



Pacific Northwest Swimming
 2010 Daffodil Meet -- Sanction #1003-SP05
 Mt. Tahoma High School Pool
 Tacoma, Washington
 Hosted by Metro Aquatics



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

SCHEDULES	SESSION 1	SESSION 2
Dates	Saturday, March 6, 2010	Sunday, March 7, 2010
Coaches' Meeting	7:45 AM - Coaches' packet at Clerk of Course.	as needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition
Timers' Meetings	20 minutes before start of competition	20 minutes before start of competition
Warm-ups	8:00 AM	8:00 AM
Timed Finals	9:00 AM	9:00 AM

MEET DIRECTOR:

Kirk Dodge

- meetdirector@metroaquatics.org
- 253 370 2358

MEET REFEREE:

Teri White

- twhite@massmutual.com

LOCATION AND DIRECTIONS

Mt. Tahoma High School Pool
 4634 South 74th Street
 Tacoma, Washington, 98409

Directions from I-5 southbound: From I-5 southbound, take the 72nd/74th Street exit. Stay to the right. Travel west over S. Tacoma Way and railroad tracks. Continue on 74th approx. one mile. School and sports complex are on the left. Take left at stoplight. Pool is the building on the right, second main door.

Northbound: From I-5 northbound, take the 72nd/74th Street exit. Take a left at 72nd St. Travel west over S. Tacoma Way and railroad tracks. Continue on 74th approx one mile. School and sports complex are on the left. Take a left at stoplight. Pool is on the building on the right, second main door.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 11.5 feet deep; turning end 5.5 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool: shallow end of pool
- 250 spectator seats
- Colorado Five electronic timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- Vendor: NW Swim Shop
- Heat Sheets: \$5.00

- Results on PNS web site
- Concessions available in the lobby
- Hospitality for coaches and officials only
- Parking available next to pool

ELIGIBILITY:

- All swimmers must be registered with USA 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, 11-12, 13-14, and 15&over. See Order of Events and Awards.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of five (5) individual events and one (1) relay event per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Complete whole-team entries will be accepted in the order received until any session with 12&U events reaches the four-hour limit.
- 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.



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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: 18-14-12-10-8-6-4-2
- **Team trophy:** highest scoring team. Each team may only score a maximum of two athletes per individual event and one relay per relay event.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.

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 & 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, 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 Metro Aquatics Boosters.

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 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-tekld.com/downloads/html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- 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.
- Complete whole-team entries will be accepted in the order received until any session with 12&U events reaches the four-hour limit.
- 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.
- Mail entries to:

Kirk Dodge
3330 N BENNETT ST
TACOMA WA 98407

- Email entries to: meetentries@metroaquatics.org
- Meet Entry Contact/Questions: Ed Muranaka 253 370 8785



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Saturday			Sunday		
#	Age	Event	#	Age	Event
1	Girls 8 & U	25 Free	55	Girls 10 & U	100 IM
2	Boys 8 & U	25 Free	56	Boys 10 & U	100 IM
3	Girls 10 & U	200 Free	57	Girls 11-12	100 IM
4	Boys 10 & U	200 Free	58	Boys 11-12	100 IM
5	Girls 11 - 12	200 Free	59	Girls 13 - 14	200 IM
6	Boys 11 - 12	200 Free	60	Boys 13 - 14	200 IM
7	Girls 13 - 14	200 Free	61	Girls 15 & O	200 IM
8	Boys 13 - 14	200 Free	62	Boys 15 & O	200 IM
9	Girls 15 & O	200 Free	63	Girls 10 & U	50 Fly
10	Boys 15 & O	200 Free	64	Boys 10 & U	50 Fly
11	Girls 8 & U	25 Fly	65	Girls 11 - 12	50 Fly
12	Boys 8 & U	25 Fly	66	Boys 11 - 12	50 Fly
13	Girls 10 & U	100 Fly	67	Girls 13 - 14	50 Fly
14	Boys 10 & U	100 Fly	68	Boys 13 - 14	50 Fly
15	Girls 11 - 12	100 Fly	69	Girls 15 & O	50 Fly
16	Boys 11 - 12	100 Fly	70	Boys 15 & O	50 Fly
17	Girls 13 - 14	100 Fly	71	Girls 10 & U	100 Free
18	Boys 13 - 14	100 Fly	72	Boys 10 & U	100 Free
19	Girls 15 & O	100 Fly	73	Girls 11 - 12	100 Free
20	Boys 15 & O	100 Fly	74	Boys 11 - 12	100 Free
21	Girls 10 & U	50 Free	75	Girls 13 - 14	100 Free
22	Boys 10 & U	50 Free	76	Boys 13 - 14	100 Free
23	Girls 11 - 12	50 Free	77	Girls 15 & O	100 Free
24	Boys 11 - 12	50 Free	78	Boys 15 & O	100 Free
25	Girls 13 - 14	50 Free	79	Girls 10 & U	50 Back
26	Boys 13 - 14	50 Free	80	Boys 10 & U	50 Back
27	Girls 15 & O	50 Free	81	Girls 11 - 12	50 Back
28	Boys 15 & O	50 Free	82	Boys 11 - 12	50 Back
29	Girls 8 & U	25 Back	83	Girls 13 - 14	50 Back
30	Boys 8 & U	25 Back	84	Boys 13 - 14	50 Back
31	Girls 10 & U	100 Back	85	Girls 15 & O	50 Back
32	Boys 10 & U	100 Back	86	Boys 15 & O	50 Back
33	Girls 11 - 12	100 Back	87	Girls 10 & U	100 Breast
34	Boys 11 - 12	100 Back	88	Boys 10 & U	100 Breast
35	Girls 13 - 14	100 Back	89	Girls 11 - 12	100 Breast
36	Boys 13 - 14	100 Back	90	Boys 11 - 12	100 Breast
37	Girls 15 & O	100 Back	91	Girls 13 - 14	100 Breast
38	Boys 15 & O	100 Back	92	Boys 13 - 14	100 Breast
39	Girls 8 & U	25 Breast	93	Girls 15 & O	100 Breast
40	Boys 8 & U	25 Breast	94	Boys 15 & O	100 Breast
41	Girls 10 & U	50 Breast	95	Girls 10 & U	200 Fr Relay
42	Boys 10 & U	50 Breast	96	Boys 10 & U	200 Fr Relay
43	Girls 11 - 12	50 Breast	97	Girls 12 & U	200 Fr Relay
44	Boys 11 - 12	50 Breast	98	Boys 12 & U	200 Fr Relay
45	Girls 13 - 14	50 Breast	99	Girls 13 & O	200 Fr Relay
46	Boys 13 - 14	50 Breast	100	Boys 13 & O	200 Fr Relay
47	Girls 15 & O	50 Breast			
48	Boys 15 & O	50 Breast			
49	Girls 10 & U	200 Md Relay			
50	Boys 10 & U	200 Md Relay			
51	Girls 11 - 12	200 Md Relay			
52	Boys 11-12	200 Md Relay			
53	Girls 11 & O	200 Md Relay			
54	Boys 13 & O	200 Md Relay			



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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	\$
RELAYS:		X \$8.00	\$
		TOTAL:	\$

Make one check payable to **Metro Aquatics Boosters**.

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.