



Pacific Northwest Swimming
 Fall Divisional Champs – Division 3 -- Sanction #0912-FDC03
 Rogers High School Pool
 Puyallup, Washington
 Hosted by the South Sound Titans

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Dates	Saturday, December 5, 2009	Saturday, December 5, 2009	Saturday, December 5, 2009	Sunday, December 6, 2009	Sunday, December 6, 2009	Sunday, December 6, 2009
Coaches' Meetings	7:45 AM Coaches' packet at Clerk of Course.	as needed	as needed	as needed	as needed	as needed
Officials' Meetings	8:15 AM	45 minutes before start of session	45 minutes before start of session	8:15 AM	45 minutes before start of session	45 minutes before start of session
Warm-ups	8:00 AM	immediately following Session 1	immediately following Session 2	8:00 AM	Immediately following Session 4	Immediately following Session 5
Timed Finals	9:00 AM	will be announced	will be announced	9:00 AM	will be announced	will be announced

MEET DIRECTOR:

Shawn Jones
 • sstheadcoach@comcast.net
 • 253/880-4647

MEET REFEREE:

Frank Toles
 • seloffs@aol.com
 • 206 938 3182

LOCATION AND DIRECTIONS

Rogers High School Pool
 12801 – 86th Ave E
 Puyallup, Washington, 98373

Directions: Take Hwy 512 to SR 161 south (Mt. Rainier exit). Go south on SR 161, which becomes Meridian Street. Go right on 128th St E, left on 86th Ave E, then the first left off 86th Ave E to the pool parking lot.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 6.0 feet deep; turning end 4.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- 250 spectator seats—please do not bring chairs onto the deck; swimmers are to sit in designated team areas on deck; swimmers in wet suits or with swim bags will not be allowed in the upper seating area
- Daktronics electronic timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- **Vendors:** Fircrest Swim Shop & Fine Designs
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions** available throughout the meet
- **Hospitality** available for coaches and officials only
- **Parking** west of the pool

TEAMS:

- South Sound Titans
- Chinook Aquatic Club
- King Aquatic Club
- Poseidon Aquatic Club
- PRO Swimming
- Rainier Foothills Swim Team
- Thurston Olympians Swim Team
- West Seattle YMCA Dolphin Swim Team

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- Age groups are based on the age of the swimmer as of the first day of the meet. Ages and age groups for competition will be 8&under, 9-10, 11-12, and 13 and over. See Order of Events and Entry Information.
- **Qualifying and de-qualifying times:** See Special Information and Rules for each session.

ENTRY INFORMATION:

- Swimmers must meet the specific entry requirements for each individual event they enter.
- On-deck USA Swimming registration will not be permitted.
- Deck entries for individual events will be allowed in open lanes during preliminary sessions only at the discretion of the Meet Referee. No deck entries during the finals sessions. Deck entry individual swims are not eligible for any awards, team points, or advancement from prelims to finals. 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 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



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- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$3.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.

SPECIAL INFORMATION AND RULES FOR 13 and over SESSIONS:

- Each eligible swimmer may enter up to a maximum of 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.
- Swimmers must be 13 or older.
- Events will be swum and scored event number.

Qualifying and de-qualifying times: The qualifying/de-qualifying period starts September 1, 2008.

- Swimmers age 13-14 have no qualifying time but must not have achieved a 14&U PNS Champs time (any course) ANY event
- Swimmers age 15&O have no qualifying time but must not have achieved a Washington State Short Course Champs time (any course) in each "open" event entered.

Awards and Scoring:

- Individual events: Medals 1st-6th places; ribbons 7th-12th places.
- Scoring: 16-13-12-11-10-9-7-5-4-3-2-1

Special Open Session Rules:

- There will be two heats of finals for all 13&O prelims/finals events. See Order of Events for more information.

Scratch information:

- **Prelims:** No check-in required. No penalty for failure to show.
- **Finals:** These are preliminary/finals sessions, with two heats of each event in finals. 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 next individual event in which they are entered unless properly scratched. 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 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.

