



Pacific Northwest Swimming
 Long Course Championships-Sanction #1007-CHMP
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by West Coast Aquatics



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

SCHEDULES	Thursday July 29, 2010	Friday July 30, 2010	Saturday July 31, 2010	Sunday August 1, 2010
Coaches' Meeting	6:45 AM check in at Clerk of Course 7:15 Coaches' Meeting	If needed	If needed	If needed
Positive Check-in Deadlines	800 Free: 8:30 AM	400 IM: 8:30 AM	400 Free: 8:30 AM	1500 Free: 8:30 AM
Officials Meeting (prelims)	7:30 AM	7:30 AM	7:30 AM	7:30 AM
Warm-up (prelims)	7:00 AM	7:00 AM	7:00 AM	7:00 AM
Prelims	8:30 AM	8:30 AM	8:30 AM	8:30 AM
Officials Meeting (finals)	4:30 PM	4:30 PM	4:30 PM	4:30 PM
Warm-up (finals)	4:00 PM	4:00 PM	4:00 PM	4:00 PM
Finals	5:00 PM	5:00 PM	5:00 PM	5:00 PM

MEET DIRECTOR:

- Pam Williamson
 • pam@westcoastaquatics.us
 • 425-501-6242

MEET REFEREE:

- Rick Cox
 • nauticalrick@yahoo.com

ADMINISTRATIVE REFEREE:

- David Warren
 • warren@dblhelix.com

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

- Site of the 1990 Goodwill Games and 1991, 1994, 1997, 2000, and 2006 Spring 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:** NW Swim Shop
- **Special Meet T-Shirts:** Fine Designs
- **Meet Heat Sheets:** \$9.00
- **Finals Program:** \$1.00 per session

- **Results** on PNS web site
- **Concessions:** Operates under contract with King County; neither PNS nor the host team derive any benefit.
- **Hospitality:** Refreshments will be available for coaches and officials in the Hospitality Room. Swimmers, timers, and spectators are not allowed.
- **Parking:** Available at the Aquatic Center and in the Federal Way Little League parking lot to the east. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. Carpooling is recommended.
- **RV Parking:** Limited RV parking is available in only the north parking lot. Dry camping--no sewer, water, or electricity.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- 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, 13-14, and 15&over. See Order of Events.
- Entries must meet the published qualifying times. Entries that do not meet these standards will be scratched without notification and entry fees will not be refunded.
- Swimmers must have met the 2010 PNS Championship qualifying time in USA Swimming sanctioned, approved, or observed competition between April 1, 2009, and the entry deadline. Times achieved in compliance with PNS AD 02-01 during the qualifying period may also be used.
- Swimmers with a disability must meet the qualifying standards for this meet in compliance with PNS Policy AD 97-02.
- A swimmer who enters an individual event at the Summer Grand Challenge may not compete in that event at this meet.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of eight (8) individual events but no more than three (3) per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.



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- Each club may enter up to a maximum of two (2) relay teams per relay event. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- On-deck USA Swimming registration will not be permitted.
- On-deck transfer to PNS will not be permitted.
- Deck entries will not be permitted.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

PROOF OF TIME:

- All individual entry times submitted must be in USA Swimming's SWIMS database and will be reconciled with SWIMS. Alternate acceptable times complying with PNS AD 02-01 may also be submitted.
- Entry times neither in SWIMS nor complying with PNS AD 02-01 will be scratched without notification and entry fees will not be refunded.
- All entry times must be identified as LCM (long course meters), SCM (short course meters), or SCY (short course yards). Times not identified will be assumed to be LCM.
- Converted times are not allowed.

ENTRY FEES:

- Surcharge: \$15.00
- Individual Event: \$ 5.00
- Relay: \$10.00
- 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-8th places; ribbons 9th - 16th places.
Scoring 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- **Relay events:** Medals 1st - 3rd places; ribbons 4th - 16th places.
Scoring 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- **Individual high point:** Winner each age group/gender
- **Team awards:** 1st - 10th.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be LCM, SCM, SCY.
- This is a prelim/final meet for all events except:
 - All 10&U events
 - All relays
 - 400 IM and the 400, 800, and 1500M Freestyle events
- There will be two heats of finals for all 11-12, 13-14 and 15&O prelims/finals events See the Order of Events for more information.

