



Pacific Northwest Swimming  
 2015 PNS 14&U Long Course Championship – Sanction #1507-PNAG  
 Time Trials Sanction #1507-AGTT  
 Weyerhaeuser King County Aquatic Center  
 Federal Way, Washington  
 Hosted by the Issaquah Swim Team

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

SCHEDULES	FRIDAY, JULY 31 – SUNDAY, AUGUST 2, 2015
Coaches' Meetings	7:30 AM Friday, July 31 – others will be announced as necessary Check-in and coaches' packet at Clerk of Course
Officials' Meetings/Prelims	8:00 AM
Warm-ups/Prelims	8:00 AM
Competition/Prelims	9:00 AM
Officials' Meetings/ Finals	One hour before start of competition
Warm-ups/Finals	Meet Referee will announce warm-ups and competition start times by 1:30pm. Warm-ups will start no earlier than 3:30pm. Competition will start no earlier than 4:30pm
Competition/Finals	
Positive Check-in: 13-14 400/1500M Events	13-14 400M IM/Free: 15 minutes after start of warm-ups 13-14 1500M Free: 10:00 AM

**MEET DIRECTOR:**

Scott Kaczmarek  
 • meetdirector@istsockeyes.org  
 • (206) 356-5663

**MEET REFEREE:**

Scott Allen  
 • issaquahswimofficial@gmail.com

**ADMINISTRATIVE REFEREE:**

Bruce Williams  
 • williamsbrucelaurie@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**

- Site of the 1990 Goodwill Games and 1991, 1994, 1997, 2000, and 2006 Spring National Championships, 2008 and 2012 NCAA Men's Division 1 Championships, 2009 U.S. Open, 2009 and 2014 Junior Nationals, and 2009 and 2015 Nationals
- Indoor 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 and warm-down; no diving or horseplay in the diving tank at any time.

- 2500 spectator seats. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections.
- Omega electronic timing system and full-read scoreboard
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or starting block area.
- 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**

- **Vendor:** NW Swim Shop
- **Special Meet Apparel:** Northwest Designs
- **Heat Sheets:** \$7.00
- **Finals Program:** \$1.00 per session
- **Results** on PNS web site
- **Concessions:** Operates 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. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. Carpooling strongly recommended.
- **RV Parking:** Contact the Meet Director to obtain a permit prior to meet. A limited number of permits are available. RV's parking in lot without a permit will be asked to move or towed if necessary. RV parking is available in the north parking lot only. Dry camping--no sewer, water, or electricity. RV's and trailers with "pop-outs" may not park in outside perimeter spaces on the west, north, or east (uphill) sides of the parking lot. Units with "pop-outs" may only park next to



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planter islands in the center pull-through spaces so that “pop-outs” overhang the islands.

submission of entries with bonus events clearly marked, or events will be scratched without notification and entry fees will not be refunded.

#### ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming. Additional information below.
- Age groups are based on the age of the swimmer as of the day of competition.
- Age groups for competition will be 10&U, 11-12, and 13-14. See Meet Rules and Order of Events.

#### ENTRY FEES:

- Surcharge: \$15.00
- Individual Event: \$ 6.00
- Relay Event: \$12.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

#### ENTRY INFORMATION:

- Each swimmer may enter up to six (6) individual events but no more than three (3) per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Each swimmer may participate on only one (1) relay team per relay event
- All entries will be assumed to be LCM, unless otherwise indicated.
- NT (“no time”) entries will not be allowed.
- **Qualifying times:** With the exception of individual bonus events, clearly defined as such, each individual and relay entry must meet the event’s qualifying time. All qualifying swims must have been achieved in USA Swimming sanction, approved, or observed competition between April 1, 2014, and July 22, 2015. PNS AD 02-01 applies to this meet. PNS Disability time standards apply to swimmers with a disability.
- Neither on-deck USA Swimming registration nor on-deck transfer to PNS will be permitted.
- Deck entries will not be permitted
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

#### AWARDS AND SCORING:

- **Individual events:** Medals 1st - 8th places, ribbons 9th - 16th places.
- **Individual high point awards** for each age group and gender, based on individual events only. High point award will be based on standard points as listed in scoring below.
- **Relay events:** Medals 1st - 3rd places, ribbons 4th - 16th places.
- **14&U Team trophies:** 1st-10th place teams.
- **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.
  - Since only one heat of each 13-14 400M individual event will swim in finals, 9th-16th place awards and scoring will be based on preliminary results.
  - While there is no limit to the number of relay teams a club may enter in a relay event, no more than two relay teams per club will be awarded or may score in each event.
- There will be no presentation of awards. Coaches are responsible for picking up their swimmers’ awards before leaving the venue at the end of the meet.

