



Pacific Northwest Swimming
 2010 Summer Spectacular -Sanction #1006-SP01
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by Valley Aquatics
 www.swimvast.org



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

SCHEDULES	SESSION I	SESSION II	SESSION III	SESSION IV
Dates	Saturday June 12, 2010	Saturday June 12, 2010	Sunday June 13, 2010	Sunday June 13, 2010
Coaches' Meeting	7:45AM Check-in and coaches packet at Clerk/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
Age Groups	All 12 & Under	All 13 & Over	All 12 & Under	All 13 & Over
Warm-ups	8:00AM	Immediately following conclusion of Session I	8:00AM	Immediately following conclusion of Session III
Timed Finals	9:00AM	Approx 45 min after start of warm-ups	9:00AM	Approx. 45 min after start of warm-ups
Positive Sign-in Deadline: 400 IM/400 Free	2 hours before the scheduled start time of that event	2 hours before the scheduled start time of that event	2 hours before the scheduled start time of that event	2 hours before the scheduled start time of that event
Entry deadline: entries must be submitted by June 2, 2010 to swimvast@hotmail.com				

MEET DIRECTOR:

Suzanne Rychlik
 • swimvast@hotmail.com
 • 253-241-4827

MEET REFEREE:

Tom Baier
 • trbaier@yahoo.com
 • 253-380-9255

LOCATION AND DIRECTIONS

Weyerhaeuser King County Aquatic Center
 650 SW Campus Drive
 Federal Way, Washington

Directions from I-5: Take Exit 142B west on 348th. It becomes Campus Drive after crossing 1st Ave S. Pool is on the right side approximately 1 1/4 miles from I-5.

FACILITY

- World-class aquatic facility: Site of the 1990 Goodwill Games and 1991, 1994, 1997, 2000, and 2006 Spring National Championships, 2009 December National Championships, 2008 NCAA Men's Division 1 Championships, 2009 U.S. Open, 2009 Long Course Junior Nationals.
- 50-meter, 9 feet deep, 8-lane competitive pool
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Diving tank will be available for continual warm-up
- 2500 spectator seats
- Omega electronic timing system
- Full-read scoreboard

ONSITE AMENITIES

- **Vendor:** TBD
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions:** under contract with King County; neither PNS nor the host team derive any benefit
- **Hospitality** for coaches and officials only
- **Parking:** pool parking lots (front and rear). Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in cars. No RV parking in Aquatic Center parking lots.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming or a FINA member covered under USA Swimming's "open border" policy included in its Registration Manual..
- All swimmers must have achieved at least one PNS "Silver" time (SCY or LCM) in sanctioned, approved or observed competition but are not required to enter that event.
- Age groups are based on the age of the swimmer as of the first day of competition.
- Age groups for competition will be 10& under, 11-12, 12& under and 13& over. See order of events

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of four (4) individual events per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- 12&under sessions are full when the four-hour limit is reached.
- Whole team entries will be accepted until either 12 & under session has reached the four-hour limit.



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- Entries will continue to be processed until additional sessions are filled. Team entries may be split. The meet will close when Session 2 or 4 has reached 350 swimmers.
- NT (no time) will be accepted only if a swimmer has never swum the specific event. Experienced swimmers should enter their actual times, and all entry times will be assumed to be LCM unless otherwise specified.
- On-deck USA Swimming or other 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. Deck entry fees must be paid prior to the swim.
- Deck entries will be accepted until one (1) hour before the session is scheduled to start.
- Deck entries in distance events 400IM or 400 Free will be accepted until the positive sign-in is closed.
- Event switching will be treated as a deck entry. Deck entry fees must be paid prior to the swim.
- Deck entered swimmers not already in the meet are required to show proof of USA Swimming or other appropriate athlete registration and complete a PNS Deck Entry Registration at the Clerk/Course in order to enter.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

ENTRY FEES:

- Surcharge: \$15.00
- Deck entry surcharge: \$30.00 (swimmer not previously in meet)
- Individual Event: \$4.00
- 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 - 8th place by age group/gender
- **Age groups:** 8 & under, 9-10, 11-12, 13 & over.

MEET RULES:

- Current PNS and USA Swimming govern throughout the meet, including warm-ups.
- Seeding will be LSY (LCM, SCM, SCY).
- Events may be swum double-ended, except 50's which will start at the scoreboard end of the pool. If so, odd numbered heats will start at the dive tank end of the pool and even numbered heats will start at the scoreboard end of the pool.
- At the discretion of the Meet Referee, flyover starts may be used

12 & under 400 Free and 11/12 400 IM:

- These events will be deck-seeded and swum slowest to fastest.
- Swimmers must provide their own timers and counter, if desired.
- A positive check-in with the Clerk of Course by the posted deadline is required in order to swim. Swimmers not checking in will be scratched without penalty.

