



Pacific Northwest Swimming  
VAST and KING 1650 Invitational - Sanction #xxxx-xxxx  
Weyerhaeuser King County Aquatic Center  
Federal Way, Washington  
Hosted by VAST and KING

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

SCHEDULES	Wednesday, NOVEMBER 11, 2009
Coaches' Meeting	Check in and Coaches' Packets at Clerk of Course 3:15
Officials' Meetings	3:30
Timers' Meetings	3:45
Warm-ups	3:30
Timed Finals	4:00

**MEET DIRECTOR:**

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

**MEET REFEREE:**

Tom Baier  
• tomtuttle1963@yahoo.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**

- World-class aquatic facility: Site of the 1990 Goodwill Games; 1991, 1994, 1997, 2000, and 2006 Spring National Championships; 2003 US Open; 2008 NCAA Division I Men's Championship
- Two 25 yard, 9 feet deep, 8-lane competitive pools divided by bulkheads.
- Diving tank will be available for continual warm-up.
- The area between the bulkheads is closed at all times.
- 2500 spectator seats
- Omega electronic timing system
- Full-read scoreboard

**ONSITE AMENITIES**

- **Vendor:** none
- **Heat Sheets:** will be posted
- **Results** on PNS web site
- **Concessions:** none
- **Hospitality:** none
- **Parking:** pool parking lots (front and rear). Illegally parked cars will be ticketed and towed by the Federal Way Police Dept.

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through one of the following teams:
  - King Aquatic Club
  - Valley Aquatics

**ENTRY INFORMATION:**

- Only one event is offered: the 1650 freestyle.
- Entries will be processed by each team's coaching staff and combined by the Meet Director.
- 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 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 through PNS and one of the invited teams 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:**

- No fee to registered team members..

**AWARDS AND SCORING:** None

**MEET RULES:**

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- The 1650 freestyle will be swum fastest to slowest combined girls and boys.
- Swimmers must provide their own timer 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
  - Lanes 2 & 7—sprint lanes, dive starts, return in lanes 3 & 4
  - Lanes 3 & , 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 start
- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.



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**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.

**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, meet directors, 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.

**ORDER OF EVENTS:**

1. Mixed 1650 Freestyle



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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 \$10.00</b>	<b>\$</b>	
<b>TOTAL:</b>				

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.

\_\_\_\_\_  
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.