



Pacific Northwest Swimming
 2014 PN Fall Divisional Champs, Division 1 -- Sanction #1412-FDC01
 Snohomish Aquatic Center
 Snohomish, Washington
 Hosted by the StingRay Swim Team

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Dates	Saturday, December 6, 2014	Saturday, December 6, 2014	Saturday, December 6, 2014	Sunday, December 7, 2014	Sunday, December 7, 2014	Sunday, December 7, 2014
Coaches' Meetings	7:45 AM Coaches' packet at Clerk of Course.	as needed	as needed	as needed	as needed	as needed
Officials' Meetings	8:15 AM	45 minutes before start of session	45 minutes before start of session	8:15 AM	45 minutes before start of session	45 minutes before start of session
Warm-ups	8:00 AM	immediately following Session 1	immediately following Session 2	8:00 AM	immediately following Session 4	immediately following Session 5
Competition	9:00 AM	to be announced	to be announced	9:00 AM	to be announced	to be announced

MEET DIRECTOR:

Ben Olszewski
 • coachben220@gmail.com
 • 425-736-5600

MEET REFEREE:

David Guffey
 • dguffey10@comcast.net

LOCATION AND DIRECTIONS

Snohomish Aquatic Center
 516 Maple Avenue
 Snohomish, Washington

Directions from I-5: Take Exit 194/Everett Ave toward US-2E/Wenatchee. Merge onto US-2E. In about eight miles, take the 88th Street SE Ramp, turning right onto 88th Street SE. Stay on that road as it becomes 92nd Street SE and 2nd Street. After it becomes 2nd Street, turn right onto Maple Avenue. The pool will be on your left.

From I-405: At Exit 23, merge onto WA-522 toward US-2E/Woodinville/Wenatchee. Take WA-9N exit toward Snohomish/Arlington, turning left onto WA-9. In about 9 1/2 miles, take the ramp toward Snohomish, then turn right onto 2nd Street. Turn left onto Maple Avenue. The pool will be on your left, just past 5th Street.

FACILITY

- 25 yard x 25 meter pool. All ten lanes will be used during general warm-up, but not for competition. See Meet Rules for more information.
- Starting end 12.5 feet deep; turning end 7.0 feet deep
- The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming.
- Over 400 spectator seats in bleachers. Only coaches, swimmers, and meet volunteers will be allowed on the pool deck.
- Automatic timing system with scoreboard readout
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Except where venue facilities require otherwise, changing in or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

ONSITE AMENITIES

- **Vendor:** Got Gear
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions** available in the lobby – No outside food or drink allowed in the facility.
- **Hospitality** for coaches and officials
- **Parking** available next to pool

TEAMS:

- StingRay Swim Team
- Bellevue Club Swim Team
- Chinook Aquatic Club
- Issaquah Swim Team
- SAC's Aqua Dynamics Swim Team
- Storm Aquatics
- Shadow Seals
- South Snohomish County Dolphins
- Thunderbird Aquatic Club
- West Coast Aquatics

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through an above-listed team.
- Age groups are based on the age of the swimmer as of the first day of the meet. Ages and age groups for competition will be 8&U, 9-10, 11-12, and 13&O. See Order of Events and Entry Information.
- **Qualifying and de-qualifying times:** There are no qualifying times, but there are de-qualifying times for all 11&O swimmers. See Special Information and Rules for each session.

ENTRY INFORMATION:

- Swimmers must meet the specific entry requirements for each individual event they enter.
- On-deck USA Swimming registration will not be permitted. On-deck transfer to one of the listed teams will not be permitted.
- Deck entries for individual events will be allowed only in unassigned lanes during preliminary and pentathlon sessions and only at the discretion of the Meet Referee. No deck entries during the finals sessions. Deck entry individual swims are not eligible for any awards,



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team points, or advancement from prelims to finals. 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 events: \$4.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.

SPECIAL INFORMATION AND RULES FOR 10&U PENTATHLON SESSIONS:

- Each 10&U Pentathlon swimmer may enter up to a maximum of five (5) individual events. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- All 9-10 events will be seeded and swum together by gender, but scored separately by age group and gender.

Qualifying times: There are no qualifying or de-qualifying times for 10&U swimmers.

Awards and Scoring:

- **Pentathlon Awards** for each age group and gender: 8&U, 9, and 10. The winners of the Pentathlon awards will be the swimmers with the least amount of accumulated time for the five events. A swimmer who is disqualified in one or more individual events is not eligible for Pentathlon awards. To be eligible for Pentathlon awards, a swimmer must be pre-entered in and compete in all five events for his/her age group/gender. Trophy for overall winner in each age group and gender with certificates for 2nd-8th places.
- **Ribbons:** 1st thru 8th for individual events in each awards age group.
- No team points.

Special Pentathlon Session Rules:

- All Pentathlon events will be timed finals.
- Any swimmer who deck-enters one or more events is not eligible for Pentathlon awards.
- Depending on time-line considerations, either six or eight lanes will be used for competition. In either case, at least one lane will be open for coach-supervised warm-up/cool-down during competition (feet-first entry only/no diving).

SPECIAL INFORMATION AND RULES FOR 11&O PRELIMS/FINALS SESSIONS:

- Each eligible swimmer may enter up to a maximum of three (3) individual events per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Events will be swum and scored by event number.
- Prelims sessions: depending on time-line considerations, either six or eight lanes will be used for competition. In either case, at least one lane will be open for coach-supervised warm-up/cool-down during competition.
- Finals sessions: Lanes 1-6 will be used for competition; lanes 7-8 will be closed; lanes 9-10 will be available for coach-supervised warm-up/cool-down (feet first entry only, no diving).