13&O 400 IM and 400 Free:

- These events will be deck-seeded and swum fastest to slowest.
- Swimmers must provide own timers and counter, if desired. Lanes with no timer go unprotected.
- A positive check-in with the Clerk of Course by the posted deadline is required in order to swim. Swimmers not checking in will be scratched without penalty.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
 - Lanes 1 & 8—pace lanes, no diving
 - Lanes 2 & 7—sprint lanes, dive starts, return in lanes 3 & 6
 - Lanes 3, 4, 5 & 6—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.
- 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 approval 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 natatorium. All others must remain in designated spectator area, public lobbies 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 or of a FINA member covered by USA Swimming's "open border" policy or shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming or of a FINA member covered by USA Swimming's "open border" policy.
- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.



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- 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.

ENTRY SUBMITTAL INFORMATION:

Entries will only be accepted upon receipt of all of the following prior to the entry deadline, **June 2, 2010:**

1. **COMMLINK file** exported from Team Manager, if used.
2. **Meet Entry Reports** for individual (sorted by swimmer—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 Valley Aquatics

Submittal Formats:

- **Electronic files:** email attachments—preferred. If emailing the COMMLINK file, include items #2 and #3 above in Word for Windows in your email. Items #4 and #5 must still be received by the entry deadline.
- **Hardcopies:** mail or hand-deliver. If sending via express mail, waive signature requirement.
- 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.com/downloads.html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Team entries are processed in order received until entry limits reached.
- Teams entries may be split as entry limits are reached. Teams will be notified by June 2, 2010 if entries are split or declined due to entry limits.
- Sessions 1 and 3 will be considered closed when either reaches the four-hour limit. Additional entries will be allowed the session that has not reached the four-hour limit until it, too, reaches that limit. The meet closes when Sessions 2 or 4 reaches 350 swimmers.
- All entry times will be assumed to be LCM unless otherwise specified.
- 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.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- Updates to times will not be accepted after the entry deadlines.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- E-mail entries to: swimvast@hotmail.com
or mail to: Suzanne Rychlik
27435 Maple Ridge Way SE
Maple Valley, WA 98038

Session #1: 12 and under: Saturday AM

- 1 Girls 8 & Under 50 Freestyle
- 2 Boys 8 & Under 50 Freestyle
- 3 Girls 9-12 50 Freestyle
- 4 Boys 9-12 50 Freestyle
- 5 Girls 8 & Under 50 Backstroke
- 6 Boys 8 & Under 50 Backstroke
- 7 Girls 9-12 50 Backstroke
- 8 Boys 9-12 50 Backstroke
- 9 Girls 9-12 200 Freestyle
- 10 Boys 9-12 200 Freestyle
- 11 Girls 12 & Under 100 Butterfly
- 12 Boys 12 & Under 100 Butterfly
- 13 Girls 12 & Under 100 Breaststroke
- 14 Boys 12 & Under 100 Breaststroke
- 15 Girls 11-12 200 Backstroke
- 16 Boys 11-12 200 Backstroke
- 17 Girls 11-12 400 IM
- 18 Boys 11-12 400 IM

Session #2: 13 and over: Saturday PM

- 19 Girls 13 & Over 50 Freestyle
- 20 Boys 13 & Over 50 Freestyle
- 21 Girls 13 & Over 50 Backstroke
- 22 Boys 13 & Over 50 Backstroke
- 23 Girls 13 & Over 200 Freestyle
- 24 Boys 13 & Over 200 Freestyle
- 25 Girls 13 & Over 100 Butterfly
- 26 Boys 13 & Over 100 Butterfly
- 27 Girls 13 & Over 100 Breaststroke
- 28 Boys 13 & Over 100 Breaststroke
- 29 Girls 13 & Over 200 Backstroke
- 30 Boys 13 & Over 200 Backstroke
- 31 Mixed 13 & Over 400 IM

Session #3: 12 and under: Sunday AM

- 33 Girls 8 & Under 50 Breaststroke
- 34 Boys 8 & Under 50 Breaststroke
- 35 Girls 9-12 50 Breaststroke
- 36 Boys 9-12 50 Breaststroke
- 37 Girls 8 & Under 50 Butterfly
- 38 Boys 8 & Under 50 Butterfly
- 39 Girls 9-12 50 Butterfly
- 40 Boys 9-12 50 Butterfly
- 41 Girls 9-12 200 IM
- 42 Boys 9-12 200 IM
- 43 Girls 12 & Under 100 Backstroke
- 44 Boys 12 & Under 100 Backstroke
- 45 Girls 12 & Under 100 Freestyle
- 46 Boys 12 & Under 100 Freestyle
- 47 Girls 11-12 200 Butterfly
- 48 Boys 11-12 200 Butterfly
- 49 Girls 11-12 200 Breaststroke
- 50 Boys 11-12 200 Breaststroke
- 51 Girls 9-12 400 Freestyle
- 52 Boys 9-12 400 Freestyle

