

34th Annual Washington Open—Approval #1001-SP03  
 Time Trials Approval #1001-SP04  
 Weyerhaeuser King County Aquatic Center  
 Federal Way, Washington  
 Hosted by Valley Aquatics

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

SCHEDULES	Thursday	Friday	Saturday	Sunday
	January 21, 2010	January 22, 2010	January 23, 2010	January 24, 2010
Coaches' Meeting	4:00 PM - Check in and coaches' packets at Clerk of Course	8:15 AM		
Positive Check-in Deadlines	1000 free--5:00 pm	500 free--9:30 AM	400 IM--9:30 AM	1650 free--start of event #32 (men 200 breast prelims)
Officials Meeting (prelims)		8:30 AM	8:30 AM	8:30 AM
Warm-up (prelims)		8:00 AM	8:00 AM	8:00 AM
Prelims		9:30 AM	9:30 AM	9:30 AM
Officials Meeting (finals)	5:00 PM	4:30 PM	4:30 PM	3:30 PM
Warm-up (finals)	4:30 PM	4:00 PM	4:00 PM	3:00 PM
Finals	6:00 PM	5:30 PM	5:30 PM	4:30 PM
Dive Tank Pool	Available for Warmup & Cooldown			

**MEET DIRECTOR:**

Suzanne Rychlik  
 • swimvast@hotmail.com  
 • 253-241-4827

**MEET REFEREE:**

Mike Murphy  
 • 253-661-9400  
 • Swimoff1@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.

**Note:** In the event of inclement weather, call the King County Aquatic Center Hotline: 206-296-4444 or toll-free 1-800-325-6165, ext 64444.

**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.
- Indoor 9-foot deep, 50 meter pool, divided into two eight-lane 25 yard courses by bulkheads. 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:** JD Pence
- **Meet Heat Sheets:** \$5.00
- **Finals Program:** \$1.00 per session
- **Results** on PNS web site
- **Concessions:** under contract with King County; the host organization, its member teams, and PNS receive no 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 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:** Limited RV parking is available in only the north parking lot. Dry camping--no sewer, water, or electricity.
- **RV Hookups:** Dash Point State Park, 800 562 0900 (Five miles from KCAC)
- **Camping:** KOA Seattle South Campground, 5801 S. 212th Street, Kent, 206 872 8652 (13 miles from KCAC)
- **Warm-up, other than designated times, must be arranged directly with the King County Aquatic Center, 206 296 4444.**

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming, a FINA member covered under USA Swimming's "open border" policy included in its Registration Manual, or with the NCAA.
- Swimmers must have met the listed minimum qualifying time standards in each individual event entered, with the exception of bonus events.

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- Swimmers with a disability must meet the qualifying standards for this meet in compliance with PNS Policy AD 97-02.

#### ENTRY INFORMATION:

- There is no entry limit, but each swimmer may not compete in more than three (3) individual events per day plus relays. Swimmers who compete in more than three individual events on any given day will be disqualified from all additional individual events that day.
- On-deck USA Swimming registration will not be permitted.
- No deck entries will be permitted.
- All USA Swimming registration numbers will be verified for PNS swimmers.

#### BONUS EVENTS

- A swimmer qualified in one or two events on any day may enter up to a total of **three** individual events. A swimmer qualified in three or more events on any day may only enter the individual events in which they are qualified. A bonus event must be entered with the swimmer's best-achieved time or as NT (no time).
- Bonus swims must be clearly identified in submitting entries; teams using Team Manager must designate bonus swims on the Meet Entries Screen.
- Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.

#### ENTRY FEES:

- Surcharge: \$15.00
- Individual Event: \$ 7.50
- Relay: \$15.00
- Time trials \$ 7.50 (pay at meet)
- 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 - 3rd places.  
Scoring 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- **Relay events:** Medals 1st - 3rd places.  
Scoring 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- **Team trophies:** Top three teams--combined men's and women's scores
- **Individual high point:** Top scoring male swimmer and top scoring female swimmer

#### MEET RULES:

- This year's meet course will be short course yards (25 yard pool).
- Current USA Swimming and PNS rules govern throughout the meet, including warm-ups.
- The meet will be swum as prelims/finals (C/B/A) except for relays and the 1000/1650 events.
- See Order of Events for more information.
- Seeding will be SCY/LCM.
- At the Meet Referee's discretion, two pools may be used for prelims. An announcement will be made at the Coaches' Meeting.

