.29	2:06.49	2:07.99	200 FR R	1:54.79	2:08.19	2:11.19
400 FR R	4:08.39	4:37.29	4:40.69	400 FR R	4:18.19	4:48.19	4:54.99
200 M.R.	2:06.59	2:21.19	2:23.79	200 M.R.	2:10.49	2:25.69	2:30.99
400 M.R.	4:38.19	5:10.59	5:16.29	400 M.R.	4:43.69	5:16.69	5:26.09
G13	SCY	SCM	LCM	B13	SCY	SCM	LCM
50 FR	26.59	29.69	30.29	50 FR	25.79	28.79	29.39
100 FR	57.89	1:04.69	1:05.89	100 FR	55.99	1:02.49	1:03.69
200 FR	2:04.99	2:19.49	2:21.29	200 FR	2:02.79	2:17.09	2:19.79
500/400 FR	5:35.19	4:53.09	4:59.09	500/400 FR	5:30.29	4:48.99	4:54.89
1650/1500 FR	19:11.29	19:07.89	19:31.29	1650/1500 FR	19:13.19	19:09.79	19:33.29
100 BA	1:05.89	1:13.59	1:14.49	100 BA	1:04.59	1:11.79	1:12.69
200 BA	2:20.99	2:37.39	2:39.29	200 BA	2:19.09	2:35.29	2:37.19
100 BR	1:14.59	1:23.29	1:25.79	100 BR	1:13.59	1:22.19	1:24.69
200 BR	2:41.19	2:59.99	3:03.29	200 BR	2:39.89	2:58.59	3:01.89
100 FL	1:04.99	1:12.59	1:13.09	100 FL	1:03.59	1:11.09	1:11.59
200 FL	2:26.99	2:44.09	2:45.29	200 FL	2:27.99	2:45.29	2:46.39
200 IM	2:20.59	2:36.99	2:39.89	200 IM	2:18.59	2:34.79	2:37.59
400 IM	4:58.19	5:32.89	5:36.89	400 IM	5:00.79	5:35.79	5:39.79
200 FR R	1:45.89	1:58.49	1:59.89	200 FR R	1:43.09	1:55.19	1:56.59
400 FR R	3:51.89	4:18.89	4:22.09	400 FR R	3:46.59	4:13.89	4:17.79
200 M.R.	1:58.19	2:11.99	2:14.39	200 M.R.	1:55.49	2:08.89	2:11.29
400 M.R.	4:18.79	4:48.89	4:52.49	400 M.R.	4:13.59	4:43.09	4:46.49

NORTHWEST AGE GROUP SECTIONALS

MARCH 19-21, 2010

QUALIFYING PERIOD – MARCH 11, 2009 through entry deadline

G14	SCY	SCM	LCM	B14	SCY	SCM	LCM
50 FR	26.19	29.29	29.89	50 FR	24.49	27.39	27.89
100 FR	56.49	1:03.09	1:04.29	100 FR	53.19	59.39	1:00.49
200 FR	2:02.79	2:17.09	2:18.79	200 FR	1:56.59	2:09.19	2:11.59
500/400 FR	5:29.19	4:48.09	4:53.89	500/400 FR	5:15.59	4:35.79	4:31.79
1650/1500 FR	18:58.59	18:55.49	19:18.69	1650/1500 FR	18:16.09	18:12.89	18:35.39
100 BA	1:04.69	1:12.20	1:13.09	100 BA	1:01.29	1:08.59	1:09.39
200 BA	2:18.79	2:34.90	2:36.79	200 BA	2:12.39	2:27.79	2:29.59
100 BR	1:13.19	1:21.69	1:24.19	100 BR	1:10.09	1:18.29	1:20.69
200 BR	2:36.89	2:55.10	2:58.39	200 BR	2:34.39	2:52.39	2:55.59
100 FL	1:03.39	1:10.79	1:11.29	100 FL	59.49	1:06.49	1:06.89
200 FL	2:23.69	2:40.49	2:41.69	200 FL	2:16.59	2:32.49	2:33.59
200 IM	2:18.69	2:34.89	2:37.69	200 IM	2:11.79	2:27.19	2:29.89
400 IM	4:54.59	5:28.79	5:32.79	400 IM	4:43.59	5:16.89	5:20.89
200 FR R	1:45.89	1:58.49	1:59.89	200 FR R	1:43.09	1:55.19	1:56.59
400 FR R	3:51.89	4:18.89	4:22.09	400 FR R	3:46.59	4:13.89	4:17.79
200 M.R.	1:58.19	2:11.99	2:14.39	200 M.R.	1:55.49	2:08.89	2:11.29
400 M.R.	4:18.79	4:48.89	4:52.49	400 M.R.	4:13.59	4:43.09	4:46.49
G15-18	SCY	SCM	LCM	B15-18	SCY	SCM	LCM
50 FR	26.09	29.19	29.69	50 FR	23.59	26.39	26.89
100 FR	56.59	1:03.19	1:04.39	100 FR	51.59	57.59	58.69
200 FR	2:02.69	2:16.99	2:18.59	200 FR	1:53.19	2:06.39	2:07.89
500/400 FR	5:27.59	4:46.69	4:52.49	500/400 FR	5:08.39	4:29.89	4:35.39
1650/1500 FR	18:56.99	18:53.59	19:16.79	1650/1500 FR	18:02.69	17:59.49	18:21.49
100 BA	1:04.29	1:11.79	1:12.69	100 BA	58.99	1:05.89	1:06.69
200 BA	2:19.79	2:36.09	2:37.99	200 BA	2:09.19	2:24.19	2:25.99
100 BR	1:12.79	1:21.29	1:23.69	100 BR	1:06.79	1:14.59	1:16.79
200 BR	2:37.99	2:56.39	2:59.59	200 BR	2:27.19	2:44.29	2:47.29
100 FL	1:03.39	1:10.79	1:11.29	100 FL	57.59	1:04.29	1:04.79
200 FL	2:23.39	2:40.09	2:41.19	200 FL	2:13.49	2:28.99	2:30.09
200 IM	2:19.69	2:35.99	2:38.79	200 IM	2:08.49	2:23.49	2:26.09
400 IM	4:57.69	5:32.29	5:38.39	400 IM	4:39.29	5:11.79	5:15.59
200 FR R	1:50.19	2:02.99	2:04.49	200 FR R	1:40.59	1:52.29	1:53.69
400 FR R	3:58.49	4:26.19	4:29.39	400 FR R	3:36.69	4:01.89	4:04.79
200 M.R.	2:02.89	2:17.19	2:19.69	200 M.R.	1:51.19	2:04.19	2:06.39
400 M.R.	4:27.79	4:58.89	5:02.59	400 M.R.	4:03.49	4:31.79	4:35.09

