



Pacific Northwest Swimming  
 2013 PN WWA Start of Summer Splash -- Sanction #1306-SP01  
 Weyerhaeuser King County Aquatic Center  
 Federal Way, Washington  
 Hosted by WhiteWater Aquatics

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

SCHEDULES	Session 1	Session 2	Session 3	Session 4
<b>Date</b>	Saturday, June 8, 2013	Saturday, June 8, 2013	Sunday, June 9, 2013	Sunday, June 9, 2013
<b>Coaches' Meeting</b>	7:45 AM Check-in and coaches' packet at Clerk of Course	As needed	As needed	As needed
<b>Officials' Meetings</b>	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition
<b>Warm-ups</b>	8:00 AM	Immediately after the conclusion of Session 1	8:00 AM	Immediately after the conclusion of Session 3
<b>Timed Finals</b>	9:00 AM	One hour after the start of warm-ups	9:00 AM	One hour after the start of warm-ups
<b>Positive Check-in Deadlines</b>	Will be announced	Will be announced	Will be announced	Will be announced

**MEET DIRECTOR:**

Carolyn Meyers  
 • cdmsea@earthlink.net  
 • 206-683-3211

**MEET REFEREE:**

Frank Toles  
 • selotfs@aol.com  
 • 206-251-7379

**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 and 2012 NCAA Men's Division 1 Championships, 2009 U.S. Open, 2009 Junior Nationals, and 2009 Short Course 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
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Except where venue facilities require otherwise, changing in or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**ONSITE AMENITIES**

- **Vendor:** IswimUSA
- **Meet Heat Sheets:** \$5.00
- **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 strongly recommended.

**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 10&U, 11-12, and 13&O.

**ENTRY INFORMATION:**

- Swimmers may enter up to 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.
- Except for bonus events – see below – clearly identified as such, swimmers must have achieved the current PNS "Silver" time standard for their current age in USA Swimming sanctioned, approved or observed competition in each event entered. Times achieved in compliance with PNS AD 02-01 may also be used. Converted times may not be used. Entries that do not meet these standards will be scratched without notification and entry fees will not be refunded.
- 8&U swimmers: The 8&U "Silver" times do not apply to this meet as there are no 8&U events; swimmers ages 8&U must meet the 10&U "Silver" times.
- Swimmers with a disability may use the PNS Disability "Silver" time standards in order to qualify for any individual event.



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- 12&U swimmers entered in one or more qualifying events may enter one (1) bonus event the same day, subject to the entry limits above. The bonus event must be a 50M event, a 100M event, the 200 freestyle or the 200 IM. Neither 200 back/breast/fly nor 400M events may be entered as a bonus event.
- 13&O swimmers entered in one or more qualifying events may enter one (1) bonus event the same day, subject to the entry limits above. The bonus event must be an event 200M or shorter. Neither the 400 free nor the 400 IM may be entered as a bonus event.
- All entry times will be assumed to be LCM (long course meters) unless otherwise indicated.
- 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. 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 USA Swimming athlete registration and complete a PNS Deck Entry Registration at the Clerk of Course in order to enter. **Each session's deck entries will close one hour before the start of competition.**
- 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: \$5.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

#### AWARDS AND SCORING:

- **Individual events:** Ribbons 1st – 8th places by age group and gender.
- No team scores.

#### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be LCM/SCM/SCY.
- At the discretion of the Meet Referee, events 100M or longer may be swum double-ended, using chase starts. If so, odd-numbered heats will start at the dive tank end and even-numbered heats will start at the scoreboard end.
- All 50M events will start at the scoreboard end of the pool.
- **Positive check-in:** All 400M events will require a positive check-in with the Clerk of Course by the stated deadline in order to swim. All 400M events will be seeded and swum fastest to slowest. Swimmers in these events must provide their own timers; lanes with no timer go unprotected

#### WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last hour of each prelim warm-up period, and last half-hour of each prelim/final or final 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 ten (10) 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 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-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.
- Shaving is not allowed anywhere in the facility.

#### 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 in the roped-off meet operations part of the deck. All others must remain in the designated spectator area 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 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.



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**TIMERS:**

- All participating teams are asked to provide timers.
- Teams will be advised of lane assignments

**ENTRY SUBMITTAL INFORMATION:**

Entries will be only be accepted upon receipt of **all of the following prior to the entry deadline, Wednesday, May 29, 2013:**

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 WhiteWater Aquatics.

**Submittal Formats:**

- **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.
- Please be advised that bonus swims may not import into Meet Manager from non-Hy-Tek products. Teams using other team management software are asked to use Hy-Tek Lite to complete and submit entries for this meet, as the host club cannot be responsible for

entry errors due to software incompatibility. It is available at <http://www.hy-tekLtd.com/downloads.html> at no charge.

**Submittal Notes:**

- Late, incomplete, or paper entries will not be processed.
- Bonus events must be clearly identified as such.
- Complete whole-team entries will be accepted in the order received until the pre-scratch estimated timeline for any 12&U session reaches four hours or for any 13&O session reaches four-and-a-half hours, after which partial team entries will be accepted until all sessions fill. Teams will be notified if not all entries can be accepted.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- All entry times will be assumed to be LCM unless otherwise indicated.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to:  
Carolyn Meyers  
18521 Brittany Dr SW  
Normandy Park, WA 98166
- Email entries to: [cdmsea@earthlink.net](mailto:cdmsea@earthlink.net)
- Meet entry questions: Carolyn Meyers 206-683-3211



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### ORDER OF EVENTS

#### SESSION 1 -- SATURDAY

Event #	Event Name
1,2	10 & Under 50 Free
3,4	11 - 12 50 Free
5,6	10 & Under 50 Back
7,8	11 - 12 50 Back
9,10	10 & Under 100 Fly
11,12	11 - 12 100 Fly
13,14	10 & Under 200 Free
15,16	11 - 12 200 Free
17,18	10 & Under 100 Back
19,20	11 - 12 100 Back
21,22	10 & Under 100 Breast
23,24	11 - 12 100 Breast
25*,26*	11 - 12 400 Free

#### SESSION 3 -- SUNDAY

Event #	Event Name
43,44	10 & Under 50 Breast
45,46	11 -12 50 Breast
47,48	10 & Under 50 Fly
49,50	11 - 12 50 Fly
51,52	10 & Under 200 IM
53,54	11 - 12 200 IM
55,56	10 & Under 100 Free
57,58	11 - 12 100 Free
59,60	11 - 12 200 Breast
61,62	11 -12 200 Fly
63,64	11 - 12 200 Back
65*,66*	11 - 12 400 IM

#### SESSION 2 -- SATURDAY

Event #	Event Name
27,28	13 & Over 50 Free
29,30	13 & Over 50 Back
31,32	13 & Over 100 Fly
33,34	13 & Over 200 Free
35,36	13 & Over 100 Back
37,38	13 & Over 100 Breast
39,40	13 & Over 200 IM
41*,42*	13 & Over 400 Free

#### SESSION 4 -- SUNDAY

Event #	Event Name
67,68	13 & Over 50 Fly
69,70	13 & Over 50 Breast
71,72	13 & Over 100 Free
73,74	13 & Over 200 Breast
75,76	13 & Over 200 Fly
77,78	13 & Over 200 Back
79*,80*	13 & Over 400 IM

\* Positive check-in required.



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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 \$15.00</b>	<b>\$</b>	
<b>INDIVIDUAL EVENTS:</b>		<b>X \$ 5.00</b>	<b>\$</b>	
		<b>TOTAL:</b>	<b>\$</b>	

Make one check payable to **WhiteWater 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.