



Pacific Northwest Swimming
 2015 PN WAVE Grand Poobah Invitational -- Sanction #1508-SP02
 Juanita Aquatic Center, Kirkland, Washington
 Hosted by WAVE Aquatics

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



SCHEDULES	SESSION 1	SESSION 2
Date	SATURDAY, AUGUST 8, 2015	SATURDAY, AUGUST 8, 2015
Coaches' Meeting	7:45 -- Coaches' packet at Clerk of Course.	If necessary -- will be announced
Officials' Meetings	30 minutes before start of competition	30 minutes before start of competition
Timers' Meetings	20 minutes before start of competition	20 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1
Timed Finals	9:00 AM	45 minutes after start of warmups
Positive Check in Deadline	TBA	n/a

MEET DIRECTOR:

- Alan Cardwell
 • alancardwell@waveaquatics.org
 • (425) 503-1327 (m)

MEET REFEREE:

- Connie Sholdra
 • Sholdras@yahoo.com

LOCATION AND DIRECTIONS

Juanita Aquatic Center
 10601 NE 132nd Street
 Kirkland, Washington

Directions: Take I-405 to exit 20B. Go west (left) on NE 124th St to 116th Ave NE. Turn north (right) onto 116th Ave NE and continue to NE 132nd St. Go west (left) on NE 132nd St about half a mile; turn left into school. The pool will be to your right past the gym.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 5.0 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
- Electronic timing system w/6-lane readout
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Changing in or out of swimsuits other than in locker rooms or other designated areas is prohibited.

ONSITE AMENITIES

- **Vendor & Concessions:** Tacos El Güero
- **Heat Sheets:** \$3.00 (also Meet Mobile)
- **Results** on PNS web site (also Meet Mobile)
- **Hospitality** for coaches and officials only
- **Parking:** ample parking in high school lots

ELIGIBILITY:

- All swimmers must be registered with USA Swimming.
- Age groups are based on the age of the swimmer as of the meet date.

- Session 1: Open competition, but swimmers must be at least 10 years old to enter the 400 IM and at least 11 years old to enter the 500 free.
- Session 2: See Order of Events for age group information.
- This is an invitational meet. Teams wishing an invitation should contact Erin Dunn, erinadunn@gmail.com .Priority entry will be given to the host and to invited teams but an invitation does not guarantee entry due to the four-hour rule.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of five (5) individual events. 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 order received until the estimated time-line reaches the four-hour limit. The fifth priority event for any swimmer entered in more than four individual events should be clearly marked on all entries and entry reports; otherwise the Meet Director reserves the right to make that choice. If necessary for the timeline, swimmers' fifth priority events will be scratched and entry fees for timeline-related scratches will be refunded to the entering teams. Coaches of all invited teams will be notified should that become necessary.
- On-deck USA Swimming registration will not be permitted. On-deck transfer to the host or an invited team 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.
- **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.
- All fees must accompany entries.



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AWARDS AND SCORING: None

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Events will be seeded by time without regard to age or gender. Session 2 results will be listed by age group: 8&U, 9-10, 11-12, 13-14, and 15&O.
- Seeding will be SCY, LCM, SCM.
- 25 yard events will start from the bulkhead and finish at the touchpads
- 400 IM and 500 Freestyle: These events will be deck-seeded, with all heats being swum fastest to slowest, combined girls and boys. Positive check-in prior to the check-in deadline is required to swim. The 500 Freestyle may be limited to the fastest 24-36 swimmers who check-in prior to the announced deadline, and swimmers must provide their own counter, if desired.

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 & 4
 - 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 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 and may not enter the water at any time unless supervised by said 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 authorized volunteers and working personnel can be on 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.
- 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, **Wednesday, August 1, 2015:**

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 WAVE 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.

Submittal Notes:

- Late, incomplete, or paper entries will not be processed.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- Clearly indicate the fifth priority event for each swimmer entered in five individual events on both the entry file and printed report.
- Entry times will be assumed to be SCY unless otherwise indicated.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to: Alan Cardwell, PO Box 2955, Woodinville, WA 98072
- Email entries to: alancardwell@waveaquatics.org



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ORDER OF EVENTS

SESSION 1

1. Mixed Open 100 breast
2. Mixed Open 200 free
3. Mixed Open 400 IM (Swimmers must be age 10 or older.)
4. Mixed Open 100 back
5. Mixed Open 500 free (Swimmers must be age 11 or older and heats may be limited.)
6. Mixed Open 200 IM
7. Mixed Open 100 fly

SESSION 2

8. Mixed Open 100 IM
9. Mixed 12&U 50 fly
10. Mixed 8&U 25 free
11. Mixed 13&O 200 back
12. Mixed Open 100 free
13. Mixed 12&U 50 back
14. Mixed 8&U 25 breast
15. Mixed 13&O 200 fly
16. Mixed 12&U 50 breast
17. Mixed 8&U 25 back
18. Mixed Open 50 free
19. Mixed 8&U 25 fly
20. Mixed 13&O 200 breast



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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:	
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 **WAVE 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.