



Pacific Northwest Swimming  
 Age Group Seattle Open - Sanction #1007-SP03  
 Sponsored by the Washington Games and Greater Seattle Swim Association  
 in cooperation with the Seattle Department of Parks and Recreation  
 Colman Pool, Seattle, Washington  
 Hosted by Chinook Aquatic Club  
*Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.*  
<http://www.chinookaquaticclub.org/Meets/2010/agso/>



SCHEDULES	Friday July 16, 2010	Saturday, July 17, 2010	Sunday, July 18, 2010
<b>Coaches' Meetings</b>	7:05 AM Check-in and Coaches' Packets at Clerk of Course	as needed	as needed

<b>Officials' Meeting - AM Session</b>	7:50 AM	7:50 AM	7:50 AM
<b>Warmups - AM Session</b>	7:15 AM	7:15 AM	7:15 AM
<b>Competition - AM Session</b>	8:30 AM	8:30 AM	8:30 AM
<b>Positive Check-in Deadlines:</b>	9:30 AM	9:30 AM	9:30 AM

<b>Officials' Meeting - PM Session</b>	40 minutes before start of session	40 minutes before start of session	40 minutes before start of session
<b>Warmups - PM Session</b>	Immediately following conclusion of AM session	Immediately following conclusion of AM session	Immediately following conclusion of AM session
<b>Competition - PM Session</b>	One hour after start of warmups	One hour after start of warmups	One hour after start of warmups
<b>Positive Check-in Deadlines:</b>	n/a	Will be announced	Will be announced

<b>Officials' Mtg - 1500M Free (Sunday only)</b>	Immediately following conclusion of Session VI
<b>Warmups - 1500M Free (Sunday only)</b>	
<b>Timed Finals - 1500M Free (Sunday only)</b>	Will be announced
<b>Positive Check-in Deadline for 1500M Free (Sunday only)</b>	Will be announced

**MEET DIRECTOR:**  
 Souradeth Saysana  
 • mlssaysana@msn.com  
 • 425 378 0898

**MEET REFEREE:**  
 Steve Anderson  
 • sanders@simpson.com  
 • 425 641 6980

**LOCATION AND DIRECTIONS**  
 Colman Pool - Lincoln Park  
 8603 Fauntleroy Way SW  
 Seattle, Washington  
 206 684 7494

**Directions: From I-5 or Highway 99:** Take the West Seattle Bridge to Alaska Way and Fauntleroy. Follow Fauntleroy to Lincoln Park (on right). Park in either north or south lot and head west to the water through the park to the beach.

**FACILITY**

- Outdoor, 50 meter, 8-lane competitive pool
- Starting end 12.5 feet deep; turning end 3.5 feet deep
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- No warm-up pool available. Warm-up periods of up to 10 minutes may be inserted prior to events of 400 meters or longer at the Meet Referee's discretion.
- 400 spectator seats on deck plus ample space in adjacent park.
- Colorado timing system
- Scoreboard: one-lane readout

**ONSITE AMENITIES**

- **Vendor:** Sylvia's will be on site with a wide variety of swimming apparel and equipment.
- **T-Shirts:** Commemorative T-Shirts will be available for sale.
- **Heat Sheets:** \$7.00
- **Results** on PNS web site



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- **Concessions:** Adjacent to the pool, concessions will include pancake breakfast, donuts, coffee, juice and pop. Lunch will include baked potatoes, hamburgers, hot dogs, sandwiches and other traditional swim meet favorites.
- **Hospitality:** Refreshments will be available for coaches and officials in the pool office. Swimmers and spectators are not allowed.
- **Parking:** Park in either the north or south lot. Do not disregard signs if parking on Fauntleroy as cars may be ticketed and towed. Handicapped persons may arrange special access to the pool through the Meet Director.

