



Pacific Northwest Swimming
 2010 UPAC Spring Special – Sanction #1005-SP03
 Curtis High School Pool
 University Place, Washington
 Hosted by University Place Aquatic Club

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



SCHEDULES	SATURDAY, MAY 15, 2010 - SESSION 1	SATURDAY, MAY 15, 2010 - SESSION 2
Coaches' Meeting	7:45 AM - Check-in and coaches packet at Clerk of Course	As needed
Officials' Meetings	8:15 AM	45 minutes before start of competition
Timers' Meetings	8:30 AM	30 minutes before start of competition
Warm-ups	8:00- 8:45 AM	Immediately following conclusion of Session 1
Timed Finals	9:00 AM	One hour after start of warm-ups

MEET DIRECTOR

Janet Friedman
 • s96friedman@pol.net
 • (253) 460-1174

MEET REFEREE:

Rick Cox
 • nauticalrick@yahoo.com
 • (253) 862-3629

LOCATION AND DIRECTIONS

Curtis High School Pool
 8805 40th Street West
 University Place, WA 98466

Directions from I-5: Take the South 56th Street exit westbound. Stay on 56th St W. (turns into Cirque Drive) to Bridgeport Way. Turn right at light (Walgreen's is on the right) onto Bridgeport Way. Turn left at the traffic light on to 40th St West. Continue past the 4-way stop at Sunset and go down the hill. Curtis High School is on your right. Pool parking lot entrance is at the second overhead crosswalk sign.

From Highway 16: Take the Jackson Street exit southbound. Jackson becomes Bridgeport Way. Turn right onto 40th St West. Continue past the 4-way stop at Sunset and go down the hill. Curtis High School is on your right. Pool parking lot entrance is at the second overhead crosswalk sign.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 5.5 feet deep; turning end 3.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C (4).
- No outside lane ropes 1 and 6
- Warm-up pool: adjacent dive tank
- 450 spectator seats
- Colorado Five electronic timing system
- Scoreboard: one-lane (continuous) readout

ONSITE AMENITIES

- **Vendor:** Action Accents
- **Heat Sheets:** \$3.00
- **Results** on PNS web site
- **Concessions** Great food is available!
- **Hospitality** for Coaches and Officials only
- **Parking:** multiple lots at the high school

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 8 & under, 9-10, 11-12, and 13 & over. See Order of Events.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of five (5) individual events plus relays. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Submit SCY (short course yard) times.
- Whole team entries will be processed in order received until either session exceeds the four-hour limit.
- 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.**



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ENTRY FEES:

- Surcharge: \$5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$3.00
- Relay: \$8.00
- 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.
- **Relay events:** Ribbons 1st thru 3rd.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Swimmers will be staged north of the start blocks/timer area (see signs) prior to each event. Swimmers will enter and exit staging area from north dive pool/team area. Only swimmers involved in current event will be allowed in starting block/timer area.

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 ten (10) 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.
- 25 yard events will start from the blocks and finish without the benefit of electronic timing. Dual stop watch times will be used.

- Swimmers will be staged north of the start blocks/timer area (see signs) prior to each event. Swimmers will enter and exit staging area from north dive pool/team area. Only swimmers involved in current event will be allowed in starting block/timer area.
- Only authorized volunteers and working personnel can be on in the roped-off meet operations part of the 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 as part of 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:

Entry Deadline: Friday, May 7, 2010.

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

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 UPAC.

