



Pacific Northwest Swimming
 October Challenge – Division 5 -- Sanction #0910-CSD05
 Fidalgo Pool and Fitness Center
 Anacortes, Washington
 Hosted by the Thunderbird Aquatic Club

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, October 17, 2009	Saturday, October 17, 2009	Sunday, October 18, 2009	Sunday, October 18, 2009
Coaches' Meeting	7:45 AM Coaches' packet at Clerk of Course.	as needed	as needed	as needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 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	8:00 AM	Immediately following conclusion of Session 3
Positive Check-in Deadline: 400 IM/500 free		Will be announced during warm-ups	Will be announced during warm-ups	

MEET DIRECTOR:

Michael Lund
 • h2obug101@yahoo.com
 • 360-293-0673, ext. 14

MEET REFEREE:

Heather Brennan
 • brennan@wavecable.com
 • 360-293-4306

LOCATION AND DIRECTIONS

Fidalgo Pool and Fitness Center
 1603 - 22nd Street
 Anacortes, Washington

Directions: From I-5, either direction, take Burlington/San Juan Ferries exit #230. Turn left/west at stoplight. Follow SR 20 into Anacortes. Turn into roundabout and immediately onto Commercial Avenue. Go to 22nd street and turn left/west. Go up the hill. Pool is on the left/south side of the street.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 4.5 feet deep; turning end 3.5 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Adjacent warm-up pool
- 500 spectator seats
- Daktronics electronic timing system
- Daktronics scoreboard: six-lane readout

ONSITE AMENITIES

- **Vendor:** Swim 2000
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions:** Available throughout the meet

- **Hospitality:** Available in Thunderbird office throughout the meet
- **Parking:** Parking lots east and west of venue; no parking in church parking lot on Sunday

TEAMS:

- Thunderbird Aquatic Club
- Central Area Aquatic Club
- Excel Swim Club
- North Whidbey Aquatic Club
- PRO Swimming
- Steelhead Swim Team
- Tigersharks Swimming

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.
- 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 four (4) individual events per day but no more than six (6) individual events over the course of the meet.** 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. On-deck transfer to one of the listed teams 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



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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 8th in each division, based on seed times. Scoring also based on seed times: 9-7-6-5-4-3-2-1
- **Time Standard Achievement** ribbons for first time Silver, Gold, 14&U PNS Champs cuts.
- **Relay events:** Ribbons 1st thru 8th places. All relays eligible for scoring. Scoring: 18-14-12-10-8-6-4-2

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- **Relay events:** All relays, whether pre-entered or deck-entered, are eligible for scoring and awards. Each swimmer may compete on only one (1) relay team per day.
- **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.

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 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, October 7, 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
5. Meet Entry Fees—one check payable to the Thunderbird Aquatic Club.

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.



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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:
 - October Challenge
 - Attn. Michael Lund
 - 1603 22nd St.
 - Anacortes WA 98221
- Email entries to: h2obug101@yahoo.com
- Meet Entry Contact/Questions: Michael Lund, 360-293-0673 ext.14

2009 OCTOBER CHALLENGE					
SESSION 1 - SAT A.M. 10 UNDER, GIRLS 11-12			SESSION 3 - SUN A.M. GIRLS 11-12, 13 - OVER		
Event #	Event	Age Group	Event #	Event	Age Group
1,2	200 Medley Relay	10U	73,**	200 Free Relay	G11-12
3,*	200 Medley Relay	G12U	75,**	200 Free Relay	G11 - Over
5,6	50 Free	10U	** ,78	200 Free Relay	B13 - Over
7, *	50 Free	G11-12	79,**	100 IM	G11-12
9,**	200 Breast	G11-12	81,82	100 IM	13 - Over
11,12	50 Fly	10U	83,**	100 Free	G11-12
13,**	50 Fly	G11-12	85,86	100 Free	13 - Over
15, **	200 Backstroke	G11-12	87,**	100 Fly	G11-12
17,18	50 Breast	10U	89,90	100 Fly	13 - Over
19, **	50 Breast	G11-12	91,**	100 Breast	G11-12
21,**	200 Butterfly	G11-12	93,94	100 Breast	13 - Over
23,24	50 Back	10U	95,**	100 Back	G11-12
25,**	50 Back	G11-12	97,98	100 Back	13 - Over
27,28	200 Free	10U	99,***	200 IM	G11-12
29,**	200 Free	G11-12	101,102	200 IM	13 - Over
31,**	400 IM	G11-12	103,***	500 Free	G11-12
			105,***	500 Free - Mixed	13-Over
SESSION 2 - SAT P.M. BOYS 11-12, 13 & OVER			SESSION 4 - SUN P.M. 10 UNDER, BOYS 11-12		
** ,34	200 Medley Relay	B11-12	107,108	200 Free Relay	10U
35,**	200 Medley Relay	G13 - Over	*** , 110	200 Free Relay	B12U
** ,36	200 Medley Relay	B11 - Over	111,112	100 IM	8U
** ,38	50 Free	B11-12	113,114	100 IM	9-10
39,40	50 Free	13 - Over	*** ,116	100 IM	B11-12
** ,42	200 Breast	B11-12	117,118	25 Free	8U
43,44	200 Breast	13 - Over	119,120	100 Free	10U
** ,46	50 Fly	B11-12	*** ,122	100 Free	B11-12
47,48	50 Fly	13 - Over	123,124	25 Fly	8U
** ,50	200 Back	B11-12	125,126	100 Fly	10U
51,52	200 Back	13 - Over	*** ,128	100 Fly	B11-12
** ,54	50 Breast	B11-12	129,130	25 Breast	8U
55,56	50 Breast	13 - Over	131,132	100 Breast	10U
** ,58	200 Fly	B11-12	*** ,134	100 Breast	B11-12
59,60	200 Fly	13 - Over	135,136	25 Back	8U
** ,62	50 Back	B11-12	137,138	100 Back	10U
63,64	50 Back	13 - Over	*** ,140	100 Back	B11-12
** ,66	200 Free	B11-12	141,142	200 IM	10U
67,68	200 Free	13-Over	*** ,144	200 IM	B11-12
** ,70	400 IM	B11-12	145,***	500 Free - Mixed	10U
71,**	400 IM - Mixed	13-Over	*** ,146	500 Free	B11-12

Entry limit: 6 individual events for the weekend but no more than 4 individual events per day.



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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 **Thunderbird Aquatic 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.