#### PROOF OF TIME:

- With the exception of bonus swims and alternate acceptable times complying with PNS AD 02-01, all individual entry times submitted must be in USA Swimming’s SWIMS database and will be reconciled with SWIMS.
- Entry times not clearly marked as bonus swims which are 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.

#### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be LCM/SCM/SCY
- This is a prelim/final meet for all events except:
  - All 10&U events
  - All 11-12 400IM, 400 Freestyle, and 1500 Freestyle events.
  - All 13-14 1500 Freestyle events.
  - All relay events.
- There will be two heats of finals for all 11-14 prelims/finals individual events, except for the 13-14 400IM and 400 Freestyle events.
- See the Order of Events for more information.
- The national championship eligibility and technical rules protest policies apply.
- All published timelines are estimates only. Events may start earlier or later.

#### BONUS SWIMS:

- A swimmer entered in one or more individual events may also enter a maximum of one (1) bonus event, subject to the event limits stated above.
- A bonus event must be entered with the swimmer’s best-achieved time. NT is acceptable. Bonus swims must be clearly identified in submitting entries; teams using Team Manager must designate bonus swims on the Meet Entries Screen.
- Please be advised that bonus swims may not import into Meet Manager from non-Hy-Tek products. If entries are submitted using non-Hy-Tek products, hard copies of entries must accompany

**50M Events:** All individual 50M events will start at the scoreboard end of the pool.

**Double ended:** At the discretion of the Meet Referee, events 100M and longer may be swum double-ended. If double ended, the odd heats will start at the dive tank end and the even heats will start at the scoreboard end of the pool.



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**13-14 Distance Events:**

- The 13-14 400 IM, 400 Freestyle, and 1500 Freestyle events will be deck-seeded, requiring a positive check-in prior to the announced deadline in order to swim.
- The 400IM and 400 Freestyle events will be prelim/finals events with only one heat of each in finals.
- The 1500M Freestyle events will be timed finals events, seeded and swum fastest to slowest.
- All of these events will be swum fastest to slowest.
- Swimmers must provide their own timer and counter, if desired. Lanes with no timer go unprotected.

**Relays:**

**All relay events:**

- All relay events will be pre-seeded timed finals events.
- All 10&U relays and all 11-12 and 13-14 400M relays will swim in Prelims. The fastest sixteen (16) 11-12 and 13-14 200M relays by seed time, but no more than two (2) per club, will swim in Finals; all others will swim in Prelims. If only sixteen (16) or fewer relay teams enter any relay event, all teams will swim in Finals.
- Coaches are asked to turn the completed (white) original copy of the relay slip into the Clerk of Course no later than one hour before the projected start time of the 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 AND CHECK-IN PROCEDURES:**

- **All 10&U individual events, all 11-12 individual events 400M or shorter, all 13-14 individual events 200M or shorter, all relay events:** No check-in requirement; no penalty for failure to show.
- **13-14 Distance events:** Swimmers must check in with the Clerk of Course by the announced deadline to swim. 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 the next individual preliminary or timed final event in which they are entered.
- **Finals and Consolations:** 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 rest of the meet unless properly scratched or as noted in USA Swimming rule 207.11.6.
- **Intention to Scratch:** 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 (not timed finals) 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.

**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
  - 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.
- 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 athletes, coaches, officials, authorized volunteers and facility personnel are allowed 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 timer.
- 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.



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- 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 WKCAC.
- **Team Banners:** Banners must be fabric. No helium balloons or paper signs.

#### TIME TRIALS

- Time Trials will be held between prelims and finals each day, time permitting.
- Time Trial sign-up will be at the Clerk of Course. Entry fees will be \$6.00 per individual event and \$12.00 per relay event.
- Each eligible swimmer may enter up to two (2) Time Trials but no more than one (1) per day. A Time Trial counts as one of a swimmer's three-events-per-day entry limit.
- A swimmer must be pre-entered in the meet – listed on the Master Entry Summary and surcharge paid by July 22, 2015 – in order to enter a Time Trial event.
- Additional information will be provided at the Coaches' Meeting.