#### 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 the qualifying time in each individual event entered in sanctioned, approved, or observed competition. Times achieved in compliance with PNS AD 02-01 may also be used. In addition, there are dequalifying times for some 11-12 and all 15&O events. See Order of Events.
- All entry times must be LCM (long course meters). Converted times are not allowed. With the exception of relay events, NT (no time) times are not allowed.
- Swimmers with a disability must meet the qualifying time standards for this meet in compliance with PNS Policy AD 97-02.
- Age groups are based on the age of the swimmer as of the first day of competition.
- Age groups for competition will be 8&under, 9-10, 11-12, 13-14, and 15&over. 13-14 and 15&O events will be seeded and swum together but awarded and scored separately. 11-12 swimmers competing in Session I, III, or VI events will be neither awarded nor scored. See Order of Events.

#### ENTRY INFORMATION:

- Each swimmer may enter up to three (3) individual events per day plus relays. This total is per day, not per session. 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 processed in the order received until Session II, IV, or V exceeds four hours as those sessions are planned for 12&U swimmers.
- The Meet Referee reserves the right to cancel some or all relay events in order to maximize opportunities for swimmers to qualify for upcoming championship meets in individual events. Should that be necessary, teams will be notified as soon as possible and relay entry fees will be refunded.
- 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 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 appropriate 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: \$3.00
- Relays: \$8.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

#### AWARDS AND SCORING:

- **Individual events:** Medals 1st – 3rd places. Ribbons 4<sup>th</sup> – 8<sup>th</sup>  
Scoring: 9-7-6-5-4-3-2-1
- **Relay events:** Medals 1st - 3rd places  
Scoring: 18-14-12-10-8-6-4-2
- **Team High Point:** Trophies 1st - 3rd place teams
- **Individual High Point:** Trophies for first place girl and boy in each age group. For the 8&U age group, the award will be based on the results only of the four 8&U events, ignoring results of any 8&U swimmers participating in 10&U events. For the 11-12 age group, the award will be based on the results only of events 200M or shorter in Sessions II, IV, V.

#### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- The second and fourth swimmers of all 200meter relays will start in the water. No diving or dive starts from the "turn" end of the pool.

#### 11-12 400 IM

- These events will be deck-seeded. A positive check-in with the Clerk of Course by the posted deadline is required in order to swim. Coaches are asked not to check in swimmers who have not yet arrived at the venue; late arrivals should check in with the Meet Referee to request to swim.
- Events will be seeded and swum slowest to fastest, mixed girls and boys. They may be limited to a total of two (2) heats who check in with the following exception: at least six (6) girls and six (6) boys will be seeded, unless fewer check in.

#### 11-12 400 Free

- These events will be deck-seeded. A positive check-in with the Clerk of Course by the posted deadline is required in order to swim. Coaches are asked not to check in swimmers who have



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- not yet arrived at the venue; late arrivals should check in with the Meet Referee to request to swim.
- Events will be seeded and swum slowest to fastest in event number order.

**13&O 400 Free, 11&O 400 IM, and 11&O 1500 Free:**

- These events will be deck-seeded. 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. Swimmers who check in but who do not swim will be disqualified from the next individual event in which they are entered.
- These events will be seeded and swum fastest to slowest alternating girls and boys
- The 1500 Free may be limited to the fastest 32 girls and 32 boys who check in, with the following exception: Of the 32 swimmers, at least six (6) must be from the 11-12 age group and at least twelve (12) from each of the other two age groups, unless fewer check in. These events will be seeded and swum fastest to slowest, alternating girls and boys.
- Swimmers must provide own timers and counter, if desired. Lanes with no timer go unprotected.

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
  - Lanes 1 & 8—pace lanes, no diving, except as noted below.
  - Lanes 2 & 7—sprint lanes, dive starts, return in lanes 3 & 6
  - Lanes 4 & 5—general warm-up, no diving
  - Lane 8 will be reserved for 8&U swimmers only during Session IV and VI warm-ups
  - 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
- Pool closes at 8:20 a.m. for morning sessions and five (5) minutes before the afternoon sessions.

