



Pacific Northwest Swimming
2016 North Cascades Summer Swimming League Championship
Sanction #1608-SP02

Snohomish Aquatic Center, Snohomish, Washington

Hosted by the Mighty Marlins Swim Club

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

SCHEDULES	SATURDAY, AUGUST 6, 2016
Coaches' Meeting	7:45 am - Coaches' packet at Clerk of Course.
Officials' Meetings	8:15 am
Warm-ups	8:00 am
Timed Finals	9:00 am

MEET DIRECTOR:

- Julie Delaney
• delaney.1@comcast.net
• 425-293-9627

MEET REFEREE:

- Aline Bensen
• asbensen@comcast.net

LOCATION AND DIRECTIONS

Snohomish Aquatic Center
516 Maple Avenue
Snohomish, Washington

Directions: From I-5: Take exit 194 to merge onto US 2/Hewitt Avenue Trestle/Stevens Pass Highway toward Snohomish/Wenatchee. Take the 88th St. SE exit. Turn right onto 88th St. SE. Continue straight onto 92nd St. SE. Continue onto 2nd St. Turn right onto Maple Avenue. The Snohomish Aquatic Center will be on the left.

From SR 9: Take the Snohomish exit (first exit after the Snohomish River Bridge). Merge right onto 2nd St. Turn left onto Maple Avenue. The Snohomish Aquatic Center will be on the left.

FACILITY

- 25 yard x 25 meter, 10 lane competitive pool. The number of lanes that will be used for competition will depend on the number of entries as the four-hour rule will apply to this meet. At most, lanes 1-8 will be used for competition; lane 9 will be closed; and lane 10 will remain open for coach-supervised warmup/cool-down.
- Starting end 12.5 feet deep; turning end 7 feet deep
- 420 spectator seats. Only coaches, swimmers and meet volunteers will be allowed on pool deck.
- Automatic timing system with scoreboard readout.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or in the starting block area.
- Changing in or out of swimsuits other than in locker rooms or other designated areas is prohibited.

ONSITE AMENITIES

- Heat Sheets: \$3.00
- Results on PNS web site
- Concessions available throughout the meet
- Hospitality for coaches and officials only
- Parking available next to pool

TEAMS:

- Mighty Marlins Swim Club
- Bellingham Bay Swim Team
- Gold's Aquatic Club
- North Whidbey Aquatic Club
- South Snohomish County Dolphins
- Storm Aquatics
- Thunderbird Aquatic Club
- Wave Aquatics
- West Coast Aquatics

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through an above listed club.
- Age groups are based on the age of the swimmer as of the meet date.
- Ages and age groups for competition will be 8&U, 10&U, 11-12, 13&O. See Order of Events.
- **De-qualifying times for 9&O swimmers only:**
 - Any swimmer who has achieved a PNS "Gold" time in either a USA Swimming sanctioned, approved, or observed meet, a or summer league meet is not eligible to compete in that event and may not swim a relay leg in that stroke/distance.
 - Any swimmer eligible to compete in one or more individual events at either PNS Long Course Championships or the Western Region Sectional Championship is not eligible to compete in this meet, even if that swimmer chooses not to compete in any of those meets.
 - There are no dequalifying times for 8&U swimmers

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of three (3) individual and two (2) relay events. 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. On-deck transfer into a participating 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 PNS and a participating club complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.



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- 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: \$4.00
- Relay Event: \$12.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** Medals: 1st – 3rd places, Ribbons: 4th – 6th places for individual events in each awards age group
- **Relay events:** Ribbons 1st – 3rd places for relay events in each awards age group

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Events will be seeded SCY/SCM/LCM.
- Relays: Each relay team may be either single-gender or mixed, but mixed relays may only be composed of two girls and two boys.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
 - Lanes 1 & 10—pace lanes, no diving
 - Lanes 2 & 9—sprint lanes, dive starts, return in lanes 3 & 8
 - Lanes 4 - 7—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, meet directors 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, July 27, 2016:

1. **Entry File** from Team Manager or equivalent.
2. **Meet Entry Reports** for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager or equivalent.
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 Mighty Marlins Swim Club.

Submittal Formats and 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.
- 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).
- All entry times will be assumed to be SCY (short course yards), unless otherwise specified.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to:
Julie Delaney
18201 Greywalls Drive
Arlington, WA 98223
- Email entries to: delaney.1@comcast.net
- Meet Entry Contact/Questions: Julie Delaney 425-293-9627



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Order of Events

1	Open	Girls	100 yard Free	25	10 & U	Girls	50 Fly
2	Open	Boys	100 yard Free	26	10 & U	Boys	50 Fly
3	8 & U	*****	100 yard Med. Relay	27	11-12	Girls	50 Fly
4	10 & U	*****	100 yard Med. Relay	28	11-12	Boys	50 Fly
5	11-12	*****	200 yard Med. Relay	29	13 & O	Girls	100 Fly
6	13 & O	*****	200 yard Med. Relay	30	13 & O	Boys	100 Fly
7	8 & U	Girls	25 Free	31	8 & U	Girls	25 Back
8	8 & U	Boys	25 Free	32	8 & U	Boys	25 Back
9	10 & U	Girls	50 Free	33	10 & U	Girls	50 Back
10	10 & U	Boys	50 Free	34	10 & U	Boys	50 Back
11	11-12	Girls	50 Free	35	11-12	Girls	50 Back
12	11-12	Boys	50 Free	36	11-12	Boys	50 Back
13	13 & O	Girls	50 Free	37	13 & O	Girls	100 Back
14	13 & O	Boys	50 Free	38	13 & O	Boys	100 Back
15	8 & U	Girls	25 Breast	39	10 & U	Girls	100 IM
16	8 & U	Boys	25 Breast	40	10 & U	Boys	100 IM
17	10 & U	Girls	50 Breast	41	11-12	Girls	100 IM
18	10 & U	Boys	50 Breast	42	11-12	Boys	100 IM
19	11-12	Girls	50 Breast	43	13 & O	Girls	100 IM
20	11-12	Boys	50 Breast	44	13 & O	Boys	100 IM
21	13 & O	Girls	100 Breast	45	8 & U	*****	100 yard Free Relay
22	13 & O	Boys	100 Breast	46	10 & U	*****	100 yard Free Relay
23	8 & U	Girls	25 Fly	47	11-12	*****	200 yard Free Relay
24	8 & U	Boys	25 Fly	48	13 & O	*****	200 yard Free Relay

*****Relays may be entered and swum as single-gender or as mixed-gender. All mixed-gender relays must consist of two girls and two boys, swimming in any order.



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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 \$ 4.00	\$
RELAY EVENTS:		X \$12.00	\$
		SUBTOTAL	\$
LESS OUTREACH VOUCHERS			(\$)
		TOTAL	\$

Make one check payable to **Mighty Marlins 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 seasonal 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 seasonal 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.