#### N2 CERTIFICATION FOR OFFICIALS:

This meet has been designated as a training meet for N2 Officials Certification. Officials wishing to renew or obtain this level of certification must apply on the attached application for and notify the Meet Referee. Instructions for certification will be provided during the officials' briefing.

#### ENTRY SUBMITTAL INFORMATION:

Before processing your entries, click on "Enforce Qualifying Times" and "Use Since Date" filter and set "Use times Since" to April 1, 2014.

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, 11:59pm, Wednesday, July 22, 2015:

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 Issaquah 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.
- Late, incomplete, or paper entries will not be processed.
- Recheck all entries as no additional entries or corrections will be allowed after the entry deadline.
- All bonus entries must be clearly identified as such.
- All entry times will be assumed to be LCM unless otherwise specified.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.

#### Submittal Notes:

- Late, incomplete, or paper entries will not be processed.
- 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.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- If entries are submitted using non-Hy-Tek products, hard copies of entries must accompany submission of entries with bonus events clearly marked, or events will be scratched.

#### Mail entries to:

Scott Kaczmarek  
25851 SE 30<sup>th</sup> Street  
Sammamish, WA 98075

#### Email address:

meetdirector@istsockeyes.org

#### Contact phone:

(206) 356-5663

# 2015 PNS 14U LONG COURSE CHAMPIONSHIPS

## ORDER OF EVENTS

### FRIDAY PRELIMS

#### Session 1

Ev #	Event		Age
1, 2	400 IM	P	13-14
3, 4	100 Back	TF	10U
5, 6	100 back	P	11-12
7, 8	100 back	P	13-14
9, 10	200 fly	P	11-12
11, 12	200 fly	P	13-14
13, 14	50 free	TF	10U
15,16	50 free	P	11-12
17, 18	50 free	P	13-14
19, 20	100 breast	TF	10U
21, 22	100 breast	P	11-12
23, 24	100 breast	P	13-14
25, 26	400 i.m.	TF	11-12
10 minute break			
27, 28	200 Med Relay	TF	11-12
29, 30	200 Med Relay	TF	13-14

### FRIDAY FINALS

#### Session 2

Ev #	Event		Age
1, 2	400 IM	F	13-14
5, 6	100 back	F	11-12
7, 8	100 back	F	13-14
9, 10	200 fly	F	11-12
11, 12	200 fly	F	13-14
15,16	50 free	F	11-12
17, 18	50 free	F	13-14
21, 22	100 breast	F	11-12
23, 24	100 breast	F	13-14
10 minute break			
27, 28	200 Med Relay	TF	11-12
29, 30	200 Med Relay	TF	13-14

### SATURDAY PRELIMS

#### Session 3

Ev #	Event		Age
31, 32	400 Free	P	13-14
33, 34	200 Med Relay	TF	10U
35, 36	400 Med Relay	TF	11-12
37, 38	400 Med Relay	TF	13-14
10 minute break			
39, 40	50 fly	TF	10U
41, 42	50 fly	P	11-12
43, 44	200 breast	P	11-12
45, 46	200 breast	P	13-14
47, 48	50 back	TF	10U
49, 50	50 back	P	11-12
51, 52	100 free	TF	10U
53, 54	100 free	P	11-12
55, 56	100 free	P	13-14
57, 58	200 i.m.	TF	10U
59, 60	200 i.m.	P	11-12
61, 62	200 i.m.	P	13-14
10 minute break			
63, 64	200 Free relay	TF	10U
65, 66	200 Free relay	TF	11-12
67, 68	200 Free relay	TF	13-14
69, 70	400 free	TF	10U
71, 72	400 free	TF	11-12

### SATURDAY FINALS

#### Session 4

Ev #	Event		Age
31, 32	400 Free	F	13-14
10 minute break			
41, 42	50 fly	F	11-12
43, 44	200 breast	F	11-12
45, 46	200 breast	F	13-14
49, 50	50 back	F	11-12
53, 54	100 free	F	11-12
55, 56	100 free	F	13-14
59, 60	200 i.m.	F	11-12
61, 62	200 i.m.	F	13-14
10 minute break			
65, 66	200 Free relay	TF	11-12
67, 68	200 Free relay	TF	13-14