#### DISTANCE EVENTS:

- The 500, 1000, and 1650 freestyle, and the 400 IM events will require a positive check-in. Swimmers not checking in for these events will

automatically be scratched without penalty. Swimmers checking in for either of these events who do not swim will be disqualified from their next scheduled individual event.

- The check-in deadlines are:
  - 1000 freestyle: Thursday 5:00 PM
  - 500 freestyle: Friday 9:30 AM
  - 400 IM: Saturday 9:30 AM
  - 1650 freestyle: at the start of Event #32 prelims (men's 200 breaststroke)
- The 1000 free and 1650 free events may be limited to six (6) heats of women and six (6) heats of men.
- Each swimmer must provide their own timer and counter, if desired, for the 1000 and 1650 free events. Lanes with no timer go unprotected.
- Timers will be provided for the 500 free events, but each swimmer must provide their own counter, if desired.
- Timers will be provided for the 400 IM events.

#### SCRATCH PROCEDURE FOR PRELIMS/FINALS EVENTS:

##### Prelims:

- There is no penalty for a failure to swim a preliminary heat of a pre-seeded prelims/finals individual event.

##### Finals:

- Once the C, B, and A 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.
- A swimmer for the C, B, or A finals of any prelims/finals event who fails to show will be barred from competing in the rest of the meet, including relays, unless properly scratched. A swimmer who is not an announced C, B, or A finalist 30 minutes after the announcement of an event's results will not be penalized for a failure to scratch.
- Reseeding due to scratches made after the initial 30 minute deadline will be at the discretion of the meet referee.

#### RELAYS:

##### Relay Information:

- The top sixteen (16) entry times for each gender of the 200 freestyle, 200 medley, and 400 medley relays will swim in finals--i.e., two heats of women's relays and two heats of men's relays.
- The top eight (8) entry times for each gender of the 800 freestyle relay will swim in finals--i.e., one heat of women's relays and one heat of men's relays.
- All other relays, including all heats of the 400 free relay, will be swum during prelims.

##### Relay Slips:

- The top two copies of the relay slips must be submitted to the Clerk of Course by the deadline to be stated at the Coaches' meeting.
- The Lane Copy of the relay slip must be presented to the Head 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.

#### WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
  - Lanes 1 & 8—pace lanes, no diving

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- 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.
- 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.
- Swimmers who participate without their 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 approval it is understood and agreed that Valley Aquatics, Pacific Northwest Swimming 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, of a FINA member covered by USA Swimming's "open border" policy or of the NCAA shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming, of a FINA member covered by USA Swimming's "open border" policy or Canadian equivalent or of the NCAA.
- 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.

**OFFICIALS:**

- All certified officials are welcome. The dress code will conform to PNS official's dress code (no shorts for finals).
- This meet is applying for designation as a training meet for N3 officials Certification. Officials wishing to obtain or renew N2 or N3 certification must apply by January 11, 2010. Preference will be given to those who agree to work all sessions. Instructions for certification will be provided during the Official's meetings.
- Once N3 designation has been granted, this meet information sheet will be updated, and the Application to Officiate form will be made available.

**TIMERS:**

- All participating teams are asked to provide timers.
- Lane assignments will be posted on Valley Aquatics' web page, [www.swimvast.org](http://www.swimvast.org), the week prior to the meet.
- Larger teams should be prepared to take the first shift Friday.
- We appreciate your cooperation in facilitating this request.

**TIME TRIALS:**

- Time Trials will be available at the conclusion of prelims, subject to the Meet Referee's discretion. There will be no Time Trials on Sunday.
- One Time Trial per day per swimmer, subject to meet entry limitations.
- Deck-entry only at the Clerk of Course.
- Time Trial fee: \$7.50 per event.
- Each swimmer should provide a timer and counter, if needed. Lanes with no timer go unprotected.

**ENTRY SUBMITTAL INFORMATION:**

**Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, January 13, 2010:**

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 Valley Aquatics.

**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 or hand-deliver. 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.

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- 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 for USA Swimming athletes, events entered, and entry time for each.
- Bonus swims must be 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.

- 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.

