



Pacific Northwest Swimming  
 2010 Pacific Coast - Sanction #1005-SP05  
 Weyerhaeuser King County Aquatic Center  
 Federal Way, Washington



Hosted by the StingRay Swimming and South Sound Titans

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

SCHEDULES	SESSION I	SESSION II	SESSION III	SESSION IV	SESSION V
Dates	Friday, May 14, 2010	Saturday, May 15, 2010	Saturday, May 15, 2010	Sunday, May 16, 2010	Sunday, May 16, 2010
<b>Coaches' Meeting</b>	11:45 pm	7:45 am	if needed	if needed	if needed
<b>Officials' Meetings</b>	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition
<b>Warm-ups</b>	12:00 pm	8:00 am	Immediately following conclusion of Session II, but not before noon	8:00 am	Immediately following conclusion of Session IV, but not before noon
<b>Timed Finals</b>	1:10 pm	9:00 am	One hour after start of warm-ups	9:00 am	One hour after start of warm-ups
<b>Positive Check-in Deadline:</b>	12:30 pm (Positive Check-in for All Ages All Events)	10:00 am (Positive Check-in for 12 and U 400 IM)	One hour after start of Competition (Positive Check-in for 400 IM)	(No Positive Check-in Events Today)	(No Positive Check-in Events Today)
<b>Relay Cards Due:</b>	12:30 PM	8:30 am	30 min prior to start of Competition	8:30 am	30 min prior to start of Competition

**MEET DIRECTORS:**

Ann Baker  
 • jemiann@msn.com  
 • 425-293-7469

Shawn Jones

• sstheadcoach@comcast.net  
 • 253-880-4647

**MEET REFEREE:**

Bruce Olson  
 • bruce.olson@sun.com  
 • 360-668-4535

**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.

**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.
- 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
- 2500 spectator seats
- Omega electronic timing system
- Full-read scoreboard

**ONSITE AMENITIES**

- **Vendor:** Sylvia's Swim Shop
- **T-Shirts:** Commemorative shirts will be available to purchase in the front lobby.
- **Heat Sheets:** \$7.00
- **Results** on PNS web site
- **Concessions:** 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. Overflow parking available in the Federal Way Little League lot. No RV parking in the Aquatic Center lots.

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming.
- Swimmers not registered through PNS should contact the Meet Director regarding entry as PNS has limited non-PNS athletes to 20% of the allowable splashes.



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- Swimmers must have met achieved at least one 2009-2010 PNS "Gold" time in USA Swimming sanctioned, approved, or observed competition. Swimmers age 12 & under must have achieved at least one 11-12 qualifying time. Swimmers age 17 & over must have achieved at least one 15&O qualifying time. Alternate times achieved in compliance with PNS AD 02-01 may also be used. Swimmers with a disability must meet the qualifying time standards in accordance with PNS AD 97-02.
- Age groups are based on the age of the swimmer as of the first day of competition.
- Age groups for competition will be 12&under, 13-14, 15-16 and 17&over. See Order of Events.

#### ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of two (2) individual events on Friday and up to a maximum of three (3) individual events and one (1) relay each day Saturday and Sunday. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- 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.
- Complete whole team entries will be processed in order received until either 12&under session (Session II or Session IV) reaches 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. No standby swims.
- 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
- Deck entry surcharge: \$30.00 (swimmer not previously in meet)
- Individual Event: \$4.00
- Relays: \$10.00
- 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 16th places.  
Scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- **Relay events:** No relay event awards but points count toward team awards.  
Scoring: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- **High point:** Trophies 1st thru 3rd places each age group and gender.  
Scoring based on individual events only.
- **Team awards:** Trophies 1st thru 5th place teams

#### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- At the discretion of the Meet Referee, events may be swum double-ended/two per lane. Odd heats would start at the dive tank end of the pool and even heats would start at the scoreboard end of the pool.
- Seeding will be LCM, SCM, SCY.

#### Friday events:

- These events will be deck-seeded and swum fastest to slowest, alternating two (2) heats of girls then two (2) heats of boys until completion of all heats in the event.
- 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 who check in but who do not swim will be disqualified from the next individual event in which they are entered.
- Swimmers must provide own timers and counter, if desired. Lanes with no timer go unprotected.
- Freestyle events may be swum double-ended/two per lane, at the discretion of the Meet Referee.

#### Saturday's 400 IM events for all age groups:

- These events will be deck-seeded and swum fastest to slowest, alternating 2 heats of girls and then 2 heats of boys until completion of all heats in the event.
- 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 who check in but who do not swim will be disqualified from the next individual event in which they are entered.
- Swimmers must provide own timers, if desired. Lanes with no timer go unprotected.

#### Relays:

- The top two copies of the relay slips must be submitted to the Clerk of Course by the stated deadline.
- The lane copy of the relay slip must be presented to the specific Lane Timer of the appropriate lane prior to the swim. This copy must be complete and legible.

#### 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.



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- 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 in the natatorium. All others must remain in the designated spectator area or in public lobbies 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.

**ENTRY SUBMITTAL INFORMATION:**

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, 6:00 pm May 5, 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 South Sound Titans.

**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.com/downloads.html> at no charge.

**Submittal Notes:**

- Late or incomplete entries will not be processed.
- Whole team entries will be processed in order received until either 12<sup>th</sup> session (Session II or Session IV) exceeds 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.
- Electronic entries to Shawn Jones – [sstheadcoach@comcast.net](mailto:sstheadcoach@comcast.net)
- Mail hard copy and payment to:  
South Sound Titans  
20825 SR 410 E. #392  
Bonney Lake, WA 98391



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## Pacific Coast Invitational - Order of Events

### Session I, Friday, May 15, 2010

Girls Event #	Event	Boys Event #
1	Open 400 Free	2
3	Open 200 IM	4
5	Open 800 Free	6
7	Open 1500 Free	8

### Session II, Saturday, May 16, 2010

9	12 & Under 200 Medley Relay	10
11	12 & Under 100 Fly	12
13	12 & Under 50 Breast	14
15	12 & Under 50 Free	16
17	12 & Under 200 Breast	18
19	12 & Under 100 Back	20
21	12 & Under 400 IM	22

### Session III, Saturday, May 16, 2010

Girls Event #	Event	Boys Event #
23	13-14 200 Medley Relay	24
25	15 & Over 200 Medley Relay	26
27	13-Over 200 Fly	28
29	13 & Over 100 Breast	30
31	13 & Over 50 Free	32
33	13 & Over 100 Back	34
35	13 & Over 400 IM	36

### Session IV, Sunday, May 16, 2010

Girls Event #	Event	Boys Event #
37	12 & Under 200 Free Relay	38
39	12 & Under 200 Fly	40
41	12 & Under 50 Back	42
43	12 & Under 50 Fly	44
45	12 & Under 200 Back	46
47	12 & Under 100 Free	48
49	12 & Under 100 Breast	50
51	12 & Under 200 Free	52



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**Session V, Sunday, May 17, 2009**

<b>Girls Event #</b>	<b>Event</b>	<b>Boys Event #</b>
53	13-14 200 Free Relay	54
55	15 & Over 200 Free Relay	56
57	13 & Over 200 Breast	58
59	13 & Over 100 Free	60
61	13 & Over 200 Back	62
63	13 & Over 100 Fly	64
65	13 & Over 200 Free	66



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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.

<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>RELAYS:</b>		<b>X \$10.00</b>	<b>\$</b>
		<b>TOTAL:</b>	<b>\$</b>

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.