Relays: Coaches are asked to turn in the original white copy of the relay slip one hour before the start of each relay event. Swimmers must take

the pink lane copy of the relay slip with them to give to the timer in their lane to verify the order of swimmers participating.

Double ended: At the discretion of the Meet Referee, events 100 meters and longer may be swum double-ended. If double ended, the odd heats will start at the dive tank end and the even heats will start at the scoreboard end of the pool.

Distance Events:

- **11-12 400 IM and 400 Freestyle:** These events will be deck-seeded timed finals. A positive check-in with the Clerk of Course by the posted deadline is required in order to swim. Swimmers not checking in for these events will be scratched without penalty. Swimmers checking in for these events and failing to show for their swim will be disqualified from the next individual event in which they are entered. These events will be swum fastest to slowest in event number order.
- At the Meet Referee's discretion, the 400 Freestyle events may be swum two per lane. Should that be necessary, the fastest heat in each gender will have their own heat. When swimming two per lane and starting from both ends of the pool, each swimmer should--upon entry into the water--swim to the right side of the lane and remain on that side throughout the race; circle swimming would not be allowed.
- Swimmers must provide their own timer and counter, if desired. Lanes with no timer go unprotected.
- **13&O 400 IM and 400 Freestyle:** These events will be deck-seeded timed finals events. A positive check-in with the Clerk of Course by the posted deadline is required in order to swim. Swimmers not checking in for these events will be scratched without penalty. Swimmers checking in for these events and failing to show for the swim will be disqualified from their next individual event in which they are entered.
- The top eight (8) swimmers in each age group and gender will be seeded separately and swim in age group order 13-14 then 15&O. The remaining swimmers will be seeded together by gender and swum fastest to slowest alternating girls and boys. Odd number heats will start at the dive tank end and even-numbered heats will start at the scoreboard end.
- At the Meet Referee's discretion, the 400 Freestyle events may be swum two per lane or seeded together (two girls' heats alternating with two boys' heats). When swimming two per lane and starting from both ends of the pool, each swimmer should--upon entry into the water--swim to the right side of the lane and remain on that side throughout the race; circle swimming would not be allowed.
- Swimmers must provide their own timer and counter, if desired. Lanes with no timer go unprotected.
- These events will be scored and awarded separately by age group and gender.
- **11&O 800 and 1500 Freestyle:** These events will be deck-seeded timed finals for all age groups. A positive check-in with the Clerk of Course by the posted deadline is required in order to swim.



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Swimmers not checking in for these events will be scratched without penalty. Swimmers checking in for these events and failing to show for the swim will be disqualified from their next individual event in which they are entered.

- The top-seeded eight (8) swimmers in each age group who check in will be seeded separately and will swim youngest to oldest.
- The remaining heats will be seeded and swum together fastest to slowest. At the Meet Referee's discretion, these heats may be swum two per lane. When swimming two per lane and starting from both ends of the pool, each swimmer should--upon entry into the water--swim to the right side of the lane and remain on that side throughout the race; circle swimming would not be allowed.
- Swimmers must provide their own timer and counter, if desired. Lanes with no timer go unprotected.
- These events will be scored and awarded separately by age group and gender.

SCRATCH PROCEDURE:

- **Pre-seeded events:** There is no penalty for a failure to swim a pre-seeded individual or relay event. This includes all 10&U individual events, all relay events, and preliminary heats of all 11-12, 13-14 and 15&O individual events.
- **Finals and Consolations:** Swimmers qualifying for the finals or consolation heats of any prelims/finals event who fail to show will be barred from competing in the rest of the meet, unless properly scratched.
- **Intention to Scratch:** Once the finalists and consolation finalists are announced, those swimmers have 30 minutes to declare their intention to scratch and until 30 minutes after the completion of their last preliminary (not timed finals) event to finalize their intention to scratch. There is no penalty for scratches during this time.
- Athletes who are not announced finalists or consolation finalists 30 minutes after the announcement of an event's results will not be penalized for a failure to scratch. However, reseeding may result from scratches during that period. Reseeding due to scratches made after the initial 30 minute deadline will be at the discretion of the Meet Referee.