**2010 NORTHWEST SECTION WESTERN ZONE AGE GROUP CHAMPIONSHIPS
ORDER OF EVENTS**

FRIDAY, MARCH 19, 2010

Dive Tank	Prelims 9:00 a.m.		Scoreboard
Event #	Event	Age Group	Event #
1	100 back	10 & Under	2
3	100 back	11	4
5	100 back	12	6
7	100 back	13	8
9	100 back	14	10
11	100 back	15-18	12
13	200 fly	11-12	14
15	200 fly	13	16
17	200 fly	14	18
19	200 fly	15-18	20
21	50 free	10 & Under	22
23	50 free	11	24
25	50 free	12	26
27	50 free	13	28
29	50 free	14	30
31	50 free	15-18	32
33	100 breast	10 & Under	34
35	100 breast	11	36
37	100 breast	12	38
39	100 breast	13	40
41	100 breast	14	42
43	100 breast	15-18	44
45	400 IM	11-12	46
47	400 IM	13	48
	400 IM	14	
	400 IM	15-18	

Finals - no earlier than 5:00 p.m.			
Event #	Event	Age Group	Event #
3	100 back	11	4
5	100 back	12	6
7	100 back	13	8
9	100 back	14	10
11	100 back	15-18	12
13	200 fly	11-12	14
15	200 fly	13	16
17	200 fly	14	18
19	200 fly	15-18	20
23	50 free	11	24
25	50 free	12	26
27	50 free	13	28
29	50 free	14	30
31	50 free	15-18	32
35	100 breast	11	36
37	100 breast	12	38
39	100 breast	13	40
41	100 breast	14	42
43	100 breast	15-18	44
49	200 med relay	11-12	50
51	200 med relay	13-14	52
53	200 med relay	15-18	54

SATURDAY, MARCH 20, 2010

Scoreboard	<u>Prelims 9:00 a.m.</u>		Dive Tank
Event #	Event	Age Group	Event #
55	200 med relay	10 & Under	56
57	400 med relay	11-12	58
59	400 med relay	13-14	60
61	400 med relay	15-18	62
63	50 fly	10 & Under	64
65	50 fly	11	66
67	50 fly	12	68
69	200 breast	11-12	70
71	200 breast	13	72
73	200 breast	14	74
75	200 breast	15-18	76
77	50 back	10 & Under	78
79	50 back	11	80
81	50 back	12	82
83	100 free	10 & Under	84
85	100 free	11	86
87	100 free	12	88
89	100 free	13	90
91	100 free	14	92
93	100 free	15-18	94
95	200 IM	10 & Under	96
97	200 IM	11	98
99	200 IM	12	100
101	200 IM	13	102
103	200 IM	14	104
105	200 IM	15-18	106
107	200 free relay	10 & Under	108
109	500 free	11 & Under	110
111	500 free	12	112
113	500 free	13	114
	500 free	14	
	500 free	15-18	

