



Pacific Northwest Swimming
 February Challenge – Division 4 -- Sanction #0902-CSD04
 Juanita High School Pool
 Kirkland, Washington
 Hosted by Wave Aquatics



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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, February 7, 2009	Saturday, February 7, 2009	Sunday, February 8, 2009	Sunday, February 8, 2009
Coaches' Meeting	7:45 AM Coaches' packet at Clerk of Course.	as needed	as needed	as needed
Officials' Meetings	40 minutes before start of competition	40 minutes before start of competition	40 minutes before start of competition	40 minutes before start of competition
Timers' Meetings	20 minutes before start of competition	20 minutes before start of competition	20 minutes before start of competition	20 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
Relay Entry Deadline:	8:45 AM	15 minutes before start of competition	8:45 AM	15 minutes before start of competition
Positive Check-in Deadline: 400 IM/500 free		Will be announced during warm-ups	Will be announced during warm-ups	

MEET DIRECTOR:

Russell Bennett
 • rpbsjy@comcast.net
 • 425 283 6466

MEET REFEREE:

Dick Chapman
 • chapman_family@comcast.net
 • 425 885 7218

LOCATION AND DIRECTIONS

Juanita High School
 10601 NE 132nd Street
 Kirkland, Washington

Directions: From the **South**, take I-405 to exit 20B. At exit 20B, take ramp right and follow signs for Totem Lake Blvd. Turn left onto Totem Lake Blvd NE and continue until reaching NE 132nd St. From the **North**, take I-405 to exit 20. Turn right onto NE 124th and then an immediate right onto 116th Ave NE and continue until reaching NE 132nd St. From **either direction**, turn left onto NE 132nd Street. Turn left at the traffic light into Juanita High School. At the traffic circle, turn right at the first parking lot entrance - the pool will be to your left.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 5.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).

- Warm-up pool in the shallow end
- 200 spectator seats
- Electronic timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- **Vendor:** WAVE Cafe
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions:** WAVE Cafe
- **Hospitality** for coaches and officials only
- **Parking:** ample parking in high school lot

TEAMS:

- Wave Aquatics
- Central Area Aquatic Team
- Excel Swim Club
- Gold's Aquatics Club
- Metro Aquatics
- PRO Swimming
- Steelhead Swim Team

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through one of the teams listed above.
- Age groups are based on the age of the swimmer as of the first day of the meet.



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- Age groups for competition will be 8&under, 9-10, 10&under, 11-12, 13-14, and 15&over. See Order of Events.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of five (5) individual events plus one (1) relay event 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 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 in each division, based on seed times. Scoring also based on seed times: 7-5-4-3-2-1
- **Relay events:** Gold ribbons 1st thru 6th places. All relays eligible for scoring. Scoring: 14-10-8-6-4-2

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- **Relay events:** Relay events will be pre-seeded. Teams are encouraged to pre-enter relays. All relays, whether pre-entered or deck-entered, are eligible for awards.
- **Distance events:** The 500 freestyle and 400 IM events for 13&over swimmers will be deck-seeded, with all heats being swum fastest to slowest, combined girls and boys. Positive check-in prior to the check-in deadline is required. Swimmers must provide their own timers and counters (if desired) for these events; lanes with no timers go unprotected.
- **25 yard events:** All 25 yard events will be manually-timed.

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, meet directors and any other person required by sanction to be members of USA Swimming shall visibly display their membership credentials at all times.
- 25 yard events will be manually-timed.
- 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, January 28, 2009:

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



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5. Meet Entry Fees—one check payable to Wave Aquatics.

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-tekld.com/downloads> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- 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:
Russell Bennett
25705 NE 10th Street
Sammamish, WA 98074
- Email entries to: *rpbsjy@comcast.net*
- Meet Entry Contact/Questions: *as above*