### SUNDAY PRELIMS

#### Session 5

Ev #	Event		Age
73,74	400 Free relay	TF	11-12
75,76	400 Free relay	TF	13-14
10 minute break			
77,78	50 breast	TF	10U
79,80	50 breast	P	11-12
81,82	200 back	P	11-12
83,84	200 back	P	13-14
85,86	100 fly	TF	10U
87,88	100 fly	P	11-12
89,90	100 fly	P	13-14
91,92	200 free	TF	10U
93,94	200 free	P	11-12
95,96	200 free	P	13-14
97,98	1500 free	TF	11-12
99,100	1500 free	TF	13-14

### SUNDAY FINALS

#### Session 6

Ev #	Event		Age
79,80	50 breast	F	11-12
81,82	200 back	F	11-12
83,84	200 back	F	13-14
87,88	100 fly	F	11-12
89,90	100 fly	F	13-14
93,94	200 free	F	11-12
95,96	200 free	F	13-14

- Swimmers must have achieved 14 and under PNS Championship time standards to compete in each event; Exception: Each swimmer is allowed one bonus swim up to meet event limit of six..
- Swimmers may compete in a maximum of three events per day.
- All ten and under events are timed finals.
- Individual events (11-12 and 13-14) are prelim/final (Top 16 in finals).
- For 11-12 swimmers, the 400 free, 400 i.m. and 1500 free are Timed Final.
- For 13-14 swimmers, the 400 free and 400 i.m. are prelim/final (Top 8 in finals). The 1500 is Timed final.
- No deck entries.
- Time trials will be held time permitting.
- \*Top 16 200 yard relay teams (11-12 and 13-14) swim in finals; no more than two relays per team; rest of relays swim in prelims (unless 16 or fewer)

## PNS LONG COURSE CHAMPIONSHIPS

July 31 – August 2, 2015

QUALIFYING PERIOD: April 1, 2014 – July 22, 2015

50 METER	G10U	G11	G12	G13	G14	B10U	B11	B12	B13	B14
50 Free	35.29	33.19	31.79	31.09	30.49	35.99	34.39	31.99	29.29	28.29
100 Free	1:19.09	1:14.19	1:10.09	1:07.79	1:06.49	1:20.19	1:15.59	1:10.39	1:05.09	1:01.99
200 Free	2:52.89	2:44.39	2:33.09	2:26.69	2:24.29	2:57.69	2:45.49	2:35.59	2:22.69	2:16.79
400 Free	6:13.29	5:50.29	5:30.99	5:12.79	5:12.49	6:13.29	5:56.39	5:31.49	5:06.89	5:00.39
1500 free		22:15.69	22:15.69	20:54.09	20:11.19		22:15.69	22:15.69	20:16.39	19:31.09
50 Back	42.29	39.59	38.19			43.79	40.99	38.49		
100 Back	1:31.19	1:25.39	1:20.49	1:19.19	1:17.79	1:33.49	1:28.19	1:22.49	1:15.49	1:14.59
200 Back		3:06.29	2:55.19	2:45.79	2:43.59		3:12.49	2:58.79	2:43.49	2:40.59
50 Breast	48.29	45.59	42.39			49.69	46.99	42.29		
100 Breast	1:46.29	1:38.89	1:33.19	1:31.29	1:28.59	1:47.69	1:41.59	1:33.39	1:26.89	1:22.99
200 Breast		3:32.29	3:19.19	3:15.59	3:11.09		3:46.39	3:21.29	3:09.79	2:59.19
50 Fly	41.09	37.19	35.39			41.09	38.89	35.59		
100 Fly	1:38.89	1:30.19	1:22.29	1:16.39	1:15.89	1:42.59	1:30.69	1:22.79	1:12.99	1:10.99
200 Fly		3:26.09	3:07.09	2:54.59	2:54.39		3:23.49	3:17.09	2:52.89	2:52.19
200 IM	3:16.29	3:03.19	2:51.29	2:45.79	2:45.09	3:18.49	3:09.49	2:54.59	2:41.59	2:35.69
400 IM		6:50.49	6:20.89	6:02.19	5:52.99		6:56.99	6:25.39	5:48.59	5:38.39
200 F.R.	2:34.09	2:11.49		2:03.49		2:38.79	2:11.99		1:59.09	
400 F.R.		4:53.49		4:29.79			4:52.39		4:19.39	
200 M.R.	2:56.59	2:27.29		2:22.59		3:01.89	2:29.79		2:13.49	
400 M.R.		5:25.29		5:04.59			5:32.89		4:53.29	

