



Pacific Northwest Swimming
 2012 May Flowers Senior Meet - Sanction #1205-SP04
 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 5, 2012	Sunday, May 6, 2012
Coaches' Meetings	8:30 a.m. - Check-in and Coaches' Packets at Clerk of Course	If needed
Officials' Meetings	9:00 a.m.	8:00 a.m.
Timers' Meetings	9:30 a.m.	8:30 a.m.
Warm-ups	8:45 a.m. – 9:50 a.m.	7:45 a.m. – 8:50 a.m.
Timed Finals	10:00 a.m.	9:00 a.m.
Positive Check-in Deadlines	Events 1-4: 9:15am Events 5-14: 10:15am Event 15: 12:00pm	Events 17-18: 8:15 am Events 19-29: 9:15am Event 31: 11:00 am

MEET DIRECTORS:

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

- Charlene Steinhauer
 • csteinhauer@comcast.net
 • 206-794-1770

MEET REFEREE:

- Marianne Kersten
 • mkers10@comcast.net

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

- Site of the 1990 Goodwill Games and 1991, 1994, 1997, 2000, and 2006 Spring National Championships, 2008 and 2012 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
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- No shaving in the facility.

ONSITE AMENITIES

- **Results** on PNS web site
- **Vendor:** Northwest Swim Shop will be on site Saturday
- **Concessions:** under contract with King County; neither PNS nor the host team derive any benefit
- **Hospitality:** Refreshments will be available for coaches and officials in the Hospitality Room. Swimmers and spectators are not allowed.
- **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.
- 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.
- Swimmers with a disability must meet the qualifying standards for this meet unless waived for certain disability classifications. Contact the Meet Referee for more information.
- Converted times will not be allowed.

ENTRY INFORMATION:

- Each swimmer may enter up to five (5) individual events per day and may only participate on 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.
- A swimmer entered in one or more qualifying individual events may also enter up to one bonus swim on the same day, subject to the entry limits stated above. All bonus events must be 200 meters or shorter. A bonus event should be entered with the swimmers best time. NT is not acceptable.
- 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



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- not eligible for awards. 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 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.**

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: none

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding for the meet will be LCM (long course meters), SCM (short course metres) then SCY (short course yards). All entry times must be LCM, SCM or SCY. Converted times are not allowed.
- At the discretion of the Meet Referee, individual 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. Participating teams may be asked to provide timers during double-ended sessions.

Positive Check-in:

- All events will deck-seeded, requiring a positive check-in with the Clerk of Course by the posted deadline in order to swim. Swimmers not checking in for these events by the posted and announced deadline will be scratched without penalty. Swimmers checking in for these events and failing to show for their swim will be disqualified from their next individual event.

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 fastest 48 swimmers will be based on their LCM entry times, then SCM times, then SCY times. 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. Swimmers must provide their own timer 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 ten (10) 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.
- No shaving is allowed in this facility.
- Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
- All participating swimmers must be under the supervision of a USA USA Swimming or of a FINA-member organization coach included in USA Swimming's "open border" policy. The Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- Any swimmer entered in the meet must be certified by a USA Swimming or FINA-member organization coach included in USA Swimming's "open border" policy coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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.
- 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.



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ENTRY SUBMITTAL INFORMATION:

Entries will only be accepted upon receipt of all of the following prior to the entry deadline, Wednesday, April 25, 2012:

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.
- Please be advised that bonus swims may not import into Meet Manager from non-Hy-Tek products. Teams using other team management software are asked to 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. The host team cannot be responsible for entry errors resulting from non-Hy-Tek products.

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, events entered, and entry time for each.
- All entry times must be either LCM (long course meters), SCM (short course meters) or SCY (short course yards) and will be assumed to be LCM unless otherwise indicated.
- 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:
Jeff Lowell
1431 159 Ave. SE
Bellevue, WA.
98008
- E-mail: jefflowell9969@gmail.com
- Meet entry questions: 425-495-5318



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ORDER OF EVENTS AND QUALIFYING TIME STANDARDS

Saturday, May 5, 2012								
WOMEN	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	MEN
1	5:06.00	5:40.00	5:46.00	400 I.M.	5:26.00	5:20.00	4:48.00	2
3	N/A	N/A	N/A	200 Med. Rel.	N/A	N/A	N/A	4
5	2:09.00	2:23.00	2:26.00	200 FREE	2:19.00	2:16.00	2:04.00	6
7	1:08.00	1:15.00	1:17.00	100 FLY	1:11.00	1:09.00	1:03.00	8
9	28.50	31.00	32.50	50 FREE	30.50	29.00	26.50	10
11	1:09.00	1:16.00	1:18.00	100 BACK	1:14.00	1:12.00	1:05.00	12
13	2:50.00	3:08.00	3:12.00	200 BREAST	3:01.00	2:57.00	2:41.00	14
10 MINUTE BREAK (Time Permitting)								
15	11:34.00	10:07.00	10:20.00	800 FREE	10:00.00	9:47.00	11:12.00	15
Sunday, May 6, 2012								
WOMEN	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	MEN
17	5:30.00	4:48.00	4:55.00	400 FREE	4:41.00	4:34.00	5:15.00	18
19	N/A	N/A	N/A	200 Fr. Rel.	N/A	N/A	N/A	20
21	2:26.00	2:42.00	2:45.00	200 I.M.	2:39.00	2:36.00	2:20.00	22
23	2:30.00	2:47.00	2:50.00	200 FLY	2:41.00	2:38.00	2:22.00	24
25	1:01.00	1:07.00	1:09.00	100 FREE	1:05.00	1:03.00	57.00	26
27	2:28.00	2:45.00	2:48.00	200 BACK	2:39.00	2:36.00	2:20.00	28
29	1:21.00	1:29.00	1:31.00	100 BREAST	1:26.00	1:24.00	1:16.00	30
10 MINUTE BREAK (Time Permitting)								
31	19:21.00	19:14.00	19:38.00	1500 FREE	18:40.00	18:16.00	18:22.00	31

