



Pacific Northwest Swimming
2015 PN PAC "Q" Meet -- Sanction #1511-SP01
Weyerhaeuser King County Aquatic Center, Federal Way, Washington
Hosted by the Poseidon Aquatic Club

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

SCHEDULES	SESSION 1	SESSION 2
Date	November 15, 2015	November 15, 2015
Coaches' Meeting	7:45 AM - Coaches' packet at Clerk of Course.	As needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1
Timed Finals	9:00 AM	One hour after start of warm-ups

MEET DIRECTOR:

Kelli Denney

- coachkelli@comcast.net
- 360 239 3544

MEET REFEREE:

Sam Scott

- samuel_t_scott@comcast.net

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 multiple USA Swimming and NCAA Division 1 Championship meets.
- Two 25 yard, 9 feet deep, 8-lane competitive pools will be used. The area between the bulkheads is closed at all times.
- The competition course has been certified in accordance with 104.2.2C(4).
- 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 w/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 where otherwise indicated.
- Changing in or out of swimsuits other than in locker rooms or other designated areas is prohibited.

ONSITE AMENITIES

- **Vendor:** Northwest Swim Shop
- **Special Meet T-Shirts:** Fine Designs
- **Heat Sheets:** \$3.00
- **Results** on PNS web site
- **Concessions:** Under contract with King County; neither PNS nor the host team derive any benefit

- **Hospitality** for coaches and officials only
- **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:

- 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 meet date.
- Age groups for competition will be 10&U, 11-12, 13&O, and Open. Swimmers must be age 11 or older to enter any "Open" event.

Qualifying times:

- In order to enter an event, a swimmer must have achieved a PNS "Silver" time for each event in their age group in a USA Swimming sanctioned, approved, or observed competition in that event between September 1, 2014, and the meet entry deadline, but must not have achieved a dequalifying time.
- Times complying with PNS AD 02-01 may be used.
- **8&U swimmers:** The PNS 10&U "Silver" times apply to those events.
- **PNS Disability "Silver"** time standards apply to swimmers with a disability.
- Entry times which are neither in SWIMS nor in compliance with PNS AD 02-01 will be scratched without notification and entry fees will not be refunded.
- Converted times may not be used.

Dequalifying times:

- Except as noted below, 11&O swimmers may not enter any event in which they have achieved a 14&U PNS Short Course or Washington State Senior Short Course qualifying time since September 1, 2014.
- A swimmer with an event qualifying time but who would otherwise be subject to the above dequalifying time restriction and who will age up between this meet and the 14&U PNS Short Course Champs may compete in that event at this meet, but will not be eligible for any awards.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of three (3) individual events. Entries exceeding this limit will be scratched without



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notification, and entry fees for entry count limitation scratches will not be refunded.

- On-deck USA Swimming registration will not be permitted.
- Deck entries will not be allowed at this meet.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

ENTRY FEES:

- Surcharge: \$10.00
- Individual Event: \$ 5.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

AWARDS:

- **Individual events:** Ribbons 1st thru 16th places, except as noted under "Dequalifying Times."

MEET RULES:

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

Distance Events

- **400 IM and 500 Freestyle:** These events will be seeded and swum slowest to fastest, mixed girls and boys, but awarded separately. 400 IM swimmers must provide their own timer. 500 Freestyle swimmers must provide their own counter, if desired.
- **1650 Freestyle:** A positive check-in with the Clerk of Course by the announced deadline is required in order to swim. Do not check in any swimmer who has not yet arrived at the venue; late arrivals should check in with the Meet Referee for possible seeding. Swimmers must provide their own timer and counter, if desired; lanes with no timer go unprotected. Please note that Event #53 will begin immediately after the conclusion of Event #51.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of Sessions 1's 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.
- Session 2's warm-up will be held in the adjacent diving tank during Sessions 1. There will be no additional warm-up time in the competition pool prior to the start of Session 2.
- 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.
- 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.
- Shaving is not permitted anywhere 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 authorized volunteers and working personnel can be in the natatorium. All others must remain in the designated spectator area or in 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.
- 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.



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ENTRY SUBMITTAL INFORMATION:

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

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, November 4, 2015:

1. **Entry File** from Team Manager or equivalent.
2. **Meet Entry Reports** for individual (sorted by swimmer) events from Team Manager or equivalent, with proof of time information.
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 Poseidon Aquatic Club.

Submittal Formats & Notes:

- **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 accepted after the deadline.
- Complete whole team entries will be processed in order received until either session's estimated timeline reaches four hours.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- **Mail entries to:** Poseidon Aquatic Club - Q Meet
1228 Lake Park DR SW
Tumwater, WA 98512
- **Email:** coachkelli@comcast.net
- **Contact Phone:** (360) 956-1948

SESSION 1 -- 10 & Under, 11-12 Events		
Dive Tank End Odd Heats -- Scoreboard End Even Heats		
Girls, Boys	Age	Event
1,2	10 & U	200 Free
3,4	11-12	200 Free
5,6	10 & U	100 Fly
7,8	11-12	100 Fly
9,10	10 & U	50 Free
11,12	11-12	50 Free
13,14	10 & U	100 Breast
15,16	11-12	100 Breast
17,18	10 & U	50 Back
19,20	11-12	50 Back
21,22	11-12	200 Back
23/24 Mixed	12 & U	500 Free
25,26	10 & U	200 IM
27,28	11-12	200 IM
29,30	10 & U	50 Fly
31,32	11-12	50 Fly
33,34	11-12	200 Fly
35,36	10 & U	100 Free
37,38	11-12	100 Free
39,40	10 & U	50 Breast
41,42	11-12	50 Breast
43,44	11-12	200 Breast
45,46	10 & U	100 Back
47,48	11-12	100 Back
49,50	10 & U	100 IM
51,52	11-12	100 IM
53/54 Mixed	11-12	400 IM
SESSION 2 -- Open, 13 & Over Events		
Girls, Boys	Age	Event
55,56 Mixed	Open	1650 Free
57,58	13 & Over	200 Free
59,60	13 & Over	100 Fly
61,62	13 & Over	50 Free
63,64	13 & Over	100 Breast
65,66	13 & Over	200 Back
67/68 Mixed	13 & Over	500 Free
69,70	13 & Over	200 IM
71,72	13 & Over	200 Fly
73,74	13 & Over	100 Free
75,76	13 & Over	200 Breast
77,78	13 & Over	100 Back
79/80 Mixed	13 & Over	400 IM



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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 \$ 10.00	\$
INDIVIDUAL EVENTS:		X \$ 5.00	\$
		SUBTOTAL:	\$
LESS OUTREACH VOUCHERS:			(\$)
		TOTAL:	\$

Make one check payable to **Poseidon Aquatic Club**

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.