



Pacific Northwest Swimming
 2016 PN October Challenge, Division 5 - Sanction #1610-CSD05
 Evergreen State College School Pool
 Olympia, Washington
 Hosted by the Evergreen Swim Club

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

| SCHEDULES | SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 |
|---|---|--|---|--|
| Dates | Saturday, October 8, 2016 | Saturday, October 8, 2016 | Sunday, October 9, 2016 | Sunday, October 9, 2016 |
| Coaches' Meeting | 7:45 AM - Coaches' packet at Clerk of Course | as needed | as needed | as needed |
| Officials' Meetings | 45 minutes before start of competition | 45 minutes before start of competition | 45 minutes before start of competition | 45 minutes before start of competition |
| Warm-ups | 8:00 AM | Immediately following conclusion of Session 1 | 8:00 AM | Immediately following conclusion of Session 3 |
| Timed Finals | 9:00 AM | One hour after start of warm-ups | 9:00 AM | One hour after start of warm-ups |
| Positive Check-in Deadline: 13&O 400 IM/500 Free | | Will be announced | Will be announced | |

MEET DIRECTORS:

- Jill Wilson
 • jill.swimevergreen@gmail.com
 • 360-581-4335

MEET REFEREE:

- Tiffany Wright
 • wrightfoot@comcast.net

LOCATION AND DIRECTIONS

Evergreen State College Pool - Evergreen State College
 2700 Evergreen Pkwy NW
 Olympia, Washington

Directions from I-5: Turn onto Highway 101 at Exit 104. Go west on 101 North for three miles. Take The Evergreen State College exit. Go two miles north on the Evergreen Parkway to the main campus entrance. Take a left at the roundabout, and then an immediate right to turn into Parking Lot C. It is a short walk north to the Recreation Building, just past the Performing Arts Building.

FACILITY:

- 25 yard, 8-lane competitive pool
- Starting end 7.0 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 separate dive tank; warm-up/warm-down lane in main pool
- 400 spectator seats
- Colorado timing system; scoreboard with 8-lane readout
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, behind starting blocks, rest rooms or locker rooms.
- Deck Changes are prohibited.

ONSITE AMENITIES:

- Vendor: Jolyn Swimwear on SUNDAY ONLY.
- Heat Sheets: \$5.00
- Results on PNS web site
- Concessions: available throughout the meet
- Hospitality: available for coaches and officials
- Parking: Parking Lot "C"

TEAMS:

- Evergreen Swim Club
- King Aquatic Club
- Narrows Swim Club
- Poseidon Aquatic Club
- Quick Water Swim Club

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through one of the teams listed above.
- Age groups are based on the age of the swimmer as of the first day of the meet. See Order of Events.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of eight (8) individual events over the course of the meet but no more than four (4) individual events on any one day. 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 one of the listed teams will not be permitted.
- A swimmer who pre-entered the maximum number of individual events may not substitute (scratch then deck-enter or otherwise swap) one pre-entered individual event for another individual event. A swimmer who did not pre-enter the maximum number of individual events may deck enter one or more additional individual events, subject to deck entry parameters, meet/session limits, and payment of deck entry fees.



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- 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: \$4.00
- Relay: \$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: Ribbons 1st-8th places. Scoring 9-7-6-5-4-3-2-1.
- Relay events: Ribbons 1st-8th places. Scoring 18-14-12-10-8-6-4-2.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Relay events: Teams are encouraged to pre-enter relays. All relays, whether pre-entered or deck-entered, are eligible for scoring and awards. Each swimmer may not compete on more than one (1) relay team per day.
- Distance events:
 - 10&U: The 500 freestyle will be pre-seeded and swum slowest to fastest, combined girls and boys, but awarded separately by gender. Swimmers must provide their own counter (if desired).
 - 11-12: The 400 IM and 500 freestyle events will be pre-seeded single-gender events and swum slowest to fastest. 500 freestyle swimmers must provide their own counter (if desired).
 - 13&O: The 400 IM and 500 freestyle events will be deck-seeded, with all heats being swum fastest to slowest, combined girls and boys. Positive check-in prior to the check-in deadline is required to swim. Swimmers must provide their own timers and counters (if desired) for these events.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
 - Lanes 9 & 10—pace lanes, no diving
 - Lanes 2, 4, 6, 8—sprint lanes, dive starts, return in lanes 1, 3, 5, 7
 - Lanes 1, 3, 5, & 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.
- All participating swimmers must be under the supervision of a USA Swimming member coach and may not enter the water at any time unless under the supervision of said coach. The Meet Director or Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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.



