



Pacific Northwest Swimming  
 Third Annual Dick LaFave Long Course Kickoff--Sanction #1004-SP04  
 Weyerhaeuser King County Aquatic Center  
 Federal Way, Washington  
 Hosted by the South Snohomish County Dolphins  
*Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.*

SCHEDULES	SESSION I	SESSION II	SESSION III	SESSION IV
<b>Dates</b>	<b>Saturday, April 24, 2010</b>	<b>Saturday, April 24, 2010</b>	<b>Sunday, April 25, 2010</b>	<b>Sunday, April 25, 2010</b>
<b>Coaches' Meeting</b>	7:15 am - Check-in and Coaches' Packets at Clerk of Course	if needed	if needed	if needed
<b>Officials' Meetings</b>	1 hour before start of competition (7:30)	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition
<b>Age Groups</b>	All 12 & Under	All 13 & over	All 12 & under	All 13 over
<b>Warm-ups</b>	7:30 am	15 minutes following conclusion of Session I	7:30 am	Immediately following conclusion of Session III
<b>Timed Finals</b>	8:30 am	One hour after start of warm-ups	8:30 am	One hour after start of warm-ups
<b>Positive Check-in Deadline:</b>			One hour after the start of session	One hour after the start of session

**MEET DIRECTOR:**

Jim Satterlee  
 • jimsat@comcast.net  
 • 425-745-9230

**MEET REFEREE:**

Kevin Fraley  
 • swimref@hotmail.com

**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, 2006, & 2009 National Championships, 2008 NCAA Men's Division 1 National Championships, 2003 & 2009 U.S. Open, and 1996, 1999, & 2009 Junior Nationals.
- Indoor 50-meter, 9 feet deep, 8-lane competitive pool
- 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 and warm-down, no diving or horseplay at any time during this meet.
- 2500 spectator seats
- Omega electronic timing system
- Full-read scoreboard

**ONSITE AMENITIES**

- **Vendor:** iSwim
- **T-Shirts:** Fine Design will have commemorative shirts available
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions:** Subway - under contract with King County; neither PNS nor the host team derive any benefit
- **Hospitality** for coaches and officials only
- **Parking:** pool parking lots (front and rear). Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles.

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- With the exception of 8&U swimmers who must have achieved at least one 10&U PNS Silver time standard, each swimmer must have achieved at least one PNS Silver time standard for the swimmer's age as of the first day of the meet in USA Swimming sanctioned, approved, or observed competition. Times achieved in compliance with PNS AD 02-01 may also be used. Swimmers with a disability must meet the qualifying time standard.
- Age groups are based on the age of the swimmer as of the first day of competition.
- Age groups for competition will be 10&under, 11-12, 13-14, and 15&over. See Meet Rules and Order of Events

**ENTRY INFORMATION:**

**Event entry limits:**

- Session 1: three (3) events
- Session 2: three (3) events
- Session 3: three (3) events
- Session 4: three (3) events



Pacific Northwest Swimming  
Third Annual Dick LaFave Long Course Kickoff--Sanction #1004-SP04  
Weyerhaeuser King County Aquatic Center  
Federal Way, Washington  
Hosted by the South Snohomish County Dolphins

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

- Whole team entries into Sessions 1 and 3 will be processed in order received until either session reaches the four-hour limit. Whole team entries into Sessions 2 and 4 will be processed in order received until either session reaches 350 swimmers. Team entries may be split.
- NT(no time) will be accepted only if a swimmer has never swum the specific event. Experienced swimmers should enter their actual times. It is assumed that all entry times are LCM unless indicated as SCY.
- Converted times may not be used..
- On-deck USA Swimming registration will not be permitted.
- Deck entries are not available at this meet.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

#### ENTRY FEES:

- Surcharge: \$15.00
- Individual Event: \$4.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

#### AWARDS AND SCORING:

**Individual events:** Medals 1-3<sup>rd</sup> places, ribbons 4-8th places.

Scoring: 9-7-6-5-4-3-2-1

#### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be LCM then SCY. Neither SCM nor converted times may be used.
- Mixed 12&U events will be swum combined 10&U and 11-12 girls and boys. Mixed 11-12 events will be swum combined 11-12 girls and boys. Mixed 9-12 event will be swum combined 9-10 and 11-12 girls and boys. Mixed 13&O events will be swum combined 13-14 and 15&O girls and boys.
- All 50M events will start at the scoreboard end of the pool.
- At the discretion of the Meet Referee flyover starts may be used, and sessions 2, 3, & 4 may be double ended.

#### 9-12 400 Free and 11-12 400 IM:

- These events will be deck-seeded and swum **slowest to fastest**.
- A positive check-in with the Clerk of Course by the posted deadline is required in order to swim. Swimmers not checking in will be scratched without penalty.
- Swimmers must provide own timers and counter, if desired. Lanes with no timer go unprotected.

