



Pacific Northwest Swimming
 2009 Washington State Senior SC Championships--Sanction #0912-SRCH
 Time Trials Sanction #0912-SRTT
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by King Aquatic Club - www.kingaquaticclub.org
Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

SCHEDULES	Thursday December 17, 2009	Friday December 18, 2009	Saturday December 19, 2009	Sunday December 20, 2009
Coaches' Meetings	2:00 PM - Clerk of Course opens for Check in and Coaches' Packets 2:30 PM - Meeting	7:45 AM - Clerk of Course opens for Check in and Coaches' Packets Coaches' Meeting will be announced - as needed	Announced - as needed	Announced - as needed
Positive Check-in Deadline	One half hour after the end of the Coaches' Meeting	10:30 AM for 500 Freestyle	10:30 AM for 400 IM 6:00 PM for 1650 Freestyle	
Officials' Meeting (prelims)		One hour before start of competition	One hour before start of competition	One hour before start of competition
Timers' Meeting		8:30 AM	8:30 AM	8:30 AM
Warm-ups (prelims)		7:30-8:50 AM	7:30-8:50 AM	7:30-8:50AM
Competition (prelims)		9:00 AM	9:00 AM	9:00 AM
Officials' Meeting (finals)	4:00 PM	One hour before start of competition	One hour before start of competition	One hour before start of competition
Warm-ups (finals)	4:00 PM	Not earlier than 4:00 PM - Meet Referee will announce start times at Thursday's Coaches' Meeting		
Competition (finals)	5:00 PM	One hour after the start of finals warm-up.		

MEET DIRECTOR:

Julia Hansen
 • kingmeetdiretor@gmail.com
 • 253 355 8451

MEET REFEREE:

Dave Warren
 • warren@dblhelix.com
 • 206 283 7953

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.

Note: In the event of inclement weather, call the King County Aquatic Center Hotline: 206-296-4444 or toll-free 1-800-325-6165 x64444.

FACILITY

- World-class aquatic facility: Site of the 1990 Goodwill Games and 1991, 1994, 1997, 2000, and 2006 Spring National Championships, 2008 NCAA Men's Division 1 Championships, 2009 U.S. Open, 2009 Junior Nationals, and 2009 Short Course Nationals.
- Two 25 yard, 9 feet deep, 8-lane competitive pools. The area between the bulkheads is closed at all times.
- 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

ONSITE AMENITIES

- **Vendor:** TBA
- **Special Meet T-Shirts:** Fine Design
- **Psych Sheet** will be posted on the host team's web site
- **Meet Heat Sheets:** \$7.00 for entire meet
- **Finals Program:** \$1.00 per session
- **Results** will be posted on the PNS web site



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- **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, timers, and spectators are not allowed.
- **Parking:** Available at the Aquatic Center and possibly in the Federal Way Little League parking lot to the east. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. Carpooling is strongly recommended.
- **RV Parking:** Contact Meet Director to obtain a permit prior to meet, as only a limited number of permits are available for parking in the north parking lot. RV's parked elsewhere or without a permit risk being towed at the owner's expense. Dry camping--no sewer, water, or electricity.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and either Inland Empire Swimming, Oregon Swimming, or Pacific Northwest Swimming. In addition, all swimmers must be legal residents of the State of Washington.
- Open competition.
- With the exception of individual bonus swims clearly identified as such, entries must meet the published qualifying times. Entries that do not meet these standards will be scratched without notification and entry fees will not be refunded.
- Swimmers must have met the 2009 Washington State Senior Short Course Championship qualifying time in USA Swimming sanctioned, approved, or observed competition between September 1, 2008, and the entry deadline.
- A PNS swimmer who competes in a 2009 Divisional Champs may not compete in an individual event at this meet.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of six (6) individual events and five (5) relay events, but no more than 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.
- While there is no limit to the number of relay teams a club may enter in each relay event, no more than two relay teams per club may score in each relay event.
- On-deck USA Swimming registration will not be permitted.
- No deck entries will be permitted.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**
- **Swimmers registered with teams outside PNS must provide a copy of their 2009 or 2010 USA Swimming registration card for proof of residency.**

PROOF OF TIME:

- All individual entry times submitted, including bonus swims, must be in USA Swimming's SWIMS database and will be reconciled with SWIMS.