Session #4: 13 and over: Sunday PM

- 53 Girls 13 & Over 50 Breaststroke
- 54 Boys 13 & Over 50 Breaststroke
- 55 Girls 13 & Over 50 Butterfly
- 56 Boys 13 & Over 50 Butterfly
- 57 Girls 13 & Over 200 IM
- 58 Boys 13 & Over 200 IM
- 59 Girls 13 & Over 100 Backstroke
- 60 Boys 13 & Over 100 Backstroke
- 61 Girls 13 & Over 200 Butterfly
- 62 Boys 13 & Over 200 Butterfly
- 63 Girls 13 & Over 100 Freestyle
- 64 Boys 13 & Over 100 Freestyle
- 65 Girls 13 & Over 200 Breaststroke
- 66 Boys 13 & Over 200 Breaststroke
- 67 Mixed 13 & Over 400 Freestyle

PNS SILVER TIMES

10U	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	43.79	49.49	43.59	49.59
100 Free	1:35.29	1:48.59	1:34.89	1:48.09
200 Free	3:26.19	3:54.09	3:25.29	3:52.59
500 Free	9:11.79	8:15.79	9:13.09	8:16.39
50 Back	50.29	57.89	50.49	57.79
100 Back	1:48.49	2:04.89	1:48.69	2:04.89
50 Breast	56.19	1:04.29	57.19	1:05.09
100 Breast	2:02.59	2:21.09	2:04.69	2:22.89
50 Fly	50.79	57.29	50.39	56.99
100 Fly	1:54.69	2:09.89	1:52.79	2:08.69
100 IM	1:49.39	N/A	1:49.49	N/A
200 IM	3:54.69	4:26.69	3:53.09	4:25.89
11-12	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	38.89	44.09	37.69	42.79
100 Free	1:23.99	1:35.49	1:21.49	1:32.99
200 Free	3:00.39	3:25.09	2:57.19	3:22.59
500 Free	7:59.29	7:10.49	7:55.09	7:07.99
1000 Free	16:45.09	15:06.99	16:40.49	15:04.59
1650 Free	28:15.49	29:07.39	28:06.99	29:17.59
50 Back	44.29	50.79	43.29	49.79
100 Back	1:34.39	1:48.99	1:32.09	1:48.29
200 Back	3:23.39	3:56.29	3:19.79	3:54.29
50 Breast	49.29	56.09	48.29	54.99
100 Breast	1:46.29	2:02.19	1:44.59	2:00.89
200 Breast	3:51.89	4:25.79	3:49.59	4:27.39
50 Fly	43.59	48.99	42.39	47.69
100 Fly	1:35.99	1:48.89	1:33.69	1:46.79
200 Fly	3:35.09	4:06.39	3:31.99	4:00.59
100 IM	1:35.39	N/A	1:33.49	N/A
200 IM	3:24.59	3:54.19	3:20.59	3:50.79
400 IM	7:17.99	8:22.59	7:12.29	8:15.59

13-14	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	36.09	41.09	33.49	38.49
100 Free	1:17.79	1:28.69	1:17.79	1:23.59
200 Free	2:46.99	3:10.19	2:37.19	3:00.89
500 Free	7:21.69	6:37.39	7:03.69	6:23.59
1000 Free	15:15.99	13:38.69	14:40.29	13:14.79
1650 Free	25:04.09	26:14.89	24:37.29	25:23.29
100 Back	1:26.59	1:40.19	1:21.29	1:34.49
200 Back	3:06.39	3:35.09	2:55.59	3:23.59
100 Breast	1:38.09	1:52.39	1:32.09	1:46.09
200 Breast	3:31.59	3:57.69	3:20.49	3:51.09
100 Fly	1:25.69	1:36.99	1:25.69	1:30.79
200 Fly	3:08.79	3:33.99	2:56.59	3:21.09
200 IM	3:09.39	3:36.09	2:57.19	3:24.59
400 IM	6:39.99	7:35.39	6:17.99	7:14.89
15-over	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	35.39	40.39	31.19	36.39
100 Free	1:16.29	1:26.79	1:07.79	1:18.49
200 Free	2:43.49	3:05.89	2:27.69	2:49.89
500 Free	7:13.29	6:27.89	6:40.19	6:00.49
1000 Free	14:57.39	13:20.29	13:57.79	12:31.39
1650 Free	25:04.29	25:42.29	23:22.59	24:07.09
100 Back	1:24.69	1:37.59	1:14.89	1:27.79
200 Back	3:03.29	3:30.29	2:42.99	3:09.69
100 Breast	1:36.29	1:50.19	1:24.89	1:38.79
200 Breast	3:28.19	3:57.69	3:05.29	3:35.49
100 Fly	1:23.69	1:34.99	1:13.89	1:24.39
200 Fly	3:04.39	3:29.19	2:44.49	3:07.89
200 IM	3:05.69	3:32.49	2:45.49	3:16.69
400 IM	6:33.39	7:28.29	5:54.79	6:48.79



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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: (If Canadian, write "Canada.")	
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 \$15.00	\$
INDIVIDUAL EVENTS:		X \$ 4.00	\$
		TOTAL:	\$

Make one check payable to: *Valley Aquatics*

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc., or of a FINA member covered by USA Swimming's "open border" policy

 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.