



Pacific Northwest Swimming  
 2010 Cascade Last Chance Invitational -- Sanction 1003-SP07  
 Helene Madison Pool  
 Seattle, Washington  
 Hosted by Cascade Swim Club

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
Dates	March 6, 2010	March 6, 2010	March 6, 2010	March 7, 2010	March 7, 2010	March 7, 2010
Coaches' Meeting	7:45 am - Coaches' packet at Clerk of Course.	As needed	As needed	As needed	As needed	As needed
Officials' Meetings	45 minutes before start of competition	30 minutes before start of competition	30 minutes before start of competition	45 minutes before start of competition	30 minutes before start of competition	30 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1	Immediately following conclusion of Session 2	8:00 AM	Immediately following conclusion of Session 4	Immediately following conclusion of Session 5
Timed Finals	9:00 AM	30 minutes after start of warm-ups	30 minutes after start of warm-ups	9:00 AM	30 minutes after start of warm-ups	30 minutes after start of warm-ups
Positive Check-in Deadline: 200 yds and longer		15 minutes prior to conclusion of Session 1	Will be announced during warm-ups		15 minutes prior to conclusion of Session 4	Will be announced during warm-ups

**MEET DIRECTOR:**

Terry Johnson  
 • Tjjohnson333@hotmail.com  
 • 206-352-7809

- **Concessions:** available all day
- **Hospitality** for coaches and officials
- **Parking:** ample parking in high school lot (Ingraham H.S.)

**MEET REFEREE:**

Scott Beasley  
 • jsbeasley@comcast.net  
 • 206-542-3424

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- 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.
- An invitation is extended to North Whidbey Aquatics Club, Steelhead Swim Team, Bellingham Bay Swim Team, Gold's Aquatics Club, Port Angeles Swim Club, Thunderbird Aquatics, Wave Aquatics, and West Coast Aquatics. Additional teams will be considered if the timeline allows. Please contact the meet director if you are interested in swimming in this meet. This is a reminder that an invitation does not guarantee acceptance due to the four-hour rule.

**LOCATION AND DIRECTIONS**

Helene Madison Pool  
 13410 Meridian Ave N  
 Seattle, Washington

**Directions:** From I-5 northbound, take 130th Street exit. Go west (left) on 130th to Meridian (2nd light). Go north (right) on Meridian. Pool is on left at 134th.

From I-5 southbound, take 145th Street exit. Go west (right) on 145th to Meridian (2nd light). Go south (left) on Meridian. Pool is on right at 134th.

**FACILITY**

- 25 yard, 6-lane competitive pool
- Starting end 12.5 feet deep; turning end 4.5 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool: adjacent to main pool separated by bulkhead
- 300 spectator seats
- Colorado timing system
- Scoreboard: one-lane readout

**ONSITE AMENITIES**

- **Vendor:** No Vendor on site
- **Heat Sheets:** \$5.00
- **Results** on PNS web site

**ENTRY INFORMATION:**

- Each swimmer may enter up to a maximum of four (4) individual events plus one (1) relay event per day. In order to serve the maximum number of swimmers, the meet host reserves the right to reduce the maximum entry limit per day by up to one (1) individual event depending on timeline. Please indicate event(s) to be scratched if needed. If not indicated, the longest event(s) entered each day will be scratched without notification. Entry fees for events scratched due to timeline will be refunded. Entries exceeding the limit of four (4) individual events per day will be scratched without notification, and entry fees for exceeding this entry count limitation will not be refunded.
- Complete whole-team entries will be processed in the order received until any session reaches the four-hour limit or the meet pre-scratch timeline extends past 7:00 PM.
- There are no time standards for this meet. All entry times should be SCY (yards). NT (no time) entries are allowed.