## PNS LONG COURSE CHAMPIONSHIPS

July 31 – August 2, 2015

QUALIFYING PERIOD: April 1, 2014 – July 22, 2015

25 YARD COURSE	G10U	G11	G12	G13	G14	B10U	B11	B12	B13	B14
50 Free	31.99	28.99	27.39	26.39	26.29	31.29	28.99	27.89	25.49	24.59
100 Free	1:11.99	1:04.19	1:00.09	57.19	56.89	1:10.59	1:04.79	1:00.29	55.89	53.89
200 Free	2:36.99	2:19.29	2:13.19	2:05.99	2:03.79	2:36.69	2:22.29	2:11.49	2:03.69	1:57.89
500 Free	7:18.39	6:21.89	6:01.09	5:38.18	5:36.09	7:08.69	6:15.79	5:58.39	5:38.29	5:19.49
1650 Free		20:57.09	20:57.09	19:52.69	19:11.99		20:35.99	20:35.99	18:49.39	18:13.49
50 Back	36.99	33.89	31.59			36.79	34.29	32.19		
100 Back	1:20.69	1:12.59	1:08.59	1:04.79	1:03.69	1:20.69	1:14.59	1:08.59	1:05.29	1:00.19
200 Back		2:39.29	2:29.19	2:19.19	2:16.89		2:52.89	2:27.69	2:20.09	2:10.09
50 Breast	42.09	38.39	35.99			42.99	37.89	36.49		
100 Breast	1:31.79	1:23.29	1:17.89	1:13.69	1:13.39	1:33.29	1:22.59	1:18.79	1:12.29	1:09.39
200 Breast		3:06.19	2:49.69	2:41.19	2:38.39		3:11.09	2:50.19	2:38.09	2:29.29
50 Fly	36.19	32.49	30.09			35.59	31.89	30.89		
100 Fly	1:29.39	1:13.79	1:07.49	1:05.39	1:03.09	1:23.89	1:10.99	1:10.29	1:03.89	59.19
200 Fly		3:06.49	2:38.79	2:28.89	2:22.59		3:00.69	2:46.39	2:28.59	2:14.39
200 IM	2:57.29	2:38.09	2:27.79	2:19.09	2:18.19	2:54.49	2:35.89	2:26.99	2:17.49	2:12.09
400 IM		5:56.99	5:23.59	5:01.39	4:55.99		6:10.49	5:23.09	4:59.99	4:40.29
200 F.R.	2:13.29	1:58.29		1:51.49		2:17.09	2:01.79		1:41.99	
400 F.R.		4:20.69		4:03.79			4:22.19		3:45.59	
200 M.R.	2:36.19	2:10.69		2:05.79		2:37.49	2:09.09		2:01.09	
400 M.R.		4:51.59		4:33.19			4:56.59		4:17.09	

