



Pacific Northwest Swimming
 2010 KING Winter Invitational - Sanction #1002-SP01
 Mt. Rainier Pool
 Des Moines, Washington
 Hosted by King Aquatic Club

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3
Dates	Saturday February 13, 2010	Saturday February 13, 2010	Saturday February 13, 2010
Coaches' Meeting	8:00AM Check-in and coaches packet at Clerk/Course	As needed	As needed
Officials' Meetings	8:15AM	10 minutes after conclusion of session 1	As needed
Age Groups	12 & Under	11 & Over	Open
Warm-ups	8:00AM	Immediately following conclusion of Session 1 but not before noon	Immediately following conclusion of Session 2, but not before 2pm
Timed Finals	9:00AM	Approximately 1 hour after start of warm-ups	30 mins after completion of Session 2
Positive Check-in Deadline:	Session 1 pre-seeded	Will close at start of warm-ups	Will close at start of warm-ups

SCHEDULES	SESSION 4	SESSION 5	SESSION 6
Dates	Sunday February 14, 2010	Sunday February 14, 2010	Sunday February 14, 2010
Coaches' Meeting	8:00AM	As needed	As needed
Officials' Meetings	8:15AM	10 minutes after conclusion of session 4	As Needed
Age Groups	12 & Under	Open	Open
Warm-ups	8:00AM	Immediately following conclusion of Session 4, but not before noon	Immediately following conclusion of Session 5, but not before 2PM
Timed Finals	9:00AM	Approximately 1 hour after start of warm-ups	30 mins after completion of Session 5
Positive Check-in Deadline:	Session 4 pre-seeded	Will close at start of warm-ups	Will close at start of warm-ups

MEET DIRECTOR:

Julia Hansen
 • kingmeetdirector@gmail.com
 • 253- 770-1431

MEET REFEREE:

Dave Warren
 • warren@dblhelix.com
 • 206- 283-7953

LOCATION AND DIRECTIONS

Mount Rainier High School Pool
 22722 – 19th Avenue South
 Des Moines, Washington

Directions: From northbound or southbound I-5: Take the Kent-Des Moines exit. Go west on Kent-Des Moines road to the bottom of the hill. Take a right onto 18th and follow 18th up and around. The pool will be on the right after the second stop sign.

FACILITY

- 25 yard, 6-lane competitive pool; no outside lane ropes 1 and 6
- Starting end 12.0 feet deep; turning end 4.0 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 provided in bleacher seating areas
- Electronic timing system
- Scoreboard: six-lane readout
- Deck space is limited to coaches, swimmers & volunteers



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ONSITE AMENITIES

- Vendor: TBD
- Heat Sheets: \$5.00
- Results on PNS web site
- Concessions available in the lobby throughout the meet. Breakfast, lunch & dinner will be provided.
- Hospitality available for coaches and officials only.
- Parking: multiple high school lots but limited on-street parking. The pool parking lot will be limited to handicapped spots, officials, and coaches. Cars parked in posted "No Parking" zones or in the bike lane in the front of the pool will be ticketed and towed.

ELIGIBILITY:

- This is an invitational meet. Teams must be invited to participate prior to entering swimmers. Interested coaches should contact the Meet Director. An invitation is no guarantee of acceptance due to the four-hour rule. Do not send in any entries without an invitation.
- All swimmers must be registered with USA Swimming.
- Age groups are based on the age of the swimmer as of the first day of competition.
- Age groups for competition will be 12&Under, 11&Older, and Open.

ENTRY INFORMATION:

- Each swimmer may swim a maximum of two sessions per day. Sessions must be consecutive (i.e. 1&2, 2&3, 4&5 or 5&6).
- 10 & under swimmers may only enter those individual events on the recognized list of events for their age group in USA Swimming Rule 102.1.2.
- Each swimmer, any age, may enter a maximum of 4 individual events per day. Entries exceeding the limit will be scratched without notification. Entry fees for entry count limitation scratches will not be refunded.
- **Invited Teams:** Entry preference will be given to swimmers from King Aquatic Club, Valley Aquatics & Cascade Swim Club, whose complete whole-team entries will be processed in the order received until entry limits listed below are met.
- **Remaining Teams:** Entries will be processed in the order received on a space available basis. See limits below.
- 12&under and Open sessions are full when the four-hour limit is reached.
- Whole team entries will be accepted until any session has reached the four-hour limit.
- Entries will continue to be processed until additional sessions are filled. Team entries may be split.
- The meet will close when sessions 1 & 3 and 4 & 6 have reached the four-hour limit.
- NT (no time) will be accepted only if a swimmer has never swum the specific event. Experienced swimmers should enter their actual times.
- On-deck USA Swimming registration will not be permitted.
- Please identify all entry times as SCY, LCM or SCM. If not otherwise identified, it is assumed that all entry times are SCY.
- Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee and space permitting. Deck entry individual swims are not eligible for awards. Deck entry fees must be paid prior to the swim. Entry limits apply.