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 may 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.
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. 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 credentialed athletes, coaches, officials, authorized volunteers and facility employees are allowed on deck or in the locker rooms. All volunteers must check in prior to their assigned shift for a name tag which must be displayed while on deck.
- All others must remain in the designated spectator area or in public lobbies and are not allowed in the natatorium unless timing for an event in which swimmers must provide their own timers.
- 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.
- **Lost and Found:** Items will be left in place during the meet. After the meet, contact KCAC.
- **Team Banners:** Banners must be fabric. No helium balloons or paper signs.



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N2 CERTIFICATION FOR OFFICIALS:

This meet has been designated as a training meet for N2 Officials Certification. Officials wishing to renew or obtain this level of certification must apply on the attached application form and notify the Meet Referee. Instructions for certification will be provided during the officials briefing.

ENTRY SUBMITTAL INFORMATION: Before processing your entries, click on "Enforce Qualifying Times" and "Use Since Date" filter and set "Use Times Since" to **April 1, 2009**.

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, **Wednesday July 21, 2010**

1. **COMMLINK file** exported from Team Manager, if used.
2. **Meet Entry Reports** for individual (Proof of Time format 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 West Coast Aquatics

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.
- Handwritten 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. In addition, proof of time information must include the name and date of the meet at which the entry time was achieved.
- 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.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.

Mail entries to:

Deb Keane
14910 66th Ave W.
Edmonds, WA 98026

Email: deb@westcoastaquatics.us

Meet Entry Contact/Questions: 425-745-8926

2010 PNS LONG COURSE CHAMPIONSHIPS

THURSDAY - PRELIMS

1,2	11-12	200 IM
3,4	13-14 15 & Over	200 IM
5,6	11-12	50 Free
7,8	13-14 15 & Over	50 Free
9,10	11-12	200 Breaststroke
11,12	13-14 15 & Over	200 Breaststroke
13	11 & Over Girls	1500 Freestyle (TF)
14	11-12 Boys	800 Freestyle (TF)
16	13 & Over Boys	800 Freestyle (TF)

THURSDAY - FINALS

1,2	11-12	200 IM
3,4	13-14 15 & Over	200 IM
5,6	11-12	50 Free
7,8	13-14 15 & Over	50 Free
9,10	11-12	200 Breaststroke
11,12	13-14 15 & Over	200 Breaststroke
17,18	11-12	400 MR (TF)
19,20	13-14	400 MR (TF)
21,22	15 & Over	400 MR (TF)

FRIDAY - PRELIMS

23,24	10 & Under	200 MR (TF)
31,32	11-12	200 Butterfly
33,34	13-14 15 & Over	200 Butterfly
35,36	10 & Under	100 Back (TF)
37,38	11-12	100 Backstroke
39,40	13-14 15 & Over	100 Backstroke
41,42	10 & Under	100 Free (TF)
43,44	11-12	100 Freestyle
45,46	13-14 15 & Over	100 Freestyle
47,48	10 & Under	50 Freestyle (TF)
49,50	13 & Over	400 Freestyle (TF)
51,52	11-12	400 Freestyle (TF)

FRIDAY - FINALS

25,26	11-12	200 MR (TF)
27,28	13-14	200 MR (TF)
29,30	15 & Over	200 MR (TF)
31,32	11-12	200 Butterfly
33,34	13-14 15 & Over	200 Butterfly
37,38	11-12	100 Backstroke
39,40	13-14 15 & Over	100 Backstroke
43,44	11-12	100 Freestyle
45,46	13-14 15 & Over	100 Freestyle

