



Pacific Northwest Swimming
 2017 PN KING Valentine Classic - Sanction #1702-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 | SESSION 4 |
|---------------------------------------------|---------------------------------------------------------|--------------------------------------------------------------------|---------------------------|--------------------------------------------------------------------|
| Dates | Saturday, February 11, 2017 | Saturday, February 11, 2017 | Sunday, February 12, 2017 | Sunday, February 12, 2017 |
| Coaches' Meeting | 7:45 AM -- Check-in & Coach's Packet at Clerk of Course | As needed | | As needed |
| Officials' Meetings | 8:15AM | As needed | 8:15AM | As needed |
| Age Groups | 12 & Under | Open | 12 & Under | Open |
| Warm-ups | 8:00AM | Immediately following conclusion of Session 1, but not before noon | 8:00AM | Immediately following conclusion of Session 3, but not before noon |
| Timed Finals | 9:00AM | One hour after the start of warm-ups | 9:00AM | One hour after the start of warm-ups |
| 500 Free/400 IM Positive Check-in Deadline: | 10:00AM | One hour after start of session | 10:00AM | One hour after start of session |

MEET DIRECTOR:

Tara Ross
 • rossangelbre@aol.com
 • 206 250 8807

Lisa Battistoni
 • Lisa.battistoni@nordstrom.com
 • 206 661 2829

MEET REFEREE:

Ed Lesnick
 • edlesnick@msn.com

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. No spectators or spectator chairs on deck as deck space limited to coaches, swimmers, and volunteers.
- Electronic timing system; scoreboard w/6-lane readout
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or starting block area.
- 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

- Heat Sheets: \$5.00
- Results on PNS web site
- Limited Concessions available in the lobby throughout the meet.
- 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:

- 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 11-12, 12&U, 11&O, and Open.

ENTRY INFORMATION:

- Swimmers ages 10&U 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 may only enter events in one session per day. Each swimmer may enter a maximum of four (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.
- A session will close when the four-hour limit is reached. Entries will continue to be processed until additional sessions are closed, and the meet will close when all sessions have reached the four-hour limit. Teams willing to split entries between closed and open sessions should so indicate when submitting their entries.
- 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 and space permitting. Deck entry individual swims are not eligible for awards. Deck entry fees must be



Pacific Northwest Swimming
2017 PN KING Valentine Classic - Sanction #xxxx-xxxx
Mt. Rainier Pool, Des Moines, Washington
Hosted by King Aquatic Club

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

paid prior to the swim. Deck entries for each session will close at the start of that session's warm-ups.

- Deck entered swimmers who are not already in the meet are required to show proof of USA Swimming athlete registration 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:

- Ribbons 1st – 6th places by age group and gender. 12&U events will be awarded as 8&U, 9-10, and 11-12 age groups, but all 11&O and Open events will be awarded as one age group.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be SCY/LCM/SCM.
- At the discretion of the Meet Referee, fly-over starts may be used
- All events will be seeded swum slowest to fastest, combined girls and boys.

Distance events: All 500 freestyle and 400IM events will be deck-seeded, with all heats swum slowest to fastest, combined girls and boys. A positive check in prior to check in deadline is required to swim.

- Session 3's 500 Freestyle swimmers must provide their own counter (if desired). Timers will be provided.
- Session 4's 500 Freestyle swimmers must provide their own timers and counter (if desired) for those events; lanes with no timers go unprotected.
- All 400 IM swimmers must provide their own timers; 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.
- 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.
- 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 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 be only be accepted upon receipt of all of the following prior to the entry deadline, February 1, 2017:

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 the King Aquatic Club Booster Association.



Pacific Northwest Swimming
2017 PN KING Valentine Classic - Sanction #xxxx-xxxx
Mt. Rainier Pool, Des Moines, Washington
Hosted by King Aquatic Club

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

Submittal Formats & Notes:

- **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.
- Late, incomplete, or paper entries will not be processed.
- Unless otherwise identified, it is assumed that all entry times are SCY. Converted times are not allowed.
- Whole team entries will be processed in order received until entry limits are reached.
- 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.kingmeetentry@gmail.com
- **Hard copies to:**
Lisa Battistoni
28505 SE 58th ST
Issaquah, WA, 98027
- Meet entry questions should be directed to the Meet Referee

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
- 7 Mixed 11 & 12 400 IM (slow to fast)

Session: 2 Saturday PM

- 8 Mixed Open 200 Freestyle
- 9 Mixed Open 50 Freestyle
- 10 Mixed Open 100 Butterfly
- 11 Mixed 11&O 200 Backstroke
- 12 Mixed Open 100 Breaststroke
- 13 Mixed Open 100 Freestyle
- 14 Mixed Open 400 IM (slow to fast)

Session: 3 Sunday AM

- 15 Mixed 12 & Under 200 IM
- 16 Mixed 12 & Under 50 Freestyle
- 17 Mixed 12 & Under 100 Backstroke
- 18 Mixed 12 & Under 50 Butterfly
- 19 Mixed 12 & Under 100 Freestyle
- 20 Mixed 12 & Under 50 Backstroke
- 21 Mixed 12 & Under 50 Breaststroke
- 22 Mixed 12 & Under 500 Free (slow to fast)

Session: 4 Sunday PM

- 23 Mixed Open 200 IM
- 24 Mixed Open 50 Backstroke
- 25 Mixed Open 50 Breaststroke
- 26 Mixed Open 50 Butterfly
- 27 Mixed 11&O 200 Breaststroke
- 28 Mixed Open 100 Backstroke
- 29 Mixed 11&O 200 Butterfly
- 30 Mixed Open 500 Free (slow to fast)



Pacific Northwest Swimming
 2017 PN KING Valentine Classic - Sanction #xxxx-xxxx
 Mt. Rainier Pool, Des Moines, Washington
 Hosted by King Aquatic Club

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

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 | \$ |
| | | SUBTOTAL: | \$ |
| LESS OUTREACH VOUCHERS: | | | (\$) |
| | | 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.