SPECIAL INFORMATION AND RULES FOR PENTATHLON SESSIONS:

- Each 12&U Pentathlon swimmer may enter up to a maximum of five (5) individual events. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- All 9-10 events will be seeded and swum together by gender, but scored separately by age group and gender (9 and 10). All 11-12 events will be seeded and swum together by gender, but scored separately by age group and gender (11 and 12).

De-qualifying times: Swimmers age 11 or 12 must not have achieved a 14&& PNS Champs qualifying time for their current age (any course), even if they chose not to enter 14&U PNS Champs. There are no de-qualifying times for 10&U swimmers.

Awards and Scoring:

- **Pentathlon Awards** for each age group and gender: 8&U, 9, 10, 11, and 12. The winners of the Pentathlon awards will be the swimmers with the least amount of accumulated time for the five events. A swimmer who is disqualified in one or more individual events is not eligible for Pentathlon Awards. Trophy for overall winner in each age group and gender with certificates for 2nd-6th places.
- **Ribbons:** 1st thru 6th for individual events in each awards age group.
- No team points.

Special Pentathlon Session Rules:

- To be eligible for Pentathlon awards, a swimmer must compete in all five events for his/her age group/gender.
- All Pentathlon events will be timed finals.
- All 25 yard events will start from the bulkhead.

WARM-UP PROCEDURES FOR ALL SESSIONS:

- 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.



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- 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.

- 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.
- Email entries to: sstheadcoach@comcast.net
- Mail entries to: Shawn Jones, 20825 SR 410 E. #392, Bonney Lake, WA 98391
- Questions: sstheadcoach@comcast.net - 253/880-4647

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, November 25, 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 South South Titans.

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/> download at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.

2009 FALL DIVISIONALS					
SESSION 1 (PRELIMS)			SESSION 4 (PRELIMS)		
Event #	Event	Age Group	Event #	Event	Age Group
1,2	200 Free	Open@	31,32	200 IM	Open@
3,4	100 Back	Open@	33,34	100 Fly	Open@
5,6	200 Fly	Open@	35,36	200 Back	Open@
7, 8	100 Breast	Open@	37,38	100 Free	Open@
9,10	50 Free	Open@	39,40	200 Breast	Open@
SESSION 2			SESSION 5		
11, 12	25 Free	8-Under	41,42	50 Free	11 - 12‡
13, 14	50 Free	9 - 10*	43,44	50 Breast	11 - 12‡
15, 16	25 Breast	8-Under	45,46	50 Back	11 - 12‡
17, 18	50 Breast	9 - 10*	47,48	50 Fly	11 - 12‡
19, 20	25 Back	8-Under	49,50	100 IM	11 - 12‡
21, 22	50 Back	9 - 10*			
23, 24	25 Fly	8-Under			
25, 26	50 Fly	9 - 10*			
27, 28	100 IM	8-Under			
29,30	100 IM	9 - 10*			
SESSION 3 (TOP 12 FINALS)			SESSION 6 (TOP 12 FINALS)		
Event #	Event	Age Group	Event #	Event	Age Group
1,2	200 Free	Open@	31,32	200 IM	Open@
3,4	100 Back	Open@	33,34	100 Fly	Open@
5,6	200 Fly	Open@	35,36	200 Back	Open@
7, 8	100 Breast	Open@	37,38	100 Free	Open@
9,10	50 Free	Open@	39,40	200 Breast	Open@

*All 9-10 events will be scored as separate ages: 9 year-olds and 10 year-olds, but swum together

‡All 11-12 events will be scored as separate ages: 11 year-olds and 12 year-olds, but swum together

@ OPEN - Prelims/Finals format - Swimmers must be 13 or older and meet the . stated qualifying and/or dequalifying time standards for each event entered.



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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	\$
		TOTAL:	\$

Make one check payable to **South Sound Titans**

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.