#### 13&O 400 IM and 400 Free:

- These events will be deck-seeded and swum **fastest to slowest**.
- A positive check-in with the Clerk of Course by the posted deadline is required in order to swim. Swimmers not checking in will be scratched without penalty.
- Swimmers must provide own timers and counter, if desired. Lanes with no timer go unprotected.

#### 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.
- Deck Marshals will be assigned to supervise the facility. Deck Marshals have the authority to remove any swimmer, coach, parent, spectator 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 athletes, coaches, officials, on-duty timers, and authorized working personnel are permitted anywhere on the lower level of the facility, including all pool decks, locker rooms, hall ways, and stairs. **Parents and spectators -- except on-duty timers -- must remain on the upper level of the facility at all times without exception.** This is required both by USA Swimming and by the terms of our insurance, and it will be strictly enforced.
- 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.



Pacific Northwest Swimming  
Third Annual Dick LaFave Long Course Kickoff--Sanction #1004-SP04  
Weyerhaeuser King County Aquatic Center  
Federal Way, Washington  
Hosted by the South Snohomish County Dolphins  
*Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.*

**ENTRY SUBMITTAL INFORMATION:**

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, April 14, 2010:

1. **COMMLINK file** exported from Team Manager, if used.
2. **Meet Entry Reports** for individual (sorted by swimmer) 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 SSCD

**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.
- Converted times may not be used.
- Whole team entries into Sessions 1 and 3 will be processed in order received until either session reaches the four-hour limit. Whole team entries into Sessions 2 and 4 will be processed in order received until either session reaches 350 swimmers. Team entries may be split.
- 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.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to:  
*Dick LaFave Meet - SSCD*  
*10924 Mukilteo Speedway #267*  
*Mukilteo, WA, 98275*
- Email entries to: *jmlangenegger@hotmail.com*
- Meet Entry Contact/Questions: 425-280-8759



Pacific Northwest Swimming  
Third Annual Dick LaFave Long Course Kickoff--Sanction #1004-SP04  
Weyerhaeuser King County Aquatic Center  
Federal Way, Washington  
Hosted by the South Snohomish County Dolphins  
*Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.*

**SESSION 1 - Saturday, April 24, 2010 (A.M. Session – Event limit 3)**

- 1 Mixed 12 and under 50M Butterfly
- 2 Mixed 12 and under 50M Backstroke
- 3 Mixed 12 and under 50M Breaststroke
- 4 Mixed 12 and under 50M Freestyle
- 5 Mixed 12 and under 200M Individual Medley

**SESSION 2 - Saturday, April 24, 2010 (P.M. Session – Event limit 3)**

- 6 Mixed 13 and over 100M Butterfly
- 7 Mixed 13 and over 100M Backstroke
- 8 Mixed 13 and over 100M Breaststroke
- 9 Mixed 13 and over 100M Freestyle
- 10 Mixed 13 and over 200M Individual Medley

**SESSION 3 - Sunday, April 25, 2010 (A.M. Session – Event limit 3)**

- 11 Mixed 12 and under 100M Backstroke
- 12 Mixed 11-12 200M Breaststroke
- 13 Mixed 12 and under 100M Freestyle
- 14 Mixed 11-12 200M Butterfly
- 15 Mixed 11-12 400M Individual Medley
- 16 Mixed 11-12 200M Backstroke
- 17 Mixed 12 and under 100M Breaststroke
- 18 Mixed 12 and under 200M Freestyle
- 19 Mixed 12 and under 100M Butterfly
- 20 Mixed 9-12 400M Freestyle

**SESSION 4 - Sunday April 25, 2010 (P.M. Session – Event limit 3)**

- 21 Mixed 13 and over 50M Freestyle
- 22 Mixed 13 and over 200M Butterfly
- 23 Mixed 13 and over 200M Backstroke
- 24 Mixed 13 and over 400M Freestyle
- 25 Mixed 13 and over 200M Breaststroke
- 26 Mixed 13 and over 200M Freestyle
- 27 Mixed 13 and over 400M Individual Medley



Pacific Northwest Swimming  
 Third Annual Dick LaFave Long Course Kickoff--Sanction #1004-SP04  
 Weyerhaeuser King County Aquatic Center  
 Federal Way, Washington  
 Hosted by the South Snohomish County Dolphins  
*Held under 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.**

<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 \$15.00</b>	<b>\$</b>	
<b>INDIVIDUAL EVENTS:</b>		<b>X \$ 4.00</b>	<b>\$</b>	
		<b>TOTAL:</b>	<b>\$</b>	

Make one check payable to **SSCD**.

**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.