SATURDAY - PRELIMS

53,54	10 & Under	200 FR Relay (TF)
61,62	11-12	200 Backstroke
63,64	13-14 15 & Over	200 Backstroke
65,66	10 & Under	100 Breast (TF)
67,68	11-12	100 Breaststroke
69,70	13-14 15 & Over	100 Breaststroke
71,72	10 & Under	50 Butterfly (TF)
73,74	11-12	50 Butterfly
75,76	10 & Under	200 IM (TF)
77,78	11-12	400 IM (TF)
79,80	13 & Over	400 IM (TF)

SATURDAY - FINALS

55,56	11-12	200 FR Relay(TF)
57,58	13-14	200 FR Relay(TF)
59,60	15 & Over	200 FR Relay(TF)
61,62	11-12	200 Backstroke
63,64	13-14 15 & Over	200 Backstroke
67,68	11-12	100 Breaststroke
69,70	13-14 15 & Over	100 Breaststroke
73,74	11-12	50 Butterfly

SUNDAY - PRELIMS

81,82	10 & Under	200 Free (TF)
83,84	11-12	200 Freestyle
85,86	13-14 15 & Over	200 Freestyle
87,88	10 & Under	100 Fly (TF)
89,90	11-12	100 Butterfly
91,92	13-14 15 & Over	100 Butterfly
93,94	10 & Under	50 Back (TF)
95,96	11-12	50 Backstroke
97,98	10 & Under	50 Breast (TF)
99,100	11-12	50 Breaststroke
101,102	10 & Under	400 Free (TF)
103	11-12 Girls	800 Free (TF)
105	13 & Over Girls	800 Free (TF)
106	11 & Over Boys	1500 (TF)

SUNDAY - FINALS

83,84	11-12	200 Freestyle
85,86	13-14 15 & Over	200 Freestyle
89,90	11-12	100 Butterfly
91,92	13-14 15 & Over	100 Butterfly
95,96	11-12	50 Backstroke
99,100	11-12	50 Breaststroke
107,108	11-12	400 Freelay (TF)
109,110	13-14	400 Freelay (TF)
111,112	15 & Over	400 Freelay (TF)

