



Pacific Northwest Swimming
 2010 May Flowers Senior Meet - Sanction #1005-SP06
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by the Bellevue Club Swim Team

Held under approval of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.
 www.bcst.com

SCHEDULES	SESSION I	SESSION II
Dates	Saturday, May 1, 2010	Sunday, May 2, 2010
Coaches' Meeting	8:45 a.m. - Check-in and Coaches' Packets at Clerk of Course	If needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition
Timers' Meetings	20 minutes before the start of Event # 1 (400 IM)	20 minutes before the start of Event # 17 (400 Free)
Warm-ups	9:00 a.m.	8:00 a.m.
Timed Finals	10:00 a.m.	9:00 a.m.
Positive Check-in Deadlines:	Events 1-2 (400 IM): 9:30 a.m. Events 5-14: 10:30 a.m. Event 15 (800 Free): 12:00 p.m.	Events 17-18 (400 Free): 8:30 a.m. Events 21-30: 9:30 am Event 31 (1500 Free): 11:00 a.m.

MEET DIRECTORS:

Jill O'Keefe
 • jillokeefe@msn.com
 • 425-241-0758

Jill Seidel

• Seidel.family@comcast.net
 • 206-232-7664

MEET REFEREE:

Teri White
 • twhite@massmutual.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.

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

- **Psych Sheets:** \$5.00
- **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
- **Vendor:** Northwest Swim Shop
- **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 or a FINA member covered under USA Swimming's "open border" policy included in its Registration Manual.
- With the exception of bonus events (see below), swimmers must have met the listed qualifying time in sanctioned, approved, or observed competition. Times achieved in compliance with PNS AD 02-01 may also be used.
- Converted times may not be used.
- Swimmers with a disability must meet the qualifying standards for this meet in compliance with PNS Policy AD 97-02.

ENTRY INFORMATION:

- Each swimmer may enter up to five (5) individual events plus one (1) relay per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- On-deck USA Swimming or other athlete 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 awards. Deck entry fees must be paid prior to the swim.



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- Deck entered swimmers who are not already in the meet are required to show proof of appropriate athlete registration 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.

BONUS SWIMS:

- A swimmer entered in one or more individual events on any day may also enter a maximum of one (1) individual bonus event that same day, subject to the event limits stated above.
- All bonus events must be events 200M or shorter. Events 400M or longer may not be entered as bonus events.
- A bonus event should be entered with the swimmer's best-achieved time. NT is not acceptable.

ENTRY FEES:

- Surcharge: \$15.00
- Deck entry surcharge: \$30.00 (swimmer not previously in meet)
- Individual Event: \$5.00
- Relays: \$10.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

- **High Point Awards:** Special awards from Sylvia's Swimwear for 1st thru 3rd place men and women. Scoring based on individual events only. 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 for the meet will be: LCM, SCY. It is assumed that all entry times are LCM unless otherwise indicated.
- At the discretion of the Meet Referee, events may be swum double-ended. Odd heats would start at the dive tank end of the pool and even heats would start at the scoreboard end of the pool.
- All 50M freestyle heats will start from the scoreboard end of the pool.

Positive Check in for all Events

- All individual events will be deck-seeded. 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.

Distance Events

- The 400 IM and 400 free will be swum slowest to fastest in event number order.
- The 800 and 1500 free may be limited to the fastest 48 women and the fastest 48 men who check in. The top eight (8) women and the top (8) men (by seed time) will be seeded per their gender and swim in that order. The remaining heats will be swum fastest to slowest, combined men and women; hence, the combined event numbers.

- Swimmers in 800 and 1500 free must provide their own timer and counter, if desired. Lanes with no timer go unprotected.
- Events 400M or longer may not be entered as bonus events.

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 the 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 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 approval 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 or of a FINA member covered by USA Swimming's "open border" policy shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming or of a FINA member covered by USA Swimming's "open border" policy.
- 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.



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- Team Areas: Please keep your area clean, and pick up all trash before leaving each session.

ENTRY SUBMITTAL INFORMATION:

Entries will only be accepted upon receipt of all of the following prior to the entry deadline, Wednesday, April 21, 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 BCST Boosters.

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.
- Meet Entry Report or equivalent hardcopy must include the full name of the 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 (if USA Swimming registered), events entered, and entry time for each.
- Bonus swims must be identified as such. Teams using TM 4.0 or higher can identify them through the meet entry screen. They should be circled on all printed reports.
- 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 address:
Michelle Lemke
2020 Jones Circle SE
Renton, WA., 98055
- E-mail: jonlemke1@comcast.net
- Meet entry questions: 425-235-0382



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Order Of Events						
Saturday, May 1, 2010						
WOMEN EVENTS	LCM	SCY	EVENT	LCM	SCY	MENS EVENTS
1	5:46.00	5:06.00	400 M I.M.	5:26.00	4:48.00	2
3	N/A	N/A	200 M Medley Relay	N/A	N/A	4
5	2:26.00	2:09.00	200 M FREE	2:19.00	2:02.00	6
7	1:16.00	1:07.00	100 M FLY	1:10.00	1:02.00	8
9	32.00	28.00	50 M FREE	30.00	26.00	10
11	1:18.00	1:09.00	100 M BACK	1:14.00	1:05.00	12
13	3:12.00	2:50.00	200 M BREAST	3:01.00	2:41.00	14
10 MINUTE BREAK (Time Permitting)						
15	10:20.00	11:34.00	800 M FREE	10:00.00	11:12.00	15
Sunday, May 2, 2010						
17	4:55.00	5:30.00	400 M FREE	4:41.00	5:15.00	18
19	N/A	N/A	200 M Free Relay	N/A	N/A	20
21	2:45.00	2:26.00	200 M I.M.	2:39.00	2:20.00	22
23	2:50.00	2:30.00	200 M FLY	2:41.00	2:22.00	24
25	1:08.00	1:00.00	100 M FREE	1:04.00	56.00	26
27	2:48.00	2:28.00	200 M BACK	2:39.00	2:20.00	28
29	1:30.00	1:20.00	100 M BREAST	1:26.00	1:16.00	30
10 MINUTE BREAK (Time Permitting)						
31	19:38.00	19:21.00	1500 M FREE	18:40.00	18:22.00	31



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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 \$15.00	\$
INDIVIDUAL EVENTS:		X \$ 5.00	\$
RELAYS:		X \$10.00	\$
		TOTAL:	\$

Make one check payable to **BCST Boosters**.

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc., or of a FINA member covered by USA Swimming's "open border" policy.

 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.