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ENTRY SUBMITTAL INFORMATION:

Entries will only be accepted upon receipt of all of the following prior to the entry deadline, September 28, 2016:

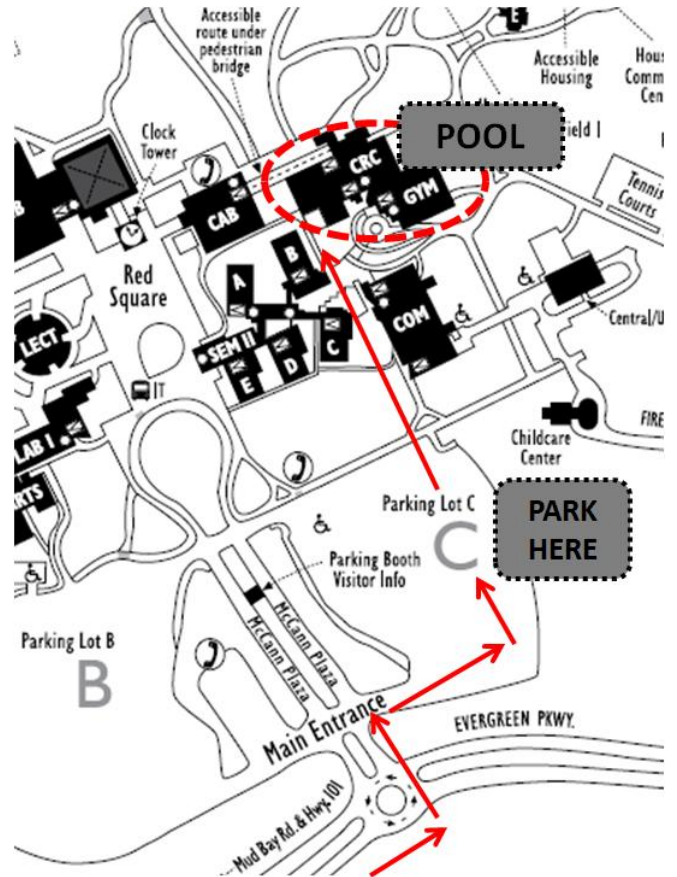
1. Entry File from Team Manager or equivalent.
2. Meet Entry Reports for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager or equivalent.
3. Meet Entry Fee Report from Team Manager or equivalent.
4. Master Entry Summary Form—Completed and hand-signed hardcopy only (original or faxed); typed signatures will not be accepted
5. Meet Entry Fees—one check payable to Evergreen Swim Club.

Submittal Formats:

- 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.

Submittal Notes:

- 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 must be SCY (short course yards). Non-conforming and converted times are not allowed.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- **Mail hardcopies and checks to:**
 - Corrie Martin
7833 Hargis Street NW
Olympia, WA 98502
- **Email entries to:** jill.swimevergreen@gmail.com
- **Entry questions:** Jill Wilson, 360-581-4335



**2016 OCTOBER CHALLENGE
ORDER OF EVENTS**
**SESSION 1 – SAT A.M.
10 UNDER, BOYS 11-12**

| Event # | Event | Age Group |
|---------|------------------|-----------|
| 1, 2 | 200 Free Relay | 10U |
| 4 | 200 Free Relay | B12U |
| 5, 6 | 200 IM | 10U |
| 8 | 200 IM | B11-12 |
| 9, 10 | 25 Free | 8U |
| 11, 12 | 100 Free | 10U |
| 14 | 100 Free | B11-12 |
| 15, 16 | 25 Fly | 8U |
| 17, 18 | 100 Fly | 10U |
| 20 | 100 Fly | B11-12 |
| 21, 22 | 25 Back | 8U |
| 23, 24 | 100 Back | 10U |
| 26 | 100 Back | B11-12 |
| 27, 28 | 25 Breast | 8U |
| 29,30 | 100 Breast | 10U |
| 32 | 100 Breast | B11-12 |
| 33, 34 | 100 IM | 8U |
| 35, 36 | 100 IM | 9-10 |
| 38 | 100 IM | B11-12 |
| 39*** | 500 Free – Mixed | 10U |
| 40 | 500 Free | B11-12 |