- Alternate acceptable times complying with PNS AD 02-01 may also be submitted. Non-PNS swimmers who wish to use such times must send complete meet results of the qualifying meet to the PNS Office prior to the meet entry deadline.
- Entry times neither in SWIMS nor complying with PNS AD 02-01 will be scratched without notification and entry fees will not be refunded.
- Converted times may not be used.

BONUS SWIMS:

- A swimmer entered in one or more individual events may also enter a maximum of one (1) bonus event for the meet, subject to the event limits stated above.
- A bonus event should be entered with the swimmer's best-achieved provable time. NT is not acceptable.

ENTRY FEES:

- Surcharge: \$15.00
- Individual Event: \$ 7.50
- Relay: \$15.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** Medals 1st - 8th places, ribbons 9th - 16th places.
- **Individual high point** plaques for each age group and gender.
- **Relay events:** Medals 1st - 3rd places, ribbons 4th - 16th places.
- **Team trophy:** 1st through 10th place teams
- **Traveling trophy:** Top scoring team
- **Scoring:** Individual events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relay events 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.
- While there is no limit to the number of relay teams a club may enter in each relay event, no more than two relay teams per club may score in each relay event.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be YSL - short course yards, short course meters, long course meters. Bonus swims will be seeded after qualifying swims.
- This is a prelim/final/consolation meet for all events except:
 - All relays
 - 1000 freestyle and 1650 freestyle
- There will be three heats of finals for all prelims/final events. See Order of Events.
- Both pools may be used for all preliminary events. Should that be the case, odd-numbered heats would swim in the dive tank end pool and even-numbered heats in the scoreboard end pool. All finals heats of prelims/finals events will take place in the dive tank end pool.

Distance Events

- All participating swimmers in the 400 IM and 500/1000/1650 Freestyle events must check in with the Clerk of Course by the posted check-in deadline in order to swim. See Scratch Procedures for more information.



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- All preliminary heats of the 400 IM and 500 Freestyle events will be seeded and swum slowest to fastest. See Order of Events for more information.
- All heats of the 1000 and 1650 Freestyle events will be seeded and swum fastest to slowest. Additional information will be provided at Thursday's Coaches' Meeting. See Order of Events.
- Swimmers must provide their own timer and counter, if desired. Lanes with no timer go unprotected.

Relays:

- All relay events are timed finals events.
- The fastest two heats of all relay events for each gender will swim during Finals sessions. All remaining heats will swim during Prelims sessions.
- Coaches are asked to turn in the original (white) copy of the relay slip to the Clerk of Course at least one hour before the start of each relay event.
- Swimmers must take the (pink) lane copy of the relay slip with them to give to the timer in their lane to verify the order of swimmers participating prior to the start of the heat.

SCRATCH PROCEDURES:

- **All preliminary events and all relays:** No check-in requirement; no penalty for failure to show.
- **Distance events:** A positive check-in is required at the Clerk of Course for the 400 IM and 500/1000/1650 freestyle. Swimmers not checking in for these events will automatically be scratched without penalty. Swimmers checking in for these events who fail to show for the swim will be disqualified from their next individual event in which they are entered.
- **Finals and Consolations:** Swimmers qualifying as finalists or consolation finalists for any prelims/finals event who fail to show will be barred from competing in the rest of the meet, unless properly scratched.
- **Intention to Scratch:** Once the swimmers qualifying as finalists or consolation finalists are announced, those swimmers have 30 minutes to declare their intention to scratch and until 30 minutes after the completion of their last preliminary (not timed finals) event to finalize their intention to scratch. There is no penalty for scratches during this time.
- Intentions to scratch and final/definite scratches must be made directly with the Administrative Referee.
- Athletes who are not announced finalist or consolation finalists 30 minutes after the announcement of an event's results will not be penalized for a failure to scratch. However, reseeding may result from scratches during that period.
- **Reseeding** due to scratches made after the initial 30-minute deadline will be at the discretion of the Meet Referee.