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- 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 places.  
Scoring: 7-5-4-3-2-1
- **Relay events:** Ribbons 1st thru 6th places.  
Scoring: 14-10-8-6-4-2

**MEET RULES:**

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- **200 yard individual events for all ages, 12&U 500 Freestyle and 11-12 400 IM:** All individual events 200 yards or longer will be deck seeded and swum in event number order except as indicated below. Positive check-in prior to check-in deadline is required.
- **13&O 500 Freestyle and 400 IM:** The 500 freestyle and 400 IM events for 13&over swimmers will be deck-seeded. The 500 freestyle will be swum fastest to slowest, combined boys and girls. The 400 IM will be swum slowest to fastest, 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.
- Morning Sessions Only:
  - Lane 6 – 8&U only for entire warm-up
- Last half hour of each warm-up period:
  - Lanes 1 — pace lane, no diving (Morning Session)
  - Lanes 1 & 6 – pace lanes, no diving (Afternoon Session)
  - 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, February 24, 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 Cascade Swim Club

**Submittal Formats:**

- **Electronic files:** email attachments—preferred—or disk. If emailing the COMMLINK file, include items #2 and #3 above in Word for



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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/html> at no charge.

**Submittal Notes:**

- Late or incomplete entries will not be processed.
- Complete whole team entries will be processed in the order received until any session reaches the four-hour limit.
- 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.
- All entry times must be SCY (yards only). NT (no time) entries are allowed.
- 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.
- **Email Entries to: Martha Layzer - [mmlayzer@q.com](mailto:mmlayzer@q.com)**
- **Mail Hard Copies & Check to:**

Cascade Swim Club  
7263 28th Ave NE  
Seattle, WA 98115



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## ORDER OF EVENTS

### Session # 1 Saturday March 6, 2010

**Open warm ups: 8:00- 8:55, Events Begin 9:00 AM**

Event #	Age	Event
1	Girls 10& U	200 Md Rly
2	Boys 10& U	200 Md Rly
3	Girls 12 & U	200 Md Rly
4	Boys 12 & U	200 Md Rly
5	Girls 8 & U	25 Back
6	Boys 8 & U	25 Back
7	Girls 10& U	100 Back
8	Boys 10& U	100 Back
9	Girls 11 - 12	100 Back
10	Boys 11 -12	100 Back
11	Girls 10& U	50 Fly
12	Boys 10& U	50 Fly
13	Girls 11 - 12	50 Fly
14	Boys 11 -12	50 Fly

Event #	Age	Event
15	Girls 8 & U	25 Breast
16	Boys 8 & U	25 Breast
17	Girls 10 & U	100 Breast
18	Boys 10 & U	100 Breast
19	Girls 11 – 12	100 Breast
20	Boys 11 – 12	100 Breast
21	Girls 10 & U	50 Free
22	Boys 10 & U	50 Free
23	Girls 11 -12	50 Free
24	Boys 11 -12	50 Free
25	Girls 10 &U	100 IM
26	Boys 10 & U	100 IM
27	Girls 11 -12	100 IM
28	Boys 11 - 12	100 IM

### Session # 2 Saturday Mid-Day

**30 Minute Warm Ups, begin immediately following the end of Session # 1. Events Begin 5 Minutes following end of warm ups.**

Event #	Age	Event
29	Girls 12 & Under	200 Freestyle
*	Girls 13 – 14	200 Freestyle
*	Girls 15 & O	200 Freestyle
30	Boys 12 & Under	200 Freestyle
*	Boys 13 -14	200 Freestyle
*	Boys 15 & Over	200 Freestyle
31/32	Mixed 12 & Under	200 IM

Event #	Age	Event
33	Girls 11 - 12	200 Fly
*	Girls 13 – 14	200 Fly
*	Girls 15 & O	200 Fly
34	Boys 11 - 12	200 Fly
*	Boys 13 -14	200 Fly
*	Boys 15 & Over	200 Fly
35/36	Mixed 12 & U	500 Free



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**Session # 3 Saturday Afternoon**

**30 Minute Warm Ups, begin immediately following the end of Session # 2. Events Begin 5 Minutes following end of warm ups.**

