MEET DIRECTOR:
Ellen Klinck
• eklinck@hotmail.com
• 206.910.0333

MEET REFEREE:
Kevin Cooney
• kjcjapan@gmail.com

LOCATION AND DIRECTIONS:
Hazen High School Pool
1101 Hoquiam Ave NE
Renton, Washington
Directions: From I-405, take Sunset Blvd. Go east to 142nd Ave SE (Hoquiam Ave NE). Turn right and go to the end of the high school. Turn right into the parking lot. Pool entrance is at the end of parking lot.

FACILITY:
• 25 yard, 6-lane competitive pool
• Starting lane 6.5 feet deep; turning end 3.5 feet deep
• The competition course has not been certified in accordance with 104.2.2C(4).
• The dive tank will be closed during warm-ups and competition.
• 200-250 spectator seats plus good deck space for coaches and swimmers
• Colorado timing system; scoreboard w/6-lane readout
• Scoreboard: six-lane readout
• Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
• Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
• Deck changes are prohibited.

ONSITE AMENITIES
• Vendor: none
• Heat Sheets: will be posted
• Results: Will be posted on www.pns.org
• Hospitality: Coaches and officials only
• Parking: Multiple school lots. Please do not park in or block the neighboring church's parking lot.

ELIGIBILITY:
• All swimmers must be registered with USA Swimming through the Bellevue Club Swim Team.
• Qualifying times: In order to enter an event, 14&U swimmers must have achieved a 2016 PNS 14&U Short Course Champs qualifying time in their current age group (any course), and 15&O swimmers must have achieved a 2016 Washington State Senior qualifying time. Swimmers may not enter any event in which they have already achieved a 2017 Northwest Region Short Course Age Group Champs (NWAG) qualifying time in any course with the exception of swimmers attempting to qualify for the 2017 Western Region Speedo Sectionals and who have permission from their Bellevue Club Swim Team coach. The NWAG 15-18 time standards apply to all 15&O swimmers.
• The 1650 freestyle will be limited to one heat only (six swimmers) of the swimmers closest to their respective qualifying times and who have permission from their Bellevue Club Swim Team coach. Swimmers must provide their own timers and lap counter.

ENTRY INFORMATION:
• Each swimmer may enter up to a maximum of two (2) individual events. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
• All entry times will be assumed to be SCY unless otherwise indicated. Converted times will not be allowed.
• On-deck USA Swimming registration will not be permitted. On-deck transfer to the Bellevue Club 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 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 the Bellevue Club Swim 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: $4.00
• No refunds or credits will be given for events entered but not swum; no event swapping.
• All fees must accompany entries.

AWARDS AND SCORING: none

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<table>
<thead>
<tr>
<th>SCHEDULE</th>
<th>SUNDAY, MARCH 5, 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaches' Meeting</td>
<td>Following completion of 10&amp;U Pentathlon</td>
</tr>
<tr>
<td>Officials' Meeting</td>
<td>15 minutes after completion of 10&amp;U Pentathlon</td>
</tr>
<tr>
<td>Warm-ups</td>
<td>15 minutes after completion of 10&amp;U Pentathlon</td>
</tr>
<tr>
<td>Timed Finals</td>
<td>30 minutes after the start of warm-ups</td>
</tr>
</tbody>
</table>
MEET RULES:
• Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
• All events will be seeded and swum mixed girls and boys.

WARM-UP PROCEDURES:
• Circle swim counter-clockwise only.
• Last 15 minutes of 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 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.
• The dive tank will be closed at all times.
• 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 anyone 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-up 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 in the roped-off area of the deck. All others must remain in the designated spectator area and are not allowed in the designated racing venue unless an assigned meet volunteer.
• 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.
• Swimmers and parents: Please keep your area clean, and pick up all trash before leaving the building.

ENTRY SUBMITTAL INFORMATION: All entries will be processed by the Bellevue Club Swim Team coaching staff.

ORDER OF EVENTS
# Distance/Stroke
1 50 Free
2 400 IM
3 50 Breast
4 100 Free
5 100 Back
6 100 Breast
7 500 Free
8 50 Back
9 100 Fly
10 100 IM
11 200 Free
12 200 Breast
13 50 Fly
14 200 Back
15 200 Fly
16 200 IM
17 1650 Free (1 heat only)
Pacific Northwest Swimming
2017 PN BC March Last Chance Time Trial -- Sanction #1703-SP03
Hazen High School Pool, Renton, Washington
Hosted by the Bellevue Club Swim Team
Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

MASTER ENTRY SUMMARY

<table>
<thead>
<tr>
<th>TEAM NAME:</th>
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<tbody>
<tr>
<td>TEAM CODE:</td>
<td>LSC CODE:</td>
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<tr>
<td>COACH:</td>
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<td>EMAIL ADDRESS:</td>
<td>OFFICE PHONE:</td>
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<tr>
<td>TEAM MAIL ADDRESS:</td>
<td>CELL PHONE:</td>
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<tr>
<td>CITY, STATE, ZIP:</td>
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<td>ENTRY INFORMATION PREPARED BY:</td>
<td>PHONE:</td>
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MEET ENTRY FEES ENCLOSED:

<table>
<thead>
<tr>
<th>SURCHARGE:</th>
<th>$5.00</th>
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<table>
<thead>
<tr>
<th>INDIVIDUAL EVENTS:</th>
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<tbody>
<tr>
<td>X $ 4.00</td>
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</tr>
</tbody>
</table>

| SUBTOTAL: | | $ |
| LESS OUTREACH VOUCHERS: | ($ | ) |
| TOTAL: | | $ |

Make one check payable to Bellevue Club Swim Team 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.