



Pacific Northwest Swimming
Cascade 2010 February Distance Meet - Sanction #1002-SP04
Helene Madison Pool
Seattle, Washington
Hosted by Cascade Swim Club

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

SCHEDULES	
Dates	Saturday, February 13, 2010
Coaches' Meeting	Check in and Coaches' Packets at Clerk of Course before before 11:30 AM
Officials' Meetings	11:45 AM
Timer's Meeting	Noon
Warm-ups	11:30 AM
Timed Finals	12:15 PM
Positive Check-in Deadline:	11:45 AM

MEET DIRECTORS:

Sylvia Chambers
• sylvia.chambers@gmail.com
• 206-849-3606

MEET REFEREE:

Jeff Moorman
• Kb7rr@arrl.net

LOCATION AND DIRECTIONS

Helene Madison Pool
13410 Meridian Ave. N
Seattle WA

Directions: From I-5 northbound, take 130th street exit. Go west (left) on 130th to Meridian (2nd light). Go north (right) on Meridian. Pool is on the left at 134th.

From I-5 southbound, take 145th Street exit. Go west (right) on 145th to Meridian (2nd light). Go south (left) on Meridian. Pool is on right at 134th.

FACILITY:

- 25 yard, 6-lane competitive pool
- Starting end 12.5 feet deep; turning end 4.5 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool: adjacent to main pool separated by bulkhead
- 300 spectator seats
- Stopwatches will be available for lane timers' use

ONSITE AMENITIES

- **Vendor:** None
- **Heat Sheets:** seeding will be announced
- **Results:** on PNS web site
- **Concessions & Hospitality:** None - be sure to bring your own snacks!
- **Parking:** Ample parking in Ingrahm High School lot just north of pool

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through Cascade Swim Club.
- Open competition

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of one (1) individual event. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Swimmers age 18&U may only enter events that are offered in their age group at the Northwest Section Short Course Age Group Championships. Swimmers age 11&O may enter the 1000 freestyle. Swimmers age 15&O may enter any event offered at the Western Regional (Senior) Short Course Championship.
- On-deck USA Swimming registration will not be permitted. On-deck transfers to Cascade Swim Club will not be permitted.
- Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards or team points. 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 CSC 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
- 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.

AWARDS: None



Pacific Northwest Swimming
 Cascade 2010 February Distance Meet - Sanction #1002-SP04
 Helene Madison Pool
 Seattle, Washington
 Hosted by Cascade Swim Club

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

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Positive check in by 11:45 AM required for all events.
- All events will be swum fastest to slowest, combined girls and boys.
- **Swimmers must provide their own timers and counter, if desired. Lanes will require two (2) timers for an official time. Electronic timing will not be used.**

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
 - Lanes 1 & 6—pace lanes, no diving
 - Lanes 2 - 5—general warm-up, no diving
 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.

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 in the roped-off meet operations part of the 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.

ENTRY SUBMITTAL INFORMATION: Since the meet is open only to swimmers registered through Cascade Swim Club, all entries will be processed internally.

ORDER OF EVENTS

Event #	Event	Age Group
1	1650 Free	Open
2	1000 Free	Open
3	500 Free (time permitting)	Open
4	400 IM (time permitting)	Open

All events will be swum fastest to slowest, combined girls and boys.
 See Entry Information and Meet Rules for more information.



Pacific Northwest Swimming
 Cascade 2010 February Distance Meet - Sanction #1002-SP04
 Helene Madison Pool
 Seattle, Washington

Hosted by Cascade Swim Club

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.

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 **Cascade Swim 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.