Event #	Age	Event
37	Girls 13 -14	200 Md Rly
38	Boys 13 – 14	200 Md Rly
39	Girls 15 & O	200 Md Rly
40	Boys 15 & O	200 Md Rly
41	Girls 13 & O	200 IM
42	Boys 13 & O	200 IM
43	Girls 13 -14	100 Back
*	Girls 15 & O	100 Back
44	Boys 13 -14	100 Back
*	Boys 15 & O	100 Back

Event #	Age	Event
45	Girls 13 -14	100 Breast
*	Girls 15 & O	100 Breast
46	Boys 13 – 14	100 Breast
*	Boys 15 & O	100 Breast
47	Girls 13 -14	50 Free
*	Girls 15 & O	50 Free
48	Boys 13 - 14	50 Free
*	Boys 15 & O	50 Free
49/50	Mixed 13 & O	500 Free

**Session # 4 Sunday March 7, 2010**

**Open warm ups: 8:00- 8:55, Events Begin 9:00 AM**

Event #	Age	Event
51	Girls 10 & U	200 Free Relay
52	Boys 10 & U	200 Free Relay
53	Girls 12 & U	200 Free Relay
54	Boys 12 & U	200 Free Relay
55	Girls 8 & U	25 Free
56	Boys 8 & U	25 Free
57	Girls 10 & U	100 Free
58	Boys 10 & U	100 Free
59	Girls 11 - 12	100 Free
60	Boys 11 -12	100 Free
61	Girls 10 & U	50 Back
62	Boys 10 & U	50 Back

Event #	Age	Event
63	Girls 11 - 12	50 Back
64	Boys 11 – 12	50 Back
65	Girls 8 & U	25 Fly
66	Boys 8 & U	25 Fly
67	Girls 10 & U	100 Fly
68	Boys 10 & U	100 Fly
69	Girls 11 - 12	100 Fly
70	Boys 11 -12	100 Fly
71	Girls 10 & U	50 Breast
72	Boys 10 & U	50 Breast
73	Girls 11 - 12	50 Breast
74	Boys 11 -12	50 Breast



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**Session # 5 Sunday Mid-Day**

**30 Minute Warm Ups, begin immediately following the end of Session # 4. Events Begin 5 Minutes following end of warm ups.**

Event #	Age	Event
75	Girls 11 – 12	200 Breast
*	Girls 13 – 14	200 Breast
*	Girls 15 & O	200 Breast
76	Boys 11 - 12	200 Breast
*	Boys 13 -14	200 Breast
*	Boys 15 & Over	200 Breast
77	Girls 11 - 12	200 Back

Event #	Age	Event
*	Girls 13 – 14	200 Back
*	Girls 15 & O	200 Back
78	Boys 11 - 12	200 Back
*	Boys 13 -14	200 Back
*	Boys 15 & Over	200 Back
79/80	Mixed 11 -12	400 IM

**Session # 6 Sunday Afternoon**

**30 Minute Warm Ups, begin immediately following the end of Session # 5. Events Begin 5 Minutes following end of warm ups.**

Event #	Age	Event
81	Girls 13 -14	200 Free Relay
82	Boys 13 – 14	200 Free Relay
83	Girls 15 & O	200 Free Relay
84	Boys 15 & O	200 Free Relay
85	Girls 13 -14	100 Free
*	Girls 15 & O	100 Free
86	Boys 13 -14	100 Free

Event #	Age	Event
*	Boys 15 & O	100 Free
87	Girls 13 -14	100 Fly
*	Girls 15 & O	100 Fly
88	Boys 13 -14	100 Fly
*	Boys 15 & O	100 Fly
89/90	Mixed 13 & O	400 IM

\***Asterisked** events will be seeded with the preceding event, awarded separately.

**Mixed Events** will be swum combined by gender and age-groups. Awards will be broken out by gender and age.



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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 \$3.00</b>	<b>\$</b>
<b>RELAYS:</b>		<b>X \$8.00</b>	<b>\$</b>
		<b>TOTAL:</b>	<b>\$</b>

Make one check payable to **Cascade 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.