



Pacific Northwest Swimming
 2010 PSSC April Showers -- Sanction #1004-SP06
 South Kitsap High School Pool
 Port Orchard, Washington
 Hosted by the Puget Sound Swim Club



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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, April 17, 2010	Saturday, April 17, 2010	Sunday, April 18, 2010	Sunday, April 18, 2010
Coaches' Meeting	7:45 AM Check-in and coaches' packet at Clerk of Course.	as needed	as needed	as needed
Officials' Meetings	8:15 AM	45 minutes before start of competition	8:15 AM	45 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1, but not before 12:00 noon	8:00 AM	Immediately following conclusion of Session 3, but not before 12:00 noon
Timed Finals	9:00 AM	One hour after start of warm-ups	9:00 AM	One hour after start of warm-ups
Positive Check-in Deadlines		13&O 400 Free: End of warm-ups	13&O 200 Free: 15 min. after warm-up starts 13&O 400 IM: End of warm-ups	

MEET DIRECTOR:

- Ed Macabitas
 • edntammy@msn.com
 • (360) 895-8565

MEET REFEREE:

- Cliff Rousell
 • psscdragons@hotmail.com
 • (360) 769-8270

LOCATION AND DIRECTIONS

South Kitsap Community Pool
 425 Mitchell Avenue
 Port Orchard, Washington

Directions from I-5: Take Hwy 16 west for about 24 miles to the Sedgwick Rd exit. Turn right at the stop light onto Sedgwick Rd. Go about 3/4 mile to the next light at Bethel Rd, Take a left onto Bethel Rd., heading north until you reach a traffic circle. Take the first right off the circle and go under the overpass. At the first light after the overpass turn left onto school property; a ball field will be on your right after the turn. The pool is just past the ball field on the right at the base of the hill.

FACILITY

- 50 meter, 6-lane competitive pool
- Starting end 7.0 feet deep; turning end 12.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- 350 spectator seats
- Daktronics 2000 electronic timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- **Vendor:** Fircrest Swim Shop
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions** available throughout the meet in the alcove at the diving board end of the pool
- **Hospitality** available for coaches and officials only
- **Parking** available at the pool and in the upper high school parking lot. Park in marked stalls only. Vehicles parked in a non-marked area or in a fire zone may be ticketed and/or towed at the owner's expense by the Port Orchard Police Department.
- **Motels:** Comfort Inn (downtown Port Orchard, 5 min from pool); Days Inn (Hwy 16 & Sedgwick Rd, 15 min from pool)

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.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of four (4) individual events per day plus relays. 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 the order received until either Session 1 or 4 exceeds the four-hour limit. The splash limit is approximately 2000 splashes.
- All entry times should be LCM (long course meters). Converted times are not allowed. If times other than LCM are submitted, please identify them as either SCY (short course yards) or SCM (short course meters); otherwise it will be assumed that all entry times are LCM.



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- 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.**

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 places.
- Age groups for awards will be 10&under, 11-12, 13-14, and 15&over. See Order of Events.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be LSY.
- The 400 freestyle and 400 IM events will be swum mixed gender by seed time.

13&O Positive Check-in Events:

- **The 200 freestyle:** will be deck seeded and swum in event number order. Positive check-in prior to the check-in deadline is required. Athletes not checked in by the deadline will be scratched without penalty.
- **The 400 freestyle and 400 IM :**swimmers will be deck-seeded and swum fastest to slowest. Positive check-in prior to the check-in deadline is required. Athletes not checked in by the deadline will be scratched without penalty. 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.

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.
- The South Kitsap Community Pool is located on the campus of the South Kitsap High School. The possession and/or use of any alcohol or tobacco products or of any firearm or other weapon on school grounds is prohibited by law; violators are subject to fines and arrest.

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, April 7, 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 Puget Sound Swim Club.



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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.
- Entry times will be assumed to be LCM (long course meters) unless otherwise specified. Converted times are not allowed.
- 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.
- Mail entries to:

Ed Macabitas
1436 Flower Avenue
Port Orchard, WA 98366
edntammy@msn.com



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SESSION I - Saturday, April 17, 2010

1,2 10&U 200 Freestyle Relay
 3,4 11-12 200 Freestyle Relay
 5,6 10&U 200 Individual Medley
 7,8 11-12 200 Individual Medley
 9,10 10&U 100 Freestyle
 11,12 11-12 100 Freestyle
 13,14 10&U 50 Butterfly
 15,16 11-12 50 Butterfly
 17,18 11-12 200 Butterfly
 19,20 10&U 100 Backstroke
 21,22 11-12 100 Backstroke
 23,24 10&U 50 Breaststroke
 25,26 11-12 50 Breaststroke
 27,28 11-12 200 Breaststroke
 29 9-12 400 Freestyle (*mixed*)

SESSION II - Saturday, April 17, 2010

31,32 13&O 200 Freestyle Relay
 33,34 13-14 200 Individual Medley
 35,36 15&O 200 Individual Medley
 37,38 13-14 100 Freestyle
 39,40 15&O 100 Freestyle
 41,42 13-14 200 Butterfly
 43,44 15&O 200 Butterfly
 45,46 13-14 100 Backstroke
 47,48 15&O 100 Backstroke
 49,50 13-14 200 Breaststroke
 51,52 15&O 200 Breaststroke
 *53 13&O 400 Freestyle (*mixed;check-in req'd*)

SESSION III - Sunday, April 18, 2010

57,58 13&O 200 Medley Relay
 59,60 13&O 200 Freestyle (*check-in req'd*)
 63,64 13-14 100 Butterfly
 65,66 15&O 100 Butterfly
 67,68 13-14 50 Freestyle
 69,70 15&O 50 Freestyle
 71,72 13-14 200 Backstroke
 73,74 15&O 200 Backstroke
 75,76 13-14 100 Breaststroke
 77,78 15&O 100 Breaststroke
 *79 13&O 400 Individual Medley (*mixed; Check-in required*)

SESSION IV - Sunday, April 18, 2010

83,84 10&U 200 Medley Relay
 85,86 11-12 200 Medley Relay
 87, 88 10&U 200 Freestyle
 89,90 11-12 200 Freestyle
 91,92 10&U 100 Butterfly
 93,94 11-12 100 Butterfly
 95,96 10&U 50 Freestyle
 97,98 11-12 50 Freestyle
 99,100 10&U 50 Backstroke
 101,102 11-12 50 Backstroke
 103,104 11-12 200 Backstroke
 105,106 10&U 100 Breaststroke
 107,108 11-12 100 Breaststroke
 109 11-12 400 Individual Medley (*mixed*)

*Denotes positive check-in event; athletes not checked in by stated deadlines will be scratched without penalty.



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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 **Puget Sound 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.