Pacific Northwest Swimming  
2015 PN BC May Flowers Senior Meet – Sanction #1505-SP03  
Weyerhaeuser King County Aquatic Center  
Federal Way, Washington  
Hosted by the Bellevue Club Swim Team  
*Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.*

<table>
<thead>
<tr>
<th>SCHEDULES</th>
<th>SESSION I</th>
<th>SESSION II</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>Saturday, May 2, 2015</td>
<td>Sunday, May 3, 2015</td>
</tr>
<tr>
<td>Coaches’ Meetings</td>
<td>7:30 a.m. - Check-in and Coaches’ Packets at Clerk of Course</td>
<td>If needed</td>
</tr>
<tr>
<td>Officials’ Meetings</td>
<td>8:00 a.m.</td>
<td>8:00 a.m.</td>
</tr>
<tr>
<td>Timers’ Meetings</td>
<td>8:30 a.m.</td>
<td>8:30 a.m.</td>
</tr>
<tr>
<td>Warm-ups</td>
<td>7:45 a.m. – 8:50 a.m.</td>
<td>7:45 a.m. – 8:50 a.m.</td>
</tr>
<tr>
<td>Timed Finals</td>
<td>9:00 a.m.</td>
<td>9:00 a.m.</td>
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| Positive Check-in Deadlines | Events 1-2: 8:15 a.m.  
Events 5-14: 9:15 a.m.  
Event 15: 11:00 a.m. | Events 17-18: 8:15 a.m.  
Events 21-29: 9:15 a.m.  
Event 31: 11:00 a.m. |
| Relay Cards Due | 9:00 a.m. | 9:00 a.m. |

**MEET DIRECTOR:**  
Colleen Lowell  
* colleenlowell@q.com  
* 425-644-2297

**MEET REFEREE:**  
Padraic Riley  
* padraicriley@comcast.net  
* 425-985-9175

**MEET ADMINISTRATIVE REFEREE:**  
Ted Wang  
* twang4426@gmail.com

**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**  
- 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. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections.  
- 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.  
- Except where venue facilities require otherwise, changing in or out of swimsuits other than in locker rooms or other designated areas is prohibited.  
- Shaving is not permitted anywhere in the facility.

**ONSITE AMENITIES**  
- **Results** on PNS web site  
- **Vendors:** Northwest Swim Shop will be on site Saturday and Northwest Designs will be on site both Saturday and Sunday.  
- **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**  
- Teams entering this meet do so with the understanding that they may be asked to provide at least one (1) timer per session.  
- 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.  
- With the exception of bonus events clearly indicated as such, 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.
MEET RULES:
• Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
• Seeding for the meet will be LCM, SCM, SCY.
• Converted times are not allowed.
• All 50M events will start at the scoreboard end of the pool.
• At the discretion of the Meet Referee, individual events 100M or longer may be swum double-ended using chase starts. 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.
• All events will be swum slowest to fastest in event number order except distance events.
• Any changes to normal meet operations protocol will be announced at the coaches’ meeting.

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.
• Complete whole-team entries will be processed in the order received until either day’s pre-scratch estimated timeline reaches six hours.
• 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 fees must be paid prior to the swim.
• Deck entered swimmers who are not already in the meet are required to show proof of athlete registration and complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.
• All deck entries will be subject to the Eligibility requirements and, unless entered as a bonus event, will need proof of time.
• All USA Swimming registration numbers will be verified with the PNS registration database.

BONUS EVENTS
• 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 swimmer’s best time. NT (“no time”) is not acceptable.

ENTRY FEES:
• Surcharge: $15.00
• Deck entry surcharge: $30.00 (swimmer not previously in meet)
• Individual Event: $6.00
• Relays: $12.00
• No refunds or credits will be given for events entered but not swum; no event swapping.
• All fees must accompany entries

AWARDS AND SCORING: none

RELAY EVENTS:
• Relays will be pre-seeded. Coaches are asked to turn in the completed top two copies of the relay slip to the Clerk of Course by 9:00 am. The pink copy of the relay slip must be presented to the Lane Timer of the appropriate lane prior to the swim to verify the order in which the athletes will swim. This copy must be complete and legible. The Meet Referee may combine heats regardless of gender to accommodate the usage of pool time. All relays will start from the dive tank end.

POSITIVE CHECK-IN:
• All individuals will be positive check-in, 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 scratched from the rest of the meet unless they declare their intention to compete with the Administrative Referee. An athlete who declares an intention to compete prior to a subsequent event’s check-in deadline will be seeded in that event. An athlete who declares an intention to compete after a subsequent event’s check-in deadline will be allowed to swim only in an open lane.