<u>Finals - no earlier than 5:00 p.m.</u>			
Event #	Event	Age Group	Event #
65	50 fly	11	66
67	50 fly	12	68
69	200 breast	11-12	70
71	200 breast	13	72
73	200 breast	14	74
75	200 breast	15-18	76
79	50 back	11	80
81	50 back	12	82
85	100 free	11	86
87	100 free	12	88
89	100 free	13	90
91	100 free	14	92
93	100 free	15-18	94
97	200 IM	11	98
99	200 IM	12	100
101	200 IM	13	102
103	200 IM	14	104
105	200 IM	15-18	106
115	200 free relay	11-12	116
117	200 free relay	13-14	118
119	200 free relay	15-18	120

SUNDAY, MARCH 21, 2010

Dive Tank	Prelims 9:00 a.m.		Scoreboard
Event #	Event	Age Group	Event #
121	400 free relay	11-12	122
123	400 free relay	13-14	124
125	400 free relay	15-18	126
127	50 breast	10 & Under	128
129	50 breast	11	130
131	50 breast	12	132
133	200 back	11-12	134
135	200 back	13	136
137	200 back	14	138
139	200 back	15-18	140
141	100 fly	10 & Under	142
143	100 fly	11	144
145	100 fly	12	146
147	100 fly	13	148
149	100 fly	14	150
151	100 fly	15-18	152
153	200 free	10 & Under	154
155	200 free	11	156
157	200 free	12	158
159	200 free	13	160
161	200 free	14	162
163	200 free	15-18	164
165	100 IM	10 & Under	166
167	100 IM	11	168
169	100 IM	12	170
171	1650 free	11-12	172
173	1650 free	13	174
	1650 free	14	
	1650 free	15-18	

Finals - no earlier than 5:00 p.m.			
Event #	Event	Age Group	Event #
129	50 breast	11	130
131	50 breast	12	132
133	200 back	11-12	134
135	200 back	13	136
137	200 back	14	138
139	200 back	15-18	140
143	100 fly	11	144
145	100 fly	12	146
147	100 fly	13	148
149	100 fly	14	150
151	100 fly	15-18	152
155	200 free	11	156
157	200 free	12	158
159	200 free	13	160
161	200 free	14	162
163	200 free	15-18	164
167	100 IM	11	168
169	100 IM	12	170



**Northwest Section Western Zone
2010 Short Course Age Group Championships
Sanction #1003-NWAG, Time Trial Sanction #1003-AGTT
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
Hosted by StingRay Swim Club**

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

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 \$ 5.00	\$
RELAY:		X \$10.00	\$
		TOTAL:	\$

Make one check payable to **StingRay Swim Club**.

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.

2010 NORTHWEST SECTION WESTERN ZONE AGE GROUP CHAMPIONSHIPS

Hosted by StingRay Swim Club

Weyerhaeuser King County Aquatic Center, Federal Way, Washington

March 19-21, 2010

APPLICATION TO OFFICIATE

You are hereby invited to officiate at the 2010 NORTHWEST SECTION WESTERN ZONE AGE GROUP CHAMPIONSHIPS to be held at the Weyerhaeuser King County Aquatic Center in Federal Way, Washington. The meet will be conducted over a three-day period with the Prelims starting at 9:00 a.m. and Finals no earlier than 5:00 p.m. A mandatory officials briefing session will be held one hour prior to each session. The Northwest Section Age Group Championship has been designated as a training meet for N2 and N3 National Championship Officials Certification. The dress is white shirt/blouse for prelims and finals; navy pants, shorts, or skirts (no shorts at finals); white socks; and white shoes. Officials desiring an assigned position must submit their application no later than February 21, 2010 (preference will be given to those who agree to work all sessions). All others planning to attend the meet are encouraged to return their application by March 8, 2010. The Meet Referee will be Teri White.

Name: _____ LSC: _____

Address: _____ Team: _____

City, State, Zip: _____ Phone: _____

E-Mail: _____

I will work at all sessions: _____

I can't work all sessions. I will be able to work:

Friday Prelims _____ Finals _____

Saturday Prelims _____ Finals _____

Sunday Prelims _____ Finals _____

Key position(s) desired (i.e. chief judge, starter, deck referee) _____

CURRENT CERTIFICATION

S&T CJ Starter Ref Admin

LSC Position Certified: _____ Expiration: _____

N2 Position Certified: _____ Expiration: _____

N3 Position Certified: _____ Expiration: _____

PLEASE RETURN THIS INVITATION TO:

Teri White
11016 66th Ave Ct N
Gig Harbor, WA 98332

Email: twhite@massmutual.com

Please circle polo shirt size:

Small
Medium
Large
X-Large
XX-Large