PNS LONG COURSE CHAMPS

JULY 29 - AUGUST 1, 2010

QUALIFYING PERIOD: April 1, 2009 – July 21, 2010

G12	SCY	SCM	LCM	B12	SCY	SCM	LCM
50 Free	:28.29	30.49	31.49	50 Free	:28.89	31.59	32.59
100 Free	1:01.99	1:06.39	1:08.39	100 Free	1:02.79	1:07.19	1:09.19
200 Free	2:17.09	2:28.79	2:32.79	200 Free	2:16.99	2:32.09	2:36.09
400 Free	6:02.79	5:10.29	5:18.29	400 Free	6:07.59	5:19.19	5:27.19
800 Free	12:39.59	11:14.99	11:28.49	800 Free	12:39.59	11:14.99	11:28.49
1500 Free	20:51.89	20:48.19	21:23.99	1500 Free	20:57.09	20:53.39	21:29.39
50 Back	33.79	36.89	37.89	50 Back	:35.89	38.29	39.29
100 Back	1:11.09	1:19.09	1:21.09	100 Back	1:14.09	1:21.59	1:23.59
200 Back	2:36.99	2:51.59	2:55.59	200 Back	2:42.89	2:53.29	2:57.29
50 Breast	:37.89	41.99	42.99	50 Breast	:38.59	42.69	43.69
100 Breast	1:21.29	1:31.19	1:33.19	100 Breast	1:26.89	1:33.39	1:35.39
200 Breast	2:55.69	3:13.89	3:17.89	200 Breast	3:10.19	3:23.19	3:27.19
50 Fly	:31.99	:34.29	:35.29	50 Fly	:32.99	:36.29	:37.29
100 Fly	1:11.79	1:18.09	1:20.09	100 Fly	1:18.39	1:23.39	1:25.39
200 Fly	2:52.09	3:10.89	3:14.89	200 Fly	3:00.29	3:13.59	3:17.59
200 IM	2:32.29	2:44.89	2:48.89	200 IM	2:37.79	2:49.09	2:53.09
400 IM	5:39.19	6:00.69	6:08.69	400 IM	6:08.39	6:08.59	6:16.59
200 F.R.	1:57.59	2:11.59	2:15.59	200 F.R.	2:00.19	2:20.99	2:22.99
400 F.R.	4:21.49	4:48.39	4:56.39	400 F.R.	4:30.29	4:56.39	5:04.39
200 M.R.	2:11.29	2:27.69	2:31.69	200 M.R.	2:17.99	2:40.39	2:44.39
400 M.R.	4:55.99	5:38.19	5:45.19	400 M.R.	5:07.79	5:50.09	5:58.09
G13	SCY	SCM	LCM	B13	SCY	SCM	LCM
50 Free	:27.19	29.49	30.49	50 Free	:26.19	28.89	29.89
100 Free	:58.79	1:04.09	1:06.09	100 Free	:57.09	1:03.59	1:05.59
200 Free	2:07.29	2:18.89	2:22.89	200 Free	2:05.09	2:18.99	2:22.99
400 Free	5:41.09	4:53.09	5:01.09	400 Free	5:34.29	4:54.59	5:02.59
800 Free	11:38.19	10:24.19	10:36.99	800 Free	11:25.19	10:37.29	10:49.99
1500 Free	20:05.99	20:00.49	20:24.99	1500 Free	20:00.09	20:00.49	20:24.99
100 Back	1:07.79	1:15.79	1:17.79	100 Back	1:06.89	1:16.49	1:18.49
200 Back	2:23.59	2:37.99	2:41.99	200 Back	2:24.09	2:43.29	2:47.29
100 Breast	1:17.29	1:27.79	1:29.79	100 Breast	1:16.49	1:25.59	1:27.59
200 Breast	2:46.99	3:06.09	3:10.09	200 Breast	2:49.49	3:08.49	3:12.49
100 Fly	1:06.29	1:13.39	1:15.39	100 Fly	1:06.59	1:13.29	1:15.29
200 Fly	2:31.59	2:49.79	2:53.79	200 Fly	2:37.69	2:45.09	2:49.09
200 IM	2:23.69	2:36.19	2:40.19	200 IM	2:24.69	2:40.69	2:44.69
400 IM	5:08.99	5:35.19	5:43.19	400 IM	5:11.59	5:51.99	5:59.99
200 F.R.	1:49.09	2:02.49	2:06.49	200 F.R.	1:46.99	2:03.29	2:07.29
400 F.R.	3:56.49	4:28.79	4:36.79	400 F.R.	3:52.49	4:19.19	4:27.19
200 M.R.	2:01.39	2:17.39	2:21.39	200 M.R.	1:58.79	2:23.49	2:27.49
400 M.R.	4:24.19	5:02.79	5:10.79	400 M.R.	4:21.69	5:01.79	5:09.79