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 main pool.
- Jumping into the pool is not allowed.
- The space between the bulkheads is closed at all times.
- 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 and the Meet Referee 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.
- Shaving is not permitted in the facility.

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 credentialed athletes, coaches, officials, authorized volunteers and facility employees are allowed on deck or in the locker rooms. All volunteers must check in prior to their assigned shift for a name tag which must be displayed while on deck.
- All others must remain in the designated spectator area or in public lobbies and are not allowed in the natatorium unless timing for an event in which swimmers must provide their own timers.
- 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.
- **Lost and Found:** Items will be left in place during the meet. After the meet, contact KCAC.
- **Team Banners:** Banners must be fabric. No helium balloons or paper signs.



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- **Timers:** All participating teams are asked to provide timers during sessions where two courses are in use, except as noted under "Distance Events." Lane timing assignments will be emailed to participating teams and posted on the PNS web site.
- The host team will provide timers for Friday, Saturday, and Sunday Finals sessions.
- **PNS All-Star Team** selection is based in part on the results from this meet. Information is available on the PNS website.

OFFICIALS

- All certified officials are welcome. The dress will conform to the PNS officials' dress code.
- This meet has been designated as a training meet for N2 Officials Certification. Officials wishing to obtain or renew this level of certification must apply by December 7, 2009. Preference will be given to those who agree to work all sessions. Instructions for certification will be provided during the Officials' Meetings.

TIME TRIALS:

- Time Trials will be offered Friday and Saturday. Friday's events will be the Friday/Saturday/Sunday events and Saturday's events will be the Saturday/Sunday/Friday events, except as follows: The 1000 Freestyle will only be offered on Thursday, and the 1650 Freestyle will only be offered on Sunday. No other Time Trials will be offered either Thursday or Sunday.
- Time Trial entry will be at the Clerk of Course. Each day's Time Trial entries will close one hour prior to the projected end of that day's Prelims session. The closing times for the 1000 and 1650 Freestyle Time Trials will be announced.
- Time Trial fees must be paid at sign-up. Time Trial entry fees are \$7.50 per individual event and \$15.00 per relay event.
- A swimmer must be pre-entered into the Meet--listed on a Master Entry Summary and Meet Surcharge paid prior to the Meet Entry deadline--to be eligible for Time Trials. Each swimmer may enter up to two (2) Time Trials, subject to the meet and daily event limitations.
- Swimmers must provide their own timer. Lanes with no timer go unprotected.

ENTRY SUBMITTAL INFORMATION:

Before processing your entries, click on "Enforce Qualifying Times" and "Use Since Date" filter and set "Use Times Since" to September 1, 2008.

Bonus swims must be identified as such. Teams using TM 4.0 or higher can identify them through the meet entry screen. They should be circled on all printed reports.

Entries will only be accepted upon receipt of all of the following prior to the entry deadline, December 9, 2009

1. COMMLINK file exported from Team Manager, if used.
2. Meet Entry Reports for individual (Proof of Time format 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 King Aquatic Booster Association.
6. **Proof of Washington State residency** if required--See Entry Information.

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-tek.com/downloads.html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Handwritten 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. In addition, proof of time information must include the name and date of the meet at which the entry time was achieved.
- Bonus swims must be clearly identified as such.
- Relay-only swimmers must be listed on the Meet Entry Report or equivalent, and appropriate surcharges must be included with the entry.
- Proof of Washington State residency must be included if required.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to the Meet Entry Chair
Julia Hansen
10608 - 130th Ave E
Puyallup, WA 98374
- Email entries to: kingmeetchair@gmail.com
- Meet entry questions should be directed to the Meet Referee, not to the Meet Entry Chair.