**SAFETY:**

- No diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool. No diving from the "turn" end of the pool at any time.
- 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 in the natatorium. All others must remain in the designated spectator area or in 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 and 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.
- 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.
- GSSA member clubs are asked to provide timers and officials. Timing lane assignments for timing will be in the heat sheet.

**ENTRY SUBMITTAL INFORMATION:**

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, 8:00 PM, Wednesday, July 7, 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 Chinook Aquatic Club.

**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.



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- **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.hytekld.com/downloads.html> at no charge.

**Submittal Notes:**

- Late or incomplete entries will not be processed.
- See Entry Information regarding four-hour rule.
- 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 (if USA Swimming registered), events entered, and entry time for each.
- 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:  
AG Seattle Open  
c/o Steve Preston  
7640 NE 32<sup>nd</sup> Street  
Medina, Washington 98039
- Email entries to: [stevepr@acm.org](mailto:stevepr@acm.org)  
Phone: 425 688 9965

**AGE GROUP SEATTLE OPEN ORDER OF EVENTS**

**Friday, July 16, 2010**

**Session I: 13&O swimmers, 11-12 200 back**

Event #	Age Group	Event	Qualifying		Dequalifying	
			Girls	Boys	Girls	Boys
1, 2	13-14	400 Medley Relay	n/a	n/a		
3, 4	15&O	400 Medley Relay	n/a	n/a		
5, 6	13-14	200 IM	3:05.00	2:58.00		
7, 8	15&O	200 IM	2:56.00	2:52.00	2:44.00	2:32.00
9, 10	11-12	200 Back	3:16.00	3:19.00	PNS Champs	
	13-14		3:05.00	2:58.00		
	15&O		2:59.00	2:56.00	2:47.00	2:36.00
11, 12	13-14	100 Fly	1:26.00	1:23.00		
13, 14	15&O	100 Fly	1:26.00	1:23.00	1:14.00	1:07.00
15, 16	13-14	400 Free	5:35.00	5:35.00		
	15&O		5:31.00	5:31.00	4:58.00	4:43.00

**Friday, July 16, 2010**

**Session II: 12&U swimmers**

Event #	Age Group	Event	Qualifying		Dequalifying	
			Girls	Boys	Girls	Boys
17, 18	11-12	100 Free	1:19.00	1:19.00		
19, 20	10&U	200 IM	3:50.00	3:50.00		
21, 22	11-12	200 IM	3:20.00	3:20.00		
23, 24	10&U	100 Back	1:46.00	1:48.00		
25, 26	11-12	100 Back	1:31.00	1:31.00		
27, 28	10&U	100 Fly	2:02.00	2:02.00		
29, 30	11-12	100 Fly	1:39.00	1:41.00		

Saturday, July 17, 2010

Session III: 13&O swimmers, 11-12 200 Breast

Event #	Age Group	Event	Qualifying		Dequalifying	
			Girls	Boys	Girls	Boys
31,32	13-14	200 Free	2:39.00	2:38.00		
33, 34	15&O	200 Free	2:37.00	2:29.00	2:26.00	2:14.00
35, 36	11-12	200 Breast	3:48.00	3:53.00	PNS Champs	
	13-14		3:28.00	3:25.00		
	15&O		3:24.00	3:23.00	3:08.00	2:52.00
37, 38	13-14	50 Free	34.50	32.50		
39, 40	15&O	50 Free	32.50	31.50	31.00	28.00
41, 42	13-14	100 Back	1:25.00	1:22.00		
43, 44	15&O	100 Back	1:24.00	1:22.00	1:19.00	1:12.00
45, 46	13-14	400 IM	6:35.00	7:30.00		
	15&O		6:35.00	6:35.00	5:37.00	5:21.00