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 no charge at: <http://www.hy-ekltd.com/downloads.html>



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Submittal Notes:

- Late or incomplete entries will not be processed.
- Complete whole team entries will be processed in order received until either session reaches the four-hour limit.
- 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.
- Submit hard copy and fees to:
Janet Friedman
c/o UPAC
6824 19th St. West #327
University Place, WA 98466
- Submit electronic entries to Jeff Thomas, **by May 7, 2010**
Email address: jwt0@att.net (digit zero not letter "O")
- Fax entry: (281) 664-4791
- Meet Entry/Contact : Jeff Thomas (206) 972-1200 (cell)



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Order of Events

SESSION 1

<u>Event</u>	<u>Age/Group</u>	<u>Event</u>
1	Girls, 8 and under	25 Freestyle (blocks)
2	Boys, 8 and under	25 Freestyle (blocks)
3	Girls, 9-10	25 Freestyle (blocks)
4	Boys, 9-10	25 Freestyle (blocks)
6	Boys, 11-12	100 Freestyle
7	Girls, 10 and under	100 Freestyle
8	Boys, 10 and under	100 Freestyle
9	Girls, 8 and under	50 Backstroke
10	Boys, 8 and under	50 Backstroke
11	Girls, 9-10	50 Backstroke
12	Boys, 9-10	50 Backstroke
14	Boys, 11-12	50 Backstroke
15	Girls, 10 and under	200 Medley Relay
16	Boys, 12 and under	200 Medley Relay
17	Girls, 8 and under	50 Freestyle
18	Boys, 8 and under	50 Freestyle
19	Girls, 9-10	50 Freestyle
20	Boys, 9-10	50 Freestyle
22	Boys, 11-12	50 Freestyle
23	Girls, 8 and under	50 Breaststroke
24	Boys, 8 and under	50 Breaststroke
25	Girls, 9-10	50 Breaststroke
26	Boys, 9-10	50 Breaststroke
28	Boys, 11-12	50 Breaststroke
29	Girls, 8 and under	50 Butterfly
30	Boys, 8 and under	50 Butterfly
31	Girls, 9-10	50 Butterfly
32	Boys, 9-10	50 Butterfly
34	Boys, 11-12	50 Butterfly
35	Girls, 10 and under	100 I.M.
36	Boys, 10 and under	100 I.M.
38	Boys, 11-12	100 I.M.
39	Girls, 10 and under	200 Freestyle Relay
40	Boys, 10 and under	200 Freestyle Relay
42	Boys, 11-12	200 Freestyle Relay

SESSION 2

<u>Event</u>	<u>Age/Group</u>	<u>Event</u>
43	Girls, 13 and over	200 I.M.
44	Boys, 13 and over	200 I.M.
45	Girls, 11-12	50 Backstroke
47	Girls, 13 and over	50 Backstroke
48	Boys, 13 and over	50 Backstroke
49	Girls, 11-12	50 Breaststroke
51	Girls, 13 and over	50 Breaststroke
52	Boys, 13 and over	50 Breaststroke
53	Girls, 11-12	200 Medley Relay
55	Girls, 13 and over	200 Medley Relay
56	Boys, 13 and over	200 Medley Relay
57	Girls, 11-12	50 Butterfly
59	Girls, 13 and over	50 Butterfly
60	Boys, 13 and over	50 Butterfly
61	Girls, 11-12	100 Freestyle
63	Girls, 13 and over	100 Freestyle
64	Boys, 13 and over	100 Freestyle
65	Girls, 13 and over	100 Backstroke
66	Boys, 13 and over	100 Backstroke
67	Girls, 11-12	50 Freestyle
69	Girls, 13 and over	50 Freestyle
70	Boys, 13 and over	50 Freestyle
71	Girls, 11-12	100 I.M.
73	Girls, 13 and over	100 I.M.
74	Boys, 13 and over	100 I.M.
75	Girls, 13 and over	100 Breaststroke
76	Boys, 13 and over	100 Breaststroke
77	Girls, 13 and over	100 Butterfly
78	Boys, 13 and over	100 Butterfly
79	Girls, 11-12	200 Freestyle Relay
81	Girls, 13 and over	200 Freestyle Relay
82	Boys, 13 and over	200 Freestyle Relay



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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	\$
RELAYS:		X \$8.00	\$
		TOTAL:	\$

Make one check payable to **UPAC**.

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.