**2009 Washington State Senior SC Championships
Order of Events**

DAY 1 – AFTERNOON SESSION	
Event #	Timed Finals
1, 2	1000-yd Freestyle

DAY 2			
Event #	Preliminaries	Event #	Finals
3, 4	200 Free Relay - See note #1	3, 4	200 Free Relay - See note #1
7, 8	200-yd IM	5, 6	500-yd Freestyle
9,10	50-yd Butterfly - See Note #2	7, 8	200-yd IM
11,12	50-yd Backstroke - See Note #2	9,10	50-yd Butterfly
13,14	50-yd Breaststroke - See Note #2	11,12	50-yd Backstroke
15,16	50-yd Freestyle	13,14	50-yd Breaststroke
17,18	400-yd Medley Relay - See note #1	15,16	50-yd Freestyle
5, 6	500-yd Free	17,18	400-yd Medley Relay - See note #1

DAY 3			
Event #	Preliminaries	Event #	Finals
19, 20	200 Medley Relay - See note #1	19, 20	200 Medley Relay - See note #1
23, 24	100-yd Butterfly	21,22	400-yd IM
25, 26	200-yd Freestyle	23, 24	100-yd Butterfly
27, 28	100-yd Breaststroke	25, 26	200-yd Freestyle
29, 30	100-yd Backstroke	27, 28	100-yd Breaststroke
31, 32	800-yd Free Relay - See note #1	29, 30	100-yd Backstroke
21,22	400-yd IM	31, 32	800-yd Free Relay - See note #1

DAY 4			
Event #	Preliminaries	Event #	Finals
35, 36	200-yd Backstroke	33, 34	1650-yd Freestyle - See note #3
37, 38	100-yd Freestyle	35, 36	200-yd Backstroke
39, 40	200-yd Breast	37, 38	100-yd Freestyle
41, 42	200-yd Butterfly	39, 40	200-yd Breast
43, 44	400-yd Free Relay - See note #1	41, 42	200-yd Butterfly
33, 34	1650-yd Freestyle - See note #3	43, 44	400-yd Free Relay - See note #1

Note #1: Events #3, #4, #17, #18, #19, #20, #31, #32, #43, #44: Relays are timed finals. The fastest two heats of relays for each gender will swim in Finals. The remaining relays will swim in Prelims.

Note #2: Events #9, #10, #11, #12, #13, #14: will qualify by using 100 yard times

Note #3: Events #33, #34: The 1650 Freestyle is a timed final event. The fastest heat for each gender will swim in Finals. The remaining heats will swim in Prelims.

WASHINGTON STATE SENIOR CHAMPIONSHIPS
DECEMBER 17-20, 2009
QUALIFYING PERIOD: September 1, 2008 – December 9, 2009