Saturday, July 17, 2010

Session IV: 12&U swimmers

Event #	Age Group	Event	Qualifying		Dequalifying	
			Girls	Boys	Girls	Boys
47, 48	10&U	200 Medley Relay	n/a	n/a		
49, 50	11-12	400 Medley Relay	n/a	n/a		
51, 52	8&U	50 Free	51.00	53.00		
53, 54	9-10	50 Free	41.00	41.00		
55, 56	11-12	50 Free	36.00	37.00		
57, 58	8&U	50 Back	1:03.00	1:05.00		
59, 60	9-10	50 Back	48.50	48.50		
61, 62	11-12	50 Back	42.50	45.00		
63, 64	11-12	400 IM	6:58.00	7:08.00	PNS Champs	
65, 66	10&U	100 Breast	2:01.00	2:01.00		
67, 68	11-12	100 Breast	1:45.00	1:45.00		
69, 70	10&U	100 Free	1:32.00	1:32.00		
71, 72	11-12	200 Free	2:50.00	2:50.00		

Sunday, July 18, 2010

Session V: 12&U swimmers

Event #	Age Group	Event	Qualifying		Dequalifying	
			Girls	Boys	Girls	Boys
73, 74	10&U	400 Free Relay	n/a	n/a		
75, 76	11-12	400 Free Relay	n/a	n/a		
77, 78	8&U	50 Breast	1:14.00	1:16.00		
79, 80	9-10	50 Breast	54.50	54.50		
81, 82	11-12	50 Breast	48.00	48.00		
83, 84	8&U	50 Fly	1:04.00	1:06.00		
85, 86	9-10	50 Fly	48.50	48.50		
87, 88	11-12	50 Fly	40.00	40.00		
89, 90	10&U	200 Free	3:17.00	3:17.00		
91, 92	11-12	400 Free	6:15.00	6:25.00		

Sunday, July 18, 2010

Session VI: 13&O swimmers, 11-12 200 Fly

Event #	Age Group	Event	Qualifying		Dequalifying	
			Girls	Boys	Girls	Boys
93, 94	13-14	400 Free Relay	n/a	n/a		
95, 96	15&O	400 Free Relay	n/a	n/a		
97, 98	13-14	100 Free	1:15.00	1:12.00		
99, 100	15&O	100 Free	1:12.00	1:09.00	1:07.50	1:01.50
101, 102	13-14	100 Breast	1:37.00	1:34.00		
103, 104	15&O	100 Breast	1:34.00	1:31.00	1:31.00	1:23.00
105, 106	11-12	200 Fly	3:25.00	3:21.00	PNS Champs	
	13-14		3:28.00	3:28.00		
	15&O		3:20.00	3:20.00	2:49.00	2:35.00

Sunday, July 18, 2010

Session VII: 11&O swimmers

Event #	Age Group	Event	Qualifying		Dequalifying	
			Girls	Boys	Girls	Boys
107, 108	11-12	1500 Free	23:25.00	23:40.00	PNS Champs	
	13-14		22:35.00	22:25.00		
	15&O		21:43.00	21:00.00	19:39.00	18:30.00



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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.

<b>TEAM NAME:</b>			
<b>TEAM CODE:</b>		<b>LSC CODE:</b>	
<b>COACH:</b>		<b>HOME PHONE:</b>	
<b>EMAIL ADDRESS:</b>		<b>OFFICE PHONE:</b>	
<b>TEAM MAIL ADDRESS:</b>		<b>CELL PHONE:</b>	
<b>CITY, STATE, ZIP:</b>		<b>POOL PHONE:</b>	
<b>ENTRY INFORMATION PREPARED BY:</b>		<b>PHONE:</b>	

**MEET ENTRY FEES ENCLOSED:**

<b>SURCHARGE:</b>		<b>X \$5.00</b>	<b>\$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$3.00</b>	<b>\$</b>
<b>RELAYS:</b>		<b>X \$8.00</b>	<b>\$</b>
		<b>TOTAL:</b>	<b>\$</b>

Make one check payable to **Chinook Aquatic Club**.

**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.