



Pacific Northwest Swimming
 2010 WAVE February Distance Meet -- Sanction #1002-SP03
 Juanita Aquatic Center
 Kirkland, Washington
 Hosted by Wave Aquatics



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

SCHEDULES	Session 1 – Mixed 1000 yd Free	Session 2 – Mixed 1650 yd Free
Dates	Sunday, February 14, 2010	Sunday, February 14, 2010
Coaches' Meeting	10:50 AM - Coaches' packet at Clerk of Course.	As needed
Officials' Meetings	11:30 AM	30 minutes before the start of competition
Warm-ups	11:00 AM	Immediately following conclusion of Session 1
Timed Finals	12:00 PM	One hour after start of warm-ups
Positive Check-in Deadline:	11:30 AM	30 minutes before start of Session 2

MEET DIRECTOR:

- Linda Chapman
 • chapman_family@comcast.net
 • (425) 885-7218

MEET REFEREE:

- Dick Chapman
 • Richard.m.chapman@boeing.com
 • (425) 885-7218

LOCATION AND DIRECTIONS

Juanita High School
 10601 NE 132nd St
 Kirkland, Washington

Directions: From the **South**, take I-405 to exit 20B. At exit 20B, take ramp right and follow signs for Totem Lake Blvd. Turn left onto Totem Lake Blvd NE and continue until reaching NE 132nd St.

From the **North**, take I-405 to exit 20. Turn right onto NE 124th and then an immediate right onto 116th Ave NE and continue until reaching NE 132nd St.

From **either direction**, turn left onto NE 132nd Street. Turn left at the traffic light into Juanita High School. At the traffic circle, turn right at the first parking lot entrance - the pool will be to your left.

FACILITY:

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 5.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool in the shallow end
- 200 spectator seats
- Electronic timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- Vendor: none
- Heat Sheets: \$1.00
- Results on PNS web site
- Concessions: **none--be sure to bring your own snacks**
- Hospitality: for coaches and officials
- Parking: multiple high school parking lots

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- Open competition.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of one (1) individual event per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Coaches are asked to provide an accurate SCY or LCM seed time for each entered swimmer. Times not otherwise identified will be assumed to be SCY.
- Complete whole-team entries will be accepted in order received until the pre-scratch time line reaches a total of five hours.
- 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 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:

- Distance Meet Surcharge: \$10.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Distance Meet Event: \$4.00
- No refunds or credits will be given for events entered but not swum.
- **All fees must accompany entries.**

AWARDS AND SCORING: none

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be SCY, LCM.



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- All events will be deck seeded, with all heats being swum fastest to slowest, mixed girls and boys. Positive check-in prior to the check-in deadline is required in order to swim.
- 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 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, February 3, 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 WAVE 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, 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/downloads/html> 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.
- 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:
Linda Chapman
17532 NE 142nd St
Redmond, WA 98052
- Email entries to: *chapman_famliy@comcast.net*
- Meet Entry Contact/Questions: *as above*

ORDER OF EVENTS

Session #1 - Mixed 1000 Freestyle
Session #2 - Mixed 1650 Freestyle



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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 \$ 4.00	\$
		TOTAL:	\$

Make one check payable to **WAVE Aquatics**.

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.