PNS LONG COURSE CHAMPS

JULY 29 - AUGUST 1, 2010

QUALIFYING PERIOD: April 1, 2009 – July 21, 2010

G14	SCY	SCM	LCM	B14	SCY	SCM	LCM
50 Free	:26.69	29.09	30.09	50 Free	:25.29	:28.49	:29.49
100 Free	56.89	1:03.39	1:05.39	100 Free	55.29	1:00.69	1:02.69
200 Free	2:05.09	2:18.59	2:22.59	200 Free	1:59.89	2:12.29	2:16.29
400 Free	5:35.99	4:51.39	4:59.39	400 Free	5:27.19	4:48.59	4:56.59
800 Free	11:38.19	10:24.19	10:36.99	800 Free	11:25.19	10:37.29	10:49.99
1500 Free	19:58.49	20:00.49	20:24.99	1500 Free	19:52.89	20:00.49	20:24.99
100 Back	1:03.29	1:11.99	1:13.99	100 Back	1:04.49	1:13.09	1:15.09
200 Back	2:21.09	2:36.59	2:40.59	200 Back	2:19.99	2:36.39	2:40.39
100 Breast	1:14.59	1:24.79	1:26.79	100 Breast	1:10.99	1:22.19	1:24.19
200 Breast	2:43.29	3:05.99	3:09.99	200 Breast	2:32.89	2:53.29	2:57.29
100 Fly	1:05.59	1:11.89	1:13.89	100 Fly	1:03.99	1:09.79	1:11.79
200 Fly	2:31.59	2:48.29	2:52.29	200 Fly	2:30.29	2:44.69	2:48.69
200 IM	2:19.49	2:34.59	2:38.59	200 IM	2:18.79	2:30.79	2:34.79
400 IM	5:05.79	5:30.09	5:38.09	400 IM	4:56.99	5:29.19	5:37.19
200 F.R.	1:49.09	2:02.49	2:06.49	200 F.R.	1:46.99	2:03.29	2:07.29
400 F.R.	3:56.49	4:28.79	4:36.79	400 F.R.	3:52.49	4:19.19	4:27.19
200 M.R.	2:01.79	2:17.39	2:21.39	200 M.R.	1:58.79	2:23.49	2:27.49
400 M.R.	4:24.19	5:02.79	5:10.79	400 M.R.	4:21.69	5:01.79	5:09.79
G15-16	SCY	SCM	LCM	B15-16	SCY	SCM	LCM
50 Free	25.79	:27.99	:28.99	50 Free	:23.79	:25.99	26.99
100 Free	:55.19	1:00.69	1:02.69	100 Free	:51.09	:56.49	:58.49
200 Free	1:59.29	2:13.09	2:17.09	200 Free	1:50.19	2:05.39	2:09.39
400 Free	5:17.19	4:39.69	4:47.69	400 Free	5:04.49	4:24.79	4:32.69
800 Free	11:19.09	9:39.39	9:55.39	800 Free	10:20.79	9:13.79	9:29.79
1500 Free	18:47.69	18:39.09	19:09.49	1500 Free	17:33.49	17:37.59	18:07.59
100 Back	1:02.29	1:10.59	1:12.59	100 Back	:58.09	1:05.99	1:07.99
200 Back	2:15.19	2:31.49	2:35.49	200 Back	2:05.59	2:25.19	2:29.19
100 Breast	1:10.29	1:21.89	1:23.39	100 Breast	1:05.29	1:15.29	1:17.29
200 Breast	2:36.19	2:55.89	2:59.89	200 Breast	2:24.79	2:41.99	2:45.99
100 Fly	1:00.79	1:07.69	1:09.69	100 Fly	:57.39	1:02.69	1:04.69
200 Fly	2:15.79	2:31.09	2:35.09	200 Fly	2:18.49	2:26.09	2:30.09
200 IM	2:15.29	2:29.69	2:33.69	200 IM	2:07.39	2:19.89	2:23.89
400 IM	4:51.99	5:19.79	5:27.79	400 IM	4:33.59	5:01.49	5:09.49
200 F.R.	1:42.99	1:53.49	1:57.49	200 F.R.	1:35.29	1:42.39	1:46.39
400 F.R.	3:42.79	4:02.99	4:10.99	400 F.R.	3:27.09	3:45.89	3:53.89
200 M.R.	1:54.59	2:05.89	2:09.89	200 M.R.	1:45.59	1:53.89	1:57.89
400 M.R.	4:04.49	4:46.09	4:54.09	400 M.R.	3:52.69	4:37.39	4:45.39