## PNS LONG COURSE CHAMPIONSHIPS

July 31 – August 2, 2015

QUALIFYING PERIOD: April 1, 2014 – July 22, 2015

25 METER	G10U	G11	G12	G13	G14	B10U	B11	B12	B13	B14
50 Free	34.29	32.19	30.79	30.09	29.49	34.99	33.39	30.99	28.29	27.29
100 Free	1:17.09	1:12.19	1:08.09	1:05.79	1:04.49	1:18.19	1:13.59	1:08.39	1:03.09	59.99
200 Free	2:48.89	2:40.39	2:09.09	2:22.69	2:20.29	2:53.69	2:41.49	2:31.59	2:18.69	2:12.79
400 Free	6:05.29	5:42.29	5:22.99	5:04.79	5:04.49	6:05.29	5:48.39	5:23.49	4:58.89	4:52.39
1500 free		21:45.69	21:45.69	20:24.09	19:41.19		21:45.69	21:45.69	19:46.39	19:01.09
50 Back	41.29	38.59	37.19			42.79	39.99	37.49		
100 Back	1:29.19	1:23.39	1:18.49	1:17.19	1:15.79	1:31.49	1:26.19	1:20.49	1:13.49	1:12.59
200 Back		3:02.29	2:51.19	2:41.79	2:39.59		3:08.49	2:54.79	2:39.49	2:36.59
50 Breast	47.29	44.59	41.39			48.69	45.99	41.29		
100 Breast	1:42.29	1:36.89	1:31.19	1:29.29	1:26.59	1:45.69	1:39.59	1:31.39	1:24.89	1:20.99
200 Breast		3:28.29	3:15.19	3:10.59	3:07.09		3:42.39	3:17.29	3:05.79	2:55.19
50 Fly	40.09	36.19	34.39			40.09	37.89	34.59		
100 Fly	1:36.89	1:28.19	1:20.29	1:14.39	1:13.89	1:40.59	1:28.69	1:20.79	1:10.99	1:08.99
200 Fly		3:22.09	3:03.09	2:50.59	2:50.39		3:19.49	3:13.09	2:48.89	2:48.19
200 IM	3:12.29	2:59.19	2:47.29	2:41.79	2:40.09	3:14.49	3:05.49	2:50.59	2:37.59	2:30.69
400 IM		6:42.49	6:12.89	5:54.19	5:44.99		6:48.99	6:17.39	5:40.59	5:30.39
200 F.R.	2:30.09	2:07.49		1:59.49		2:34.79	2:07.99		1:55.09	
400 F.R.		4:45.49		4:21.79			4:44.39		4:11.39	
200 M.R.	2:52.59	2:23.29		2:18.59		2:57.89	2:25.79		2:09.49	
400 M.R.		5:17.29		4:56.59			5:24.89		4:45.29	





Pacific Northwest Swimming  
 2015 PNS 14&U Long Course Championship – Sanction #1507-PNAG  
 Time Trials Sanction #1507-AGTT  
 Weyerhaeuser King County Aquatic Center  
 Federal Way, Washington  
 Hosted by the Issaquah Swim Team

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

**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.**

<b>TEAM NAME:</b>			
<b>TEAM CODE:</b>		<b>LSC CODE:</b>	
<b>COACH:</b>		<b>HOME PHONE:</b>	
<b>EMAIL ADDRESS:</b>		<b>OFFICE PHONE:</b>	
<b>TEAM MAIL ADDRESS:</b>		<b>CELL PHONE:</b>	
<b>CITY, STATE, ZIP:</b>		<b>POOL PHONE:</b>	
<b>ENTRY INFORMATION PREPARED BY:</b>		<b>PHONE:</b>	

**MEET ENTRY FEES ENCLOSED:**

<b>SURCHARGE:</b>		<b>X \$15.00</b>	<b>\$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$ 6.00</b>	<b>\$</b>
<b>RELAY EVENTS:</b>		<b>X \$12.00</b>	<b>\$</b>
<b>LESS OUTREACH VOUCHERS:</b>			<b>(\$ )</b>
		<b>TOTAL:</b>	<b>\$</b>

Make one check payable to **Issaquah 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.

**2015 PNS 14&U LONG COURSE CHAMPS**  
**Weyerhaeuser King County Aquatic Center**  
**July 31 – August 2, 2015**

**APPLICATION TO OFFICIATE**

You are hereby invited to officiate at the 2015 Pacific Northwest Swimming 14&U Long Course Champs to be held at the Weyerhaeuser King County Aquatic Center in Federal Way, Washington. The meet will be conducted over a three-day period. Prelims will start at 9:00 AM, and the Finals start times will be announced each day. 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 July 20, 2015. Preference will be given to those who agree to work all sessions. All other officials planning to attend the meet are also welcome!

Name: \_\_\_\_\_ LSC: \_\_\_\_\_

Address: \_\_\_\_\_ Team: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I will be able to work the following sessions:

Friday	_____prelims	_____finals
Saturday	_____prelims	_____finals
Sunday	_____prelims	_____finals

Key position(s) desired: \_\_\_\_\_  
(Deck Ref, Starter, Assistant Admin Ref, Chief Judge, Stroke & Turn)

Current certifications:	Position Certified	Expiration
PNS	_____	_____
N2	_____	_____
N3	_____	_____

Shirt size (unisex): S M L XL XXL XXXL

Please return this form by July 20, 2015 to Scott Allen at [issaquahswimofficial@gmail.com](mailto:issaquahswimofficial@gmail.com)

Again, all officials are welcome, even if you don't apply in advance.