DISTANCE EVENTS:
• The 400 IM and 400 free will be swum fastest to slowest in event number order. Timers will be provided.
• The 800 and 1500 free may be limited to the fastest 48 women and the fastest 48 men who check in. 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.
• The Meet Referee may adjust these events to accommodate the number of swimmers entered.

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
• Pool closed promptly ten (10) minutes prior to the start of competition.

SAFETY:
• No diving from the blocks or sides of the 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.
• 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 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 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 as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance.

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 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 or of a FINA-member organization included in USA Swimming's “open border” policy shall visibly display their membership credentials at all times.

• All persons acting in any coaching capacity must be coach members of USA Swimming or of a FINA-member organization included in USA Swimming's “open border” policy.

• 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.

• Mail entries to: Jeff Lowell
  1431 159th Ave SE
  Bellevue, WA 98008

• E-mail entries to: jefflowell9969@gmail.com

• Meet entry questions: Jeff Lowell, 425-495-5318
# ORDER OF EVENTS AND QUALIFYING TIME STANDARDS

<table>
<thead>
<tr>
<th>WOMEN</th>
<th>SCY</th>
<th>SCM</th>
<th>LCM</th>
<th>EVENT</th>
<th>LCM</th>
<th>SCM</th>
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<tr>
<td>1</td>
<td>5:06.00</td>
<td>5:40.00</td>
<td>5:46.00</td>
<td>400 I.M.</td>
<td>5:26.00</td>
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<td>4:48.00</td>
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<tr>
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<td>N/A</td>
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<tr>
<td>5</td>
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<td>2:23.00</td>
<td>2:26.00</td>
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<td>2:19.00</td>
<td>2:16.00</td>
<td>2:04.00</td>
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<tr>
<td>7</td>
<td>1:08.00</td>
<td>1:15.00</td>
<td>1:17.00</td>
<td>100 FLY</td>
<td>1:11.00</td>
<td>1:09.00</td>
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</tr>
<tr>
<td>9</td>
<td>28.50</td>
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<td>32.50</td>
<td>50 FREE</td>
<td>30.50</td>
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<td>26.50</td>
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<tr>
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<td>1:16.00</td>
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<td>1:14.00</td>
<td>1:12.00</td>
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<tr>
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<td>2:57.00</td>
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10 MINUTE BREAK (Time Permitting)

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<th>WOMEN</th>
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<th>EVENT</th>
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<th>MEN</th>
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<tbody>
<tr>
<td>17</td>
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<td>400 FREE</td>
<td>4:41.00</td>
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<td>200 FLY</td>
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<td>1:05.00</td>
<td>1:03.00</td>
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<tr>
<td>27</td>
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<td>2:45.00</td>
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<td>200 BACK</td>
<td>2:39.00</td>
<td>2:36.00</td>
<td>2:20.00</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>1:21.00</td>
<td>1:29.00</td>
<td>1:31.00</td>
<td>100 BREAST</td>
<td>1:26.00</td>
<td>1:24.00</td>
<td>1:16.00</td>
<td>30</td>
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<tr>
<th>WOMEN</th>
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<tr>
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<td>19:38.00</td>
<td>1500 FREE</td>
<td>18:40.00</td>
<td>18:16.00</td>
<td>18:22.00</td>
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2015 PN BC May Flowers Senior Meet -- Sanction #1505-SP03
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
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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.

<table>
<thead>
<tr>
<th>TEAM NAME:</th>
<th>TEAM CODE:</th>
<th>LSC CODE:</th>
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<tbody>
<tr>
<td>COACH:</td>
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</tr>
<tr>
<td>EMAIL ADDRESS:</td>
<td>OFFICE PHONE:</td>
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</tr>
<tr>
<td>TEAM MAIL ADDRESS:</td>
<td>CELL PHONE:</td>
<td></td>
</tr>
<tr>
<td>CITY, STATE, ZIP:</td>
<td>POOL PHONE:</td>
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</tr>
<tr>
<td>ENTRY INFORMATION PREPARED BY:</td>
<td>PHONE:</td>
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**MEET ENTRY FEES ENCLOSED:**

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<thead>
<tr>
<th>SURCHARGE:</th>
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<tbody>
<tr>
<td>INDIVIDUAL EVENTS:</td>
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</tr>
<tr>
<td>RELAYS:</td>
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<tr>
<td>SUBTOTAL:</td>
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<tr>
<td>LESS OUTREACH VOUCHERS:</td>
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<tr>
<td>TOTAL:</td>
<td></td>
<td>$</td>
</tr>
</tbody>
</table>

Make one check payable to **BCST Boosters**.

**THE FOLLOWING STATEMENT MUST BE SIGNED:**

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc. or of a FINA member covered under USA Swimming’s “open border” policy included in its Registration Manual.

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.