PNS LONG COURSE CHAMPS

JULY 29 - AUGUST 1, 2010

QUALIFYING PERIOD: April 1, 2009 – July 21, 2010

G170	SCY	SCM	LCM	B170	SCY	SCM	LCM
50 Free	25.79	:27.99	:28.99	50 Free	:22.99	24.99	:25.99
100 Free	:55.19	1:00.69	1:02.69	100 Free	:49.89	54.89	:56.89
200 Free	1:59.29	2:13.09	2:17.09	200 Free	1:50.19	1:59.19	2:03.19
400 Free	5:17.19	4:39.99	4:47.99	400 Free	4:59.49	4:18.69	4:26.39
800 Free	11:19.09	9:39.39	9:55.39	800 Free	10:20.79	9:13.79	9:29.79
1500 Free	18:47.69	18:39.09	19:09.49	1500 Free	17:33.49	17:37.59	18:07.59
100 Back	1:02.29	1:10.59	1:12.59	100 Back	:57.69	1:04.69	1:06.69
200 Back	2:15.19	2:31.49	2:35.49	200 Back	2:05.59	2:21.59	2:25.59
100 Breast	1:10.29	1:21.89	1:23.39	100 Breast	1:05.29	1:12.89	1:14.89
200 Breast	2:36.19	2:55.89	2:59.89	200 Breast	2:24.79	2:41.99	2:45.99
100 Fly	1:00.79	1:07.69	1:09.69	100 Fly	:55.09	1:00.09	1:02.09
200 Fly	2:15.79	2:31.09	2:35.09	200 Fly	2:06.79	2:23.79	2:27.79
200 IM	2:14.79	2:29.69	2:33.69	200 IM	2:05.59	2:17.09	2:21.09
400 IM	4:51.99	5:19.79	5:27.79	400 IM	4:33.69	5:01.49	5:09.49
200 F.R.	1:42.99	1:53.49	1:57.49	200 F.R.	1:35.29	1:42.39	1:46.39
400 F.R.	3:42.79	4:02.99	4:10.99	400 F.R.	3:27.09	3:45.89	3:53.89
200 M.R.	1:54.59	2:05.39	2:09.89	200 M.R.	1:45.59	1:53.89	1:57.89
400 M.R.	4:04.49	4:46.09	4:54.09	400 M.R.	3:52.69	4:37.39	4:45.39

Individual entry limit: Eight (8) events for the meet with a maximum of three (3) per day.

All individual qualifying times must be in SWIMS or Pacific Northwest Swimming AD 02-01.

Age groups for relays: 10U, 11-12, 13-14, 15 and over.



Pacific Northwest Swimming
 Long Course Championships-Sanction #xxxx-xxxx
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by West Coast Aquatics



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 \$15.00	\$
INDIVIDUAL EVENTS:		X \$ 5.00	\$
RELAY:		X \$10.00	\$
		TOTAL:	\$

Make one check payable to **West Coast Aquatics**.

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.

Pacific Northwest Swimming

2010 PNS Long Course Championships

Hosted by West Coast Aquatics
Weyerhaeuser King County Aquatic Center
July 29 – August 1, 2010

APPLICATION TO OFFICIATE

The meet will be conducted over a four-day period. A mandatory officials briefing session will be held one hour prior to each session. This Long Course Championship has been designated as a training meet for N2 National Officials Certification.

The dress is white shirt/blouse for prelims and finals; NAVY pants, shorts, or skirts (no shorts at finals); white socks; and white shoes. For officials desiring an assigned position, applications must be received no later than July 12, 2010. Preference will be given to those who agree to work all sessions.

Name: _____

Address: _____

Team: _____

City, State, Zip: _____

Phone: _____

E-Mail: _____

I will work at all sessions: _____ I can't work at all sessions. I will be able to work:

Thursday	Prelims	_____	Finals	_____
Friday	Prelims	_____	Finals	_____
Saturday	Prelims	_____	Finals	_____
Sunday	Prelims	_____	Finals	_____

Key position(s) desired (i.e. chief judge, starter, deck referee) _____

CURRENT CERTIFICATION

LSC Position Certified: _____ Expiration: _____

N2 Position Certified: _____ Expiration: _____

N3 Position Certified: _____ Expiration: _____

PLEASE RETURN THIS INVITATION TO:

Richard Cox, Meet Referee
Email: nauticalrick@yahoo.com

Please circle polo shirt size:

Small
Medium
Large
X-Large