EVENT	WOMEN			EVENT	MEN		
	SCY	SCM	LCM		SCY	SCM	LCM
50 Free	26.52	29.25	30.25	50 Free	24.66	27.12	28.12
100 Free	57.47	1:03.21	1:05.21	100 Free	53.80	59.18	1:01.18
200 Free	2:04.61	2:17.07	2:21.07	200 Free	1:56.69	2:08.32	2:12.32
500 Free	5:33.12	4:50.25	4:58.25	500 Free	5:16.11	4:38.17	4:46.17
1000 Free	11:33.47	10:02.43	10:18.43	1000 Free	10:54.43	9:35.89	9:51.89
1650 Free	19:24.49	19:23.85	19:53.85	1650 Free	18:30.86	18:27.75	18:51.94
50 Back***	1:06.85	1:13.59	1:15.59	50 Back***	1:02.72	1:08.99	1:10.99
100 Back	1:06.85	1:13.59	1:15.59	100 Back	1:02.72	1:08.99	1:10.99
200 Back	2:22.89	2:37.17	2:41.17	200 Back	2:16.93	2:30.62	2:34.62
50 Breast ***	1:15.99	1:23.58	1:25.58	50 Breast***	1:12.19	1:19.29	1:21.29
100 Breast	1:15.99	1:23.58	1:25.58	100 Breast	1:12.19	1:19.29	1:21.29
200 Breast	2:44.94	3:01.43	3:05.43	200 Breast	2:37.73	2:53.50	2:57.50
50 Fly***	1:05.34	1:11.87	1:13.87	50 Fly***	1:00.90	1:06.99	1:08.99
100 Fly	1:05.34	1:11.87	1:13.87	100 Fly	1:00.90	1:06.99	1:08.99
200 Fly	2:28.46	2:43.30	2:47.30	200 Fly	2:20.70	2:34.44	2:38.44
200 IM	2:22.00	2:36.20	2:40.20	200 IM	2:14.05	2:27.49	2:31.49
400 IM	5:01.50	5:31.65	5:39.65	400 IM	4:46.69	5:15.39	5:23.39
200 F.R.	1:46.59	1:57.29	2:00.49	200 F.R.	1:37.29	1:47.09	1:50.29
400 F.R.	3:54.22	4:17.64	4:25.64	400 F.R.	3:45.09	4:07.59	4:15.59
800 F.R.	8:32.29	9:23.51	9:39.51	800 F.R.	8:07.19	8:42.87	8:58.87
200 M.R.	1:57.49	2:09.29	2:12.49	200 M.R.	1:48.29	1:59.19	2:02.39
400 M.R.	4:15.58	4:41.13	4:49.13	400 M.R.	4:08.39	4:33.22	4:41.22

*** - Entry in to the 50 stroke events (back, breast, fly) will be the 100 times. (50 times will not be accepted)
Swimmers may swim 6 events for the meet, maximum of three per day. One bonus swim for those who have one to five events qualified.
All individual qualifying times must be in SWIMS or Pacific Northwest Swimming AD 02-01.



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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 \$15.00	\$
INDIVIDUAL EVENTS:		X \$ 7.50	\$
RELAY:		X \$15.00	\$
		TOTAL:	\$

Make one check payable to **King Aquatic Booster Association**.

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc., and legal residents of the State of Washington.

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.

2009 WASHINGTON STATE SENIOR SC CHAMPS
Weyerhaeuser King County Aquatic Center
December 17-20, 2009

APPLICATION TO OFFICIATE

You are hereby invited to officiate at the 2009 Washington State Senior SC Champs to be held at the Weyerhaeuser King County Aquatic Center in Federal Way, Washington. The meet will be conducted over a 3 1/2 day period. Thursday's Timed Finals will start at 5:00 PM. The remaining days' Prelims will start at 9:00 AM, and the Finals start times will be announced. A mandatory officials briefing session will be held one hour prior to each session.

This meet has been designated as a training meet for N2 National Championship Officials Certification. The dress is white shirt/blouse for prelims and finals; navy pants, shorts, or skirts (no shorts at finals); white socks; and white shoes. Officials desiring an assigned position must submit their application no later than Monday, December 7. Preference will be given to those who agree to work all sessions. All others planning to attend the meet are also encouraged to return an application. The Meet Referee will be David Warren.

Name: _____ LSC: _____

Address: _____ Team: _____

City, State, Zip: _____ Phone: _____

Email: _____

I will work at all sessions: _____	I can't work at all sessions. I will be able to work:
Thursday	Finals _____
Friday	Prelims _____ Finals _____
Saturday	Prelims _____ Finals _____
Sunday	Prelims _____ Finals _____

Key position(s) desired (i.e. chief judge, starter, deck referee) _____

CURRENT CERTIFICATION

LSC Position Certified: _____ Expiration: _____

N2 Position Certified: _____ Expiration: _____

N3 Position Certified: _____ Expiration: _____

PLEASE RETURN THIS INVITATION TO:

David Warren
2537 - 9th Ave W
Seattle WA 98119
W 206 543 0945; H 206 283 7953
Email: warren@dbhelix.com

Please circle polo shirt size:

Small
Medium
Large
X-Large