



Pacific Northwest Swimming  
Storm Aquatics 1<sup>st</sup> Annual Spring Intra-Squad Meet  
Sanction #1003-SP01  
Lake Stevens High School Pool  
Lake Stevens, Washington  
Hosted by Storm Aquatics

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

SCHEDULES	FRIDAY, MARCH 5, 2010
Coaches' Meeting	4:45 PM - Check-in and coaches' packet at Clerk of Course
Officials' Meetings	4:45 PM
Timers' Meetings	5:00 PM
Warm-ups	5:00 PM – 5:25 PM
Timed Finals	5:30 PM

**MEET DIRECTOR:**

David Tourigny

- coachdavid@stormaquatics.net
- 206 719 3695

**MEET REFEREE:**

Alan Pohl

- pohlfamily@clearwire.net
- 425 348 0495

**LOCATION AND DIRECTIONS**

Lake Stevens High School Pool  
2908 113<sup>th</sup> Ave NE, Building 700  
Lake Stevens, Washington 98258

**Directions from I-5:** Go east on US 2 to Lake Stevens. Left on Hwy 204 to Frontier Village. Take a left on Hwy9 going North. Take a right to go East on highway 92 for 1.5 miles. Turn right onto 113th Ave NE. Go straight to the third stop sign. Take a left. Turn right into the Lake Stevens High School student parking lot. Pool faces the parking lot on the West side.

**FACILITY:**

- 25 yard, 6-lane competitive pool
- Starting lane 12 feet deep; turning end 4 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- 100–150 spectator seats
- Daktronics electronic timing system
- Scoreboard: one-lane readout

**ONSITE AMENITIES**

- Vendor: None
- Heat Sheets: \$1.00
- Results on PNS web site
- Concessions: None
- Hospitality: None
- Parking: Lake Stevens High School Student Parking Lot

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through Storm Aquatics.

- Age groups are based on the age of the swimmer as of the first day of the meet.
- Age groups for competition will be 10&U, 11&O, and Open. See Awards and Scoring and Order of Events.

**ENTRY INFORMATION:**

- Each swimmer may enter up to a maximum of four (4) individual events but no more than one per stroke (i.e., a swimmer may not enter both 50 & 100 free). 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 to Storm Aquatics 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 Storm Aquatics 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: \$5.00 (swimmer not previously in meet)
- Individual Event: \$1.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

**AWARDS AND SCORING:** Participant ribbons will be awarded to all swimmers competing in this meet.

**MEET RULES:**

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All events will be swum mixed girls and boys.

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last ten minutes of each warm-up period:



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- 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.
- The dive tank will be closed throughout warm-ups and competition.

**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 in the 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:** All entries will be processed in-house by Storm Aquatics.

**ORDER OF EVENTS**

<b>Event #</b>	<b>Age Group</b>	<b>Distance/Stroke</b>
1	10&Under	25 Butterfly
2	Open	50 Butterfly
3	Open	100 Butterfly
4	11&Over	200 Butterfly
5	10&Under	25 Backstroke
6	Open	50 Backstroke
7	Open	100 Backstroke
8	11&Over	200 Backstroke
9	10&Under	25 Breaststroke
10	Open	50 Breaststroke
11	Open	100 Breaststroke
12	11&Over	200 Breaststroke
13	10&Under	25 Freestyle
14	Open	50 Freestyle
15	Open	100 Freestyle
16	11&Over	200 Freestyle
17	Open	100 IM
18	Open	200 IM



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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 \$5.00</b>	<b>\$</b>	
<b>INDIVIDUAL EVENTS:</b>		<b>X \$1.00</b>	<b>\$</b>	
		<b>TOTAL:</b>	<b>\$</b>	

Make one check payable to **Storm 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.