Mail entries to:

Suzanne Rychlik  
27435 Maple Ridge way SE  
Maple Valley, wa 98038

- Email: [swimvast@hotmail.com](mailto:swimvast@hotmail.com)
- Telephone: 253-241-4827

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**2010 WASHINGTON OPEN ORDER OF EVENTS**

WOMEN			EVENT	MEN		
#	LCM	SCY		SCY	LCM	#

Thursday						
1	10:30.0	11:40.0	<b>1000 FREE (1)</b>	10:59.0	09:55.0	2
(1) The 1000 Free will be deck seeded, positive check-in (which will close at 5:00 PM), swum fastest to slowest, alternating women then men. This event may be limited to six (6) heats each. At the Meet Referee's discretion, this event may be double-ended or swum in two pools.						

Friday						
3	NT	NT	<b>200 FREE RELAY (2)</b>	NT	NT	4
5	02:45.0	02:28.0	<b>200 IM</b>	02:20.0	02:35.0	6
7	31.5	28	<b>50 FREESTYLE</b>	25.5	29	8
9	05:05.0	05:45.0	<b>500 FREESTYLE (3)</b>	05:30.0	04:52.0	10
11	NT	NT	<b>400 MEDLEY RELAY (2)</b>	NT	NT	12
(2) Fastest two heats in finals; all others in prelims.						
(3) 500 Free will be deck seeded, positive check-in (which will close at 9:30 AM)						

Saturday						
13	NT	NT	<b>200 MEDLEY RELAY (2)</b>	NT	NT	14
15	01:15.0	01:07.5	<b>100 BUTTERFLY</b>	01:03.0	01:10.0	16
17	02:24.0	02:08.0	<b>200 FREESTYLE</b>	02:00.0	02:15.0	18
19	01:29.0	01:20.0	<b>100 BREASTSTROKE</b>	01:15.0	01:24.0	20
21	01:18.0	01:09.0	<b>100 BACKSTROKE</b>	01:05.0	01:13.0	22
23	05:46.0	05:00.0	<b>400 IM (3)</b>	04:45.0	05:29.0	24
25	NT	NT	<b>800 FREE RELAY (4)</b>	NT	NT	26
(2) Fastest two heats in finals; all others in prelims.						
(3) 400 IM will be deck seeded, positive check-in (which will close at 9:30 AM)						
(4) Fastest heat of women and fastest heat of men in finals; all others in prelims.						

Sunday						
27	02:45.0	02:26.0	<b>200 BACKSTROKE</b>	02:20.0	02:38.0	28
29	01:07.0	01:01.0	<b>100 FREESTYLE</b>	58	01:03.0	30
31	03:10.0	02:50.0	<b>200 BREASTSTROKE</b>	02:41.0	03:00.0	32
33	02:50.0	02:30.0	<b>200 BUTTERFLY</b>	02:21.0	02:40.0	34
35	20:00.0	19:30.0	<b>1650 FREE (5)</b>	18:45.0	19:05.0	36
37	NT	NT	<b>400 FREE RELAY (6)</b>	NT	NT	38
(5) The 1650 Free will be deck-seeded, positive check-in (which will close at the beginning of Event #32 prelims), swum fastest to slowest, alternating women then men. This event may be limited to six (6) heats each. At the Meet Referee's discretion, this event may be double ended.						
(6) All heats will swim in prelims.						

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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.

<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 \$ 7.50</b>	<b>\$</b>
<b>RELAY:</b>		<b>X \$15.00</b>	<b>\$</b>
		<b>TOTAL:</b>	<b>\$</b>

Make one check payable to **Valley Aquatics**

**THE FOLLOWING STATEMENT MUST BE SIGNED:**

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc., a FINA member covered under USA Swimming's "open border" policy, or of the NCAA.

\_\_\_\_\_  
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.

**34th ANNUAL WASHINGTON OPEN**  
Weyerhaeuser King County Aquatic Center  
**January 21-24, 2010**

**APPLICATION TO OFFICIATE**

You are hereby invited to officiate at the 34th ANNUAL WASHINGTON OPEN 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 6:00 PM. The remaining days' Prelims will start at 9:30 AM. Friday's and Saturday's finals will start at 5:30 PM and Sunday's finals will start at 4:30 PM. A mandatory officials briefing session will be held one hour prior to each session.

This meet has been designated as a training meet for N3 National Championship Officials Certification. The dress is white shirt/blouse for prelims and finals; navy pants, shorts (no shorts at finals), or skirts, white socks, and white shoes. Officials desiring an assigned position must submit their application no later than Monday, January 11. 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 Mike Murphy.

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:**

Mike Murphy  
32919 46<sup>th</sup> Ct. SW  
Federal Way, WA 98023  
W 360 772 2362; H 253 661 9400  
Email: swimoff1@gmail.com