



Pacific Northwest Swimming
 February Challenge – Division 7 -- Sanction #1002-CSD07
 Ray Williamson Memorial Pool
 Bainbridge Island, Washington
 Hosted by the Bainbridge Island Swim Club

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, February 6, 2010	Saturday, February 6, 2010	Sunday, February 7, 2010	Sunday, February 7, 2010
Coaches' Meeting	8:45 AM Coaches' packet at Clerk of Course.	as needed	as needed	as needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition
Timers' Meetings	20 minutes before start of competition	20 minutes before start of competition	20 minutes before start of competition	20 minutes before start of competition
Warm-ups	8:30 AM	Immediately following conclusion of Session 1, but not before noon	8:30 AM	Immediately following conclusion of Session 3, but not before noon
Timed Finals	9:30 AM	One hour after start of warm-ups	9:30 AM	One hour after start of warm-ups
Relay Entry Deadline:	8:45 AM	15 minutes before start of competition	8:45 AM	15 minutes before start of competition
Positive Check-in Deadline: 400 IM/500 free		Will be announced during warm-ups	Will be announced during warm-ups	

MEET DIRECTOR:

- Robbie Sinopole
- Sinopoles@yahoo.com
- (360) 697-1878

MEET REFEREE:

- Joe Hebert
- jblthebert@msn.com
- (206)842-2302

LOCATION AND DIRECTIONS

Ray Williamson Memorial Pool
 Madison Avenue
 Bainbridge Island, Washington
 (206) 842-2302

Directions: From Seattle: Take the Bainbridge ferry from Colman dock in downtown Seattle. After arriving on the island, take Hwy 305 from the ferry landing to High School Rd, the second light from the landing, and turn left. Go one block to the traffic circle at Madison Ave and turn right. Go about one block to the access road on the left, and turn into the pool parking lot.

From the Kitsap area: Take Hwy 305 south from Poulsbo to Bainbridge Island. After arriving on the island, take Hwy 305 to High School Rd, the fourth light. Turn right onto High School Rd. Go one block to the traffic circle at Madison Ave and turn right. Go about one block to the access road on the left, and turn into the pool parking lot.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 3.5 feet deep
- Warm-up pool: continuous lane in Don Nakata Pool
- 300 spectator seats
- Colorado electronic timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- **Vendor:** NW Swim Shop
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions** will be available throughout the meet
- **Hospitality** for coaches and officials only
- **Parking** lots east and west of venue

TEAMS:

- Bainbridge Island Swim Club
- Bellevue Club Swim Team
- Chinook Aquatic Club
- Tigersharks Swimming

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through one of the teams listed above.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Age groups for competition will be 8&under, 9-10, 10&under, 11-12, 13-14, and 15&over. See Order of Events.



Pacific Northwest Swimming
February Challenge – Division 1 -- Sanction #1002-CSD02
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ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of four (4) individual events per day, but no more than 7 individual events over the course of the meet. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- On-deck USA Swimming registration 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 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
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$3.00
- Relay: \$8.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** Ribbons 1st thru 6th in each division, based on seed times. Scoring also based on seed times: 7-5-4-3-2-1
- **Relay events:** Gold ribbons 1st thru 6th places. All relays eligible for scoring. Scoring: 14-10-8-6-4-2

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- **Relay events:** Relay events will be pre-seeded. Teams are encouraged to pre-enter relays. All relays, whether pre-entered or deck-entered, are eligible for awards. Each swimmer may compete on only one (1) relay team per day.
- **Distance events:** The 500 freestyle and 400 IM events for 13&over swimmers will be deck-seeded, with all heats being swum fastest to slowest, combined girls and boys. Positive check-in prior to the check-in deadline is required. Swimmers must provide their own timers and counters (if desired) for these events; lanes with no timers go unprotected.

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—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.
- 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.

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, Wednesday, January 27, 2010:

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 Bainbridge Island Swim Club.



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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-tek ltd.com/> downloads at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- 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.
- Mail entries to: February Challenge/BISC, C/O Robbie Sinopole
P.O. Box 10424, Bainbridge Island, WA 98110
- Email entries to: Sinopoles@yahoo.com
- Meet Entry Contact/Questions: Robbie Sinopole (360) 697-1878

2010 FEBRUARY CHALLENGE					
SESSION 1 - SAT A.M. 10 UNDER, GIRLS 11-12			SESSION 3 - SUN A.M. GIRLS 11-12, 13 - OVER		
Event #	Event	Age Group	Event #	Event	Age Group
1,2	200 Free	10U	57	200 IM	G11 - Over
3,*	200 Free	G11-12	58	200 IM	B13 - Over
5,6	200 Medley Relay	10U	59	400 Free Relay	G11 - 12
7,*	400 Medley Relay	G12U	61	400 Free Relay	G11 - Over
9,10	50 Back	10U	62	400 Free Relay	B13 - Over
11,**	50 Back	G11-12	63	100 Back	G11 - Over
13,**	200 Fly	G11-12	64	100 Back	B13 - Over
15,16	50 Breast	10U	65	100 Breast	G11 - Over
17,**	50 Breast	G11-12	66	100 Breast	B13 - Over
19,**	200 Back	G11-12	67	100 Fly	G11 - Over
21,22	50 Fly	10U	68	100 Fly	B13 - Over
23,**	50 Fly	G11-12	69	100 Free	G11 - Over
25,**	200 Breast	G11-12	70	100 Free	B13 - Over
27,28	50 Free	10U	71	100 IM	G11 - Over
29,**	50 Free	G11-12	72	100 IM	B13 - Over
31,**	400 IM	G11-12	73	500 Free	G11-12
			74	500 Free - Mixed	13-Over
SESSION 2 - SAT P.M. BOYS 11-12, 13 & OVER			SESSION 4 - SUN P.M. 10 UNDER, BOYS 11-12		
33	200 Free	G13 - Over	75,76	200 IM	10U
34	200 Free	B11 - Over	** ,78	200 IM	B11-12
36	400 Medley Relay	B11-12	79,80	200 Free Relay	10U
37	400 Medley Relay	G13 - Over	** ,82	400 Free Relay	B12U
38	400 Medley Relay	B11 - Over	83,84	25 Back	8U
39	50 Back	G13 - Over	85,86	100 Back	10U
40	50 Back	B11 - Over	** ,88	100 Back	B11-12
41	200 Fly	G13 - Over	89,90	25 Breast	8U
42	200 Fly	B11 - Over	91,92	100 Breast	10U
43	50 Breast	G13 - Over	** ,94	100 Breast	B11-12
44	50 Breast	B11 - Over	95,96	25 Fly	8U
45	200 Back	G13 - Over	97,98	100 Fly	10U
46	200 Back	B11 - Over	** ,100	100 Fly	B11-12
47	50 Fly	G13 - Over	101,102	25 Free	8U
48	50 Fly	B11 - Over	103,104	100 Free	10U
49	200 Breast	G13 - Over	*** ,106	100 Free	B11-12
50	200 Breast	B11 - Over	107,108	100 IM	8U
51	50 Free	G13 - Over	109,110	100 IM	10U
52	50 Free	B11 - Over	111,112	100 IM	B11-12
54	400 IM	B11-12	113	500 Free - Mixed	10U
55	400 IM - Mixed	13-Over	114	500 Free	B11-12

Entry limit: 7 individual events for the weekend but no more than 4 individual events per day.



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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	\$
RELAYS:		X \$8.00	\$
		TOTAL:	\$

Make one check payable to **Bainbridge Island 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.