De-qualifying times: Swimmers may not enter any event in which they have achieved a 2014 PN Short Course Champs time (any course) since September 1, 2013.

Awards and Scoring:

- Individual events: Medals 1st-6th places; ribbons 7th-12th places.
- Scoring: 16-13-12-11-10-9-7-5-4-3-2-1

Scratch information and Session Rules:

- **Prelims:** No check-in required. No penalty for failure to show.
- **Finals:** These are preliminary/finals sessions, with two 11-12 heats and two 13&O heats of each event in finals. Swimmers whose names are announced as qualifying for the finals or consolation heat of any prelims/finals event who fail to show will be barred from competing in the next individual event in which they are entered unless properly scratched. Once event results are announced, finalists and consolation finalists have 30 minutes to declare their intention to scratch. Swimmers declaring an intention to scratch will have until 30 minutes after the completion of their last preliminary event of the session to finalize their intention to scratch. There is no penalty for scratches during this time.
- Athletes who are seeded into an event as a result of other athletes scratching will not themselves be penalized for a failure to properly scratch. Reseeding to include scratches made after the scratch deadline may occur at the discretion of the Meet Referee.
- Any swimmer who deck enters an event may not advance to finals or otherwise score.

WARM-UP PROCEDURES FOR ALL SESSIONS:

- 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 & 4
 - All other lanes—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.



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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.
- All participating swimmers must be under the supervision of a USA Swimming member coach and may not enter the water at any time unless under the supervision of said coach. The Meet Director or 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 member 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 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 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, **November 25, 2014**:

1. **Entry File** from Team Manager or equivalent.
2. **Meet Entry Reports** for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager or equivalent.
3. **Meet Entry Fee Report** from Team Manager or equivalent.
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 the StingRay Swim Team.

Submittal Formats:

- **Electronic files:** email items #1, #2, and #3.
- **Hardcopies:** mail or hand-deliver items #4 and #5. If sending via express mail, waive signature requirement.

Submittal Notes:

- Late, incomplete, or paper entries will not be processed.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- All entry times must be SCY (short course yards).
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to Ben Olszewski PO Box 652 Monroe WA 98272
Email entries to coachben220@gmail.com
Meet entry contact/questions Ben Olszewski 425-736-5600

2014 FALL DIVISIONAL Order of Events

SESSION 1 (PRELIMS)			SESSION 4 (PRELIMS)		
Event #	Event	Age Group	Event #	Event	Age Group
1, 2	50 Back	11 and over@	35,36	50 Fly	11 and over@
3, 4	200 IM	11 and over@	37,38	200 Free	11 and over@
5, 6	100 Fly	11 and over@	39,40	100 Back	11 and over@
7, 8	50 Breast	11 and over@	41,42	200 Fly	11 and over@
9, 10	200 Back	11 and over@	43,44	100 Breast	11 and over@
11,12	100 Free	11 and over@	45,46	50 Free	11 and over@
13,14	200 Breast	11 and over@	47,48	100 IIM	11 and over@
SESSION 2 (TIMED FINALS)			SESSION 5 (TIMED FINALS)		
15	25 Free	Girls 8-Under	50	25 Free	Boys 8-Under
17	50 Free	Girls 9 - 10*	52	50 Free	Boys 9 - 10*
19	25 Breast	Girls 8-Under	54	25 Breast	Boys 8-Under
21	50 Breast	Girls 9 - 10*	56	50 Breast	Boys 9 - 10*
23	25 Back	Girls 8-Under	58	25 Back	Boys 8-Under
25	50 Back	Girls 9 - 10*	60	50 Back	Boys 9 - 10*
27	25 Fly	Girls 8-Under	62	25 Fly	Boys 8-Under
29	50 Fly	Girls 9 - 10*	64	50 Fly	Boys 9 - 10*
31	50 Free	Girls 8-Under	66	50 Free	Boys 8-Under
33	100 IM	Girls 9 - 10*	68	100 IM	Boys 9 - 10*
SESSION 3 (TOP 12 FINALS – 11-12 AND 13 OVER)			SESSION 6 (TOP 12 FINALS – 11-12 AND 13 OVER)		
Event #	Event	Age Group	Event #	Event	Age Group
1, 2	50 Back	11-12 and 13 Over	35,36	50 Fly	11-12 and 13 Over
3, 4	200 IM	11-12 and 13 Over	37,38	200 Free	11-12 and 13 Over
5, 6	100 Fly	11-12 and 13 Over	39,40	100 Back	11-12 and 13 Over
7, 8	50 Breast	11-12 and 13 Over	41,42	200 Fly	11-12 and 13 Over
9, 10	200 Back	11-12 and 13 Over	43,44	100 Breast	11-12 and 13 Over
11,12	100 Free	11-12 and 13 Over	45,46	50 Free	11-12 and 13 Over
13,14	200 Breast	11-12 and 13 Over	47,48	100 IIM	11-12 and 13 Over

*All 9-10 events will be scored as separate ages: 9 year-olds and 10 year-olds, but swum together. There are no de-qualifying times for 10&U swimmers.

@ 11 and over - Prelims in the AM (open events) with a de-qualifying time of PNS Championship
The 11 and over swimmers do not have qualifying time – only de-qualifying times.

Overall Pentathlon placement is determined by total time for all five (5) events. An event DQ disqualifies swimmer from overall Pentathlon awards. A swimmer must compete in all five events to be considered for awards.



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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 \$ 4.00	\$
		SUBTOTAL:	\$
LESS OUTREACH VOUCHERS:			(\$)
		TOTAL:	\$

Make one check payable to **StingRay Swim Team**.

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.