- Deck entries will close at the same time as the Positive check-in deadline; the start of warm-ups.
- Deck entered swimmers who are not already in the meet are required to show proof of USA Swimming athlete registration through an invited team 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 AND SCORING:

- **Individual events:** Ribbons 1st – 6th places. 12&Under events will be awarded and scored as 8&U, 9-10, and 11-12 age groups. All 11&O and Open events will be awarded and scored as one age group.
- **Scoring:** 7-5-4-3-2-1

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- At the discretion of the Meet Referee, fly-over starts may be used
- All events will be combined girls & boys, swum slow to fast.

Special Rules for Sessions 2, 3, 5, and 6:

- All events in these four sessions will be deck-seeded.
- Swimmers must sign-in no later than 30 minutes prior to the start of each session. **Swimmers who do not check in by this time will be scratched – no exceptions and no penalties.**
- Once session is seeded, scratched swimmers will be allowed in open lanes at Meet Referee's discretion.
- **Distance Sessions:** (Sessions 2 & 5) The 400 IM and 500 Free will be combined girls & boys, deck-seeded and swum slow to fast. Swimmers must provide own timers & 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 & 6
 - 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.



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- 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 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 the pool deck. All others must remain in the designated spectator area or in public lobbies and are not allowed in the 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 only be accepted upon receipt of all of the following prior to the entry deadline, **Wednesday, 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 KING Aquatic Club Booster Association

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 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:

- This is an invitational meet. Teams must be invited to participate prior to entering swimmers. Interested coaches should contact the Meet Director. An invitation is no guarantee of acceptance due to the four-hour rule. Do not send in any entries without an invitation.
- Late or incomplete entries will not be processed.
- Whole team entries will be processed in order received until entry limits are reached.
- Teams entries may be split as entry limits are reached. Teams will be notified by Friday, February 5 if entries are split or declined due to entry limits.
- A session is considered closed when the four-hour limit is reached.
- All sessions must adhere to the four-hour limit.
- Additional entries will be allowed in sessions that have not reached the four-hour limit.
- The meet closes when Sessions 1, 3, 4 & 6 have met the four-hour limit.
- Submit times in SCY then LCM & SCM
- 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.
- **E-mail** entries to: www.kingmeetdirector@gmail.com
or mail to: Julia Hansen
10608 130th Ave E
Puyallup, WA, 98374



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Order of Events

Session: 1 Saturday AM

- 1 Mixed 12 & Under 200 Freestyle
- 2 Mixed 12 & Under 100 Butterfly
- 3 Mixed 12 & Under 50 Freestyle
- 4 Mixed 12 & Under 50 Backstroke
- 5 Mixed 12 & Under 100 Breaststroke
- 6 Mixed 12 & Under 100 IM

45 – 60 minute break/warm-up

Session: 2 Saturday Mid

- 7 Mixed 11& Over 400 IM (slow to fast)

30-minute break/warm-up

Session: 3 Saturday PM

- 8 Mixed Open 50 Freestyle
- 9 Mixed Open 200 Freestyle
- 10 Mixed Open 100 Butterfly
- 11 Mixed 11& Over 200 Backstroke
- 12 Mixed Open 100 Breaststroke
- 13 Mixed Open 100 Freestyle

Session: 4 Sunday AM

- 14 Mixed 12 & Under 50 Freestyle
- 15 Mixed 12 & Under 100 Backstroke
- 16 Mixed 12 & Under 50 Butterfly
- 17 Mixed 12 & Under 100 Freestyle
- 18 Mixed 12 & Under 50 Backstroke
- 19 Mixed 12 & Under 50 Breaststroke
- 20 Mixed 12 & Under 200 IM

45 – 60 minute break/warm-up

Session: 5 Sunday Mid

- 21 Mixed Open 500 Free (slow to fast)

30-minute break/warm-up

Session: 6 Sunday PM

- 22 Mixed Open 50 Backstroke
- 23 Mixed Open 50 Breaststroke
- 24 Mixed Open 50 Butterfly
- 25 200 Mixed Open 200 IM
- 26 Mixed Open 100 Backstroke
- 27 Mixed 11& Over 200 Butterfly
- 28 Mixed 11& Over 200 Breaststroke



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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	\$	
		TOTAL:	\$	

Make one check payable to: **KING Aquatic Club Booster Association**

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.