PNS Challenge Series – Order of Events - FEBRUARY-09

SATURDAY AM			SATURDAY PM			SUNDAY AM			SUNDAY PM		
#	Age	Event	#	Age	Event	#	Age	Event	#	Age	Event
1	Girls 10 & U	200 IM	33	Girls 13 - 14	200 IM	55	Girls 11 - 12	200 Free	77	Girls 8 & U	25 Free
2	Boys 10 & U	200 IM	*	Girls 15 & O	200 IM	*	Girls 13 - 14	200 Free	78	Boys 8 & U	25 Free
3	Girls 11 - 12	200 IM	34	Boys 11 - 12	200 IM	*	Girls 15 & O	200 Free	79	Girls 10 & U	200 Free
5	Girls 10 & U	200 Md Relay	*	Boys 13 - 14	200 IM	56	Boys 13 - 14	200 Free	80	Boys 10 & U	200 Free
6	Boys 10 & U	200 Md Relay	*	Boys 15 & O	200 IM	*	Boys 15 & O	200 Free	82	Boys 11 - 12	200 Free
7	Girls 12 & U	400 Md Relay	35	Girls 13 & O	400 Md Relay	57	Girls 11 - 12	400 Fr Relay	83	Girls 10 & U	200 Fr Relay
9	Girls 10 & U	100 Back	36	Boys 11 - 12	400 Md Relay	59	Girls 11 & O	400 Fr Relay	84	Boys 10 & U	200 Fr Relay
10	Boys 10 & U	100 Back	38	Boys 11 & O	400 Md Relay	60	Boys 13 & O	400 Fr Relay	86	Boys 12 & U	400 Fr Relay
11	Girls 11 - 12	100 Back	39	Girls 13 - 14	100 Back	61	Girls 11 - 12	100 Fly	87	Girls 8 & U	25 Fly
13	Girls 10 & U	50 Fly	*	Girls 15 & O	100 Back	*	Girls 13 - 14	100 Fly	88	Boys 8 & U	25 Fly
14	Boys 10 & U	50 Fly	40	Boys 11 - 12	100 Back	*	Girls 15 & O	100 Fly	89	Girls 10 & U	100 Fly
15	Girls 11 - 12	50 Fly	*	Boys 13 - 14	100 Back	62	Boys 13 - 14	100 Fly	90	Boys 10 & U	100 Fly
17	Girls 11 - 12	200 Fly	*	Boys 15 & O	100 Back	*	Boys 15 & O	100 Fly	92	Boys 11 - 12	100 Fly
19	Girls 10 & U	100 Free	41	Girls 13 - 14	200 Fly	63	Girls 11 - 12	50 Free	93	Girls 8 & U	50 Free
20	Boys 10 & U	100 Free	*	Girls 15 & O	200 Fly	*	Girls 13 - 14	50 Free	*	Girls 9 - 10	50 Free
21	Girls 11 - 12	100 Free	42	Boys 11 - 12	50 Fly	*	Girls 15 & O	50 Free	94	Boys 8 & U	50 Free
23	Girls 10 & U	50 Breast	44	Boys 11 - 12	200 Fly	64	Boys 13 - 14	50 Free	*	Boys 9 - 10	50 Free
24	Boys 10 & U	50 Breast	*	Boys 13 - 14	200 Fly	*	Boys 15 & O	50 Free	96	Boys 11 - 12	50 Free
25	Girls 11 - 12	50 Breast	*	Boys 15 & O	200 Fly	65	Girls 11 - 12	50 Back	97	Girls 8 & U	25 Back
27	Girls 11 - 12	200 Breast	45	Girls 13 - 14	100 Free	67	Girls 11 - 12	200 Back	98	Boys 8 & U	25 Back
29	Mixed 10 & U	500 Free	*	Girls 15 & O	100 Free	*	Girls 13 - 14	200 Back	99	Girls 10 & U	50 Back
31	Girls 11 - 12	500 Free	46	Boys 11 - 12	100 Free	*	Girls 15 & O	200 Back	100	Boys 10 & U	50 Back
			*	Boys 13 - 14	100 Free	68	Boys 13 - 14	200 Back	102	Boys 11 - 12	50 Back
			*	Boys 15 & O	100 Free	*	Boys 15 & O	200 Back	104	Boys 11 - 12	200 Back
			47	Girls 13 - 14	200 Breast	69	Girls 11 - 12	100 Breast	105	Girls 8 & U	25 Breast
			*	Girls 15 & O	200 Breast	*	Girls 13 - 14	100 Breast	106	Boys 8 & U	25 Breast
			48	Boys 11 - 12	50 Breast	*	Girls 15 & O	100 Breast	107	Girls 10 & U	100 Breast
			50	Boys 11 - 12	200 Breast	70	Boys 13 - 14	100 Breast	108	Boys 10 & U	100 Breast
			*	Boys 13 - 14	200 Breast	*	Boys 15 & O	100 Breast	110	Boys 11 - 12	100 Breast
			*	Boys 15 & O	200 Breast	71	Girls 11 - 12	100 IM	111	Girls 8 & U	100 IM
			52	Boys 11 - 12	500 Free	73	Girls 11 - 12	400 IM	*	Girls 9 - 10	100 IM
			53	Mixed 13 & O	500 Free	75	Mixed 13 & O	400 IM	112	Boys 8 & U	100 IM
									*	Boys 9 - 10	100 IM
									114	Boys 11 - 12	100 IM
									116	Boys 11 - 12	400 IM

*Asterisk events will be seeded with the preceding event, awarded separately.

Mixed Events will be swum combined by gender and age-groups, seeded fast to slow. Awards will be broken out by gender and age-group.



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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 **Wave Aquatics**.

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.