



Pacific Northwest Swimming
 2015 PN KING Last Chance March Meet - Sanction #1503-SP05
 Mt Rainier High School, Des Moines, Washington
 Hosted by the King Aquatic Club



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

DAYLIGHT SAVINGS REMINDER:

Turn your clocks forward an hour before going to bed Saturday night!

DATE	SUNDAY, MARCH 8, 2015
Coaches' Meeting	7:45 AM
Officials' Meeting	8:40 AM
Warm-ups	8:00 AM
Timed Finals	9:00 AM
Positive Check-in and Deck Entry Deadlines:	Events 1-5: 8:30 AM All other deadlines will be announced

MEET DIRECTOR:

Tara Ross
 • rossangelbre@aol.com
 • 206 250 8807

MEET REFEREE:

John Gagliardo
 • jcgagliardo@comcast.net

LOCATION AND DIRECTIONS

Mount Rainier Pool
 22722 – 19th Avenue South
 Des Moines, Washington

Directions: From northbound or southbound I-5: Take the Kent-Des Moines exit. Go west on Kent-Des Moines road to the bottom of the hill. Take a right onto 18th and follow 18th up and around. The pool will be on the right after the second stop sign.

FACILITY

- 25 yard, 6-lane competitive pool; no outside lane ropes 1 and 6
- Starting end 12.0 feet deep; turning end 4.0 feet deep.
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool in the shallow end
- 200-240 spectator seats
- Electronic timing system; scoreboard w/6-lane readout
- Deck space is limited. Please refrain from the use of deck space in favor of provided bleacher seating.
- 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

- **Concessions, vendor, and hospitality:** None
- **Heat Sheets:** will be posted
- **Results** on PNS web site
- **Parking:** Limited parking. Please observe and follow the posted "No Parking" signs for on-street parking. High School parking may be allowed

ELIGIBILITY:

- All swimmers must be registered with USA Swimming through King Aquatic Club.
- Open competition, but the four-hour rule will apply.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of three (3) individual events.
- On-deck USA Swimming registration will not be permitted. On-deck transfer to King Aquatic Club will not be permitted.
- Deck entered swimmers not already in the meet are required to show proof of USA Swimming athlete registration through PNS and King Aquatic Club and complete a PNS Deck Entry Registration at the Clerk of Course to enter.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

ENTRY FEES, AWARDS, AND SCORING: None

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- At the discretion of the Meet Referee flyover starts may be used
- The 1650 Freestyle will be limited to two (2) heats.
- All events will be deck-seeded and swum slowest to fastest, mixed girls and boys. 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.

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 & 6
 - 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.



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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 meet.
- 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.

- 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: King Aquatic Club will process all entries in-house. Email Entries to: keithure@comcast.net

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 the pool deck. All others must remain in designated spectator area, 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 shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming.



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Last Chance March Meet

www.kingaquaticclub.com

Sunday, March 8, 2015

		Event	
Event #	Event Name	#	Event Name
1	Open 100 Back	9	Open 50 Back
2	Open 200 Fly	10	Open 200 IM
3	Open 50 Free	11	Open 500 Free
4	Open 100 Breast	12	Open 50 Breast
5	Open 400 IM	13	Open 200 Back
6	Open 50 Fly	14	Open 100 Fly
7	Open 200 Breast	15	Open 200 Free
8	Open 100 Free	16	Open 100 IM
		17	Open 1650 Free (2 Heats only)



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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:	

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.