**SESSION 3 – SUN A.M.
BOYS 11-12, 13 & OVER**

| Event # | Event | Age Group |
|------------|------------------|------------|
| 72 | 200 Medley Relay | B11-12 |
| 73 | 200 Medley Relay | G13 - Over |
| 74 | 200 Medley Relay | B11 - Over |
| 76 | 200 Free | B11-12 |
| 77*, 78* | 200 Free | 13 – Over |
| 80 | 50 Fly | B11-12 |
| 81*, 82* | 50 Fly | 13 – Over |
| 84 | 200 Breast | B11-12 |
| 85*, 86* | 200 Breast | 13 – Over |
| 88 | 50 Free | B11-12 |
| 89*, 90* | 50 Free | 13 – Over |
| 92 | 200 Back | B11-12 |
| 93*, 94* | 200 Back | 13 – Over |
| 96 | 50 Breast | B11-12 |
| 97*, 98* | 50 Breast | 13 – Over |
| 100 | 200 Fly | B11-12 |
| 101*, 102* | 200 Fly | 13 – Over |
| 104 | 50 Back | B11-12 |
| 105*, 106* | 50 Back | 13 – Over |
| 108 | 400 IM | B11-12 |
| 110** | 400 IM | 13 – Over |

**SESSION 2 – SAT P.M.
GIRLS 11-12, 13 & OVER**

| | | |
|----------|------------------|------------|
| 41 | 200 Free Relay | G11 - 12 |
| 43 | 200 Free Relay | G11 – Over |
| 44 | 200 Free Relay | B13 – Over |
| 45 | 200 IM | G11 – 12 |
| 47*, 48* | 200 IM | 13 - Over |
| 49 | 100 Free | G11 – 12 |
| 51*, 52* | 100 Free | 13- Over |
| 53 | 100 Fly | G11 – 12 |
| 55*, 56* | 100 Fly | 13- Over |
| 57 | 100 Back | G11 – 12 |
| 59*, 60* | 100 Back | 13- Over |
| 61 | 100 Breast | G11 – 12 |
| 63*, 64* | 100 Breast | 13- Over |
| 65 | 100 IM | G11 – 12 |
| 67*, 68* | 100 IM | 13 – Over |
| 69 | 500 Free | G11 – 12 |
| 70** | 500 Free - Mixed | 13 - Over |

**SESSION 4 – SUN P.M.
10 UNDER, GIRLS 11-12**

| | | |
|----------|------------------|----------|
| 111, 112 | 200 Medley Relay | 10U |
| 113 | 200 Medley Relay | G12U |
| 115, 116 | 200 Free | 10U |
| 117 | 200 Free | G11 - 12 |
| 119, 120 | 50 Fly | 10U |
| 121 | 50 Fly | G11 – 12 |
| 123 | 200 Breast | G11 – 12 |
| 125, 126 | 50 Free | 10U |
| 127 | 50 Free | G11 – 12 |
| 129 | 200 Back | G11 – 12 |
| 131, 132 | 50 Breast | 10U |
| 133 | 50 Breast | G11 – 12 |
| 135 | 200 Fly | G11 – 12 |
| 137, 138 | 50 Back | 10U |
| 139 | 50 Back | G11 – 12 |
| 141 | 400 IM | G11 - 12 |

Individual event entry limits: 8 events for the weekend with maximum of 4 per day.

* 13 and over age groups swam together, scored separately 13-14, 15 and over

** 13 and over age groups and gender swam together, scored by gender and age (13-14 and 15 and over)

***10 and under genders swam together, scored separately by gender



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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 | \$ |
| RELAYS: | | X \$12.00 | \$ |
| | | SUBTOTAL: | \$ |
| LESS OUTREACH VOUCHERS: | | | (\$) |
| | | TOTAL: | \$ |

Make one check payable to **Evergreen 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.