



Pacific Northwest Swimming
 2010 Senior Circuit -- Sanction #1001-SP01
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by the Tacoma Swim Club



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

SCHEDULES		
Dates	Saturday, January 2, 2010	Sunday, January 3, 2010
Coaches' Meeting	8:30 AM	if needed
Officials' Meetings	9:15 AM	8:15 AM
Scratch Form Deadline	9:00 AM Clerk of Course will open at 8:00 AM	8:15 AM Clerk of Course will open at 7:30 AM
Relay Card Deadline	200 Medley Relay cards due 9:00 AM	200 Free Relay cards due 8:00 AM
Warm-ups	8:30 AM - 9:55 AM	7:30 AM - 8:55 AM
Timed Finals	10:00 AM	9:00 AM

MEET DIRECTOR:

Chris Schell
 • christopheraschell@hotmail.com
 • 253-777-9697

MEET REFEREE:

Ken Breiding
 • kenbreiding@comcast.net
 • 253-630-1198

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 and 1991, 1994, 1997, 2000, and 2006 Spring National Championships, 2009 December 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: Northwest Swim Shop
- Psych Sheets: \$5.00
- Heat Sheets: \$3.00 per day
- Results on PNS web site
- Concessions: Under contract with King County; neither PNS nor the host team derive any benefit
- Hospitality for coaches and officials only

- Parking: pool parking lots (front and rear). Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming or of a FINA-member organization included in USA Swimming's "open border" policy.
- Swimmers must have achieved the listed time standard for each event entered.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of five (5) individual events and one (1) relay event per day. 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 or other registration will not be permitted.
- No deck entries will be permitted.
- Time trials are not offered at this meet.
- All PNS participants' USA Swimming registration numbers will be verified with the PNS registration database.

BONUS EVENTS:

- Swimmers qualifying in one or more individual events may swim one (1) bonus event, subject to the entry limits listed above.

One (1) Qualified Event	1 Bonus Event	2 Total Events
Two (2) Qualified Events	1 Bonus Event	3 Total Events
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Nine (9) Qualified Events	1 Bonus Event	10 Total Events
Ten (10) Qualified Events	0 Bonus Event	10 Total Events
- Please identify bonus events by using TM's "bonus" option and on all hard copies.
- Bonus swims should be entered using the swimmer's best-achieved time that is not an event qualifying time. NT is not acceptable.

ENTRY FEES:

- Surcharge: \$10.00
- Individual Event: \$7.50
- Relays: \$15.00
- 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.
- All events will be deck-seeded. Coaches must return a Scratch Form for the day's events to the Clerk of Course no later than the stated deadline.
- Swimmers are considered checked in for all events except the 800M and 1500M freestyle events unless scratched.
- All events will be swum slow-to-fast except for the 800M and 1500M freestyle events.
- Meet Management reserves the right to employ necessary methods to conduct the competition in a reasonable amount of time. These include but are not limited to: A) Limiting the number of Entries; B) Double ending the meet; C) Two to a lane in freestyle events 400M or longer.
- An announcement will be made at the coaches' meeting if it will be necessary to limit participants or swim two-per-lane

400M freestyle and 400M IM events

- The 400M freestyle and 400M IM events may be limited to the fastest 64 entries (8 heats) of each gender checked in.
- An announcement will be made at the Coaches' meeting if it is necessary to limit participants in either or both of these events.

800M and 1500M freestyle events

- The 800M and 1500M freestyle events will require a positive check-in no later than two (2) hours prior to the estimated start time of each event. The exact time of this deadline will be announced Saturday after the other events have been seeded and posted. Swimmers not checked in by the deadline will be scratched from the event without penalty.
- They will be swum fast-to-slow beginning with the first two heats of the 800M freestyle, followed by the first two heats of the 1500M freestyle, followed by the next two heats of the 800M freestyle, etc.
- The 800M and 1500M freestyle events may be limited to the fastest 32 entries (4 heats) of each gender checked in.
- These events may be swum two-per-lane, beginning at opposite ends.
- An announcement will be made at the coaches' meeting if it is necessary to limit participants or swim two-per-lane
- Swimmers must provide their own timer and counter if desired. Lanes with no timers 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 & 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.
- (long course – no space) 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 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 other FINA-member organization.
- All persons acting in any coaching capacity must be coach members of USA Swimming except that athletes participating under the provision of USA Swimming's "open border" policy must be under the supervision of their own coach or a USA Swimming member coach.
- 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.
- Travel subsidies for National level meets are payable only to swimmers registered in this Section.
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ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, December 23, 2009:

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 with bonus events marked as such.
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 Tacoma Swim Club.

Submittal Formats:



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- 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-tek.com/downloads.html> at no charge.

Submittal Notes:

- Late or incomplete 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 or Canadian equivalent identification number, events entered, and entry time for each.
- Bonus events must be clearly indicated as such using TM's "bonus" option and on all hard copies.
- 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.
- Email address: meetentries@tacomaswimclub.org
- Mail entries to: TSC Swim Meets, PO Box 65006, Tacoma, WA 98464-1006
- Contact phone: Chris Schell 253-777-9697

ORDER OF EVENTS
Saturday, January 2, 2010

Event #	Event	Women LCM	Women SCY	Men LCM	Men SCY
1, 2	200 Medley Relay	N/A	N/A	N/A	N/A
3, 4	400 IM	5:37.00	5:01.00	5:21.00	4:45.00
5, 6	200 Free	2:26.00	2:08.00	1:14.00	1:56.00
7, 8	100 Fly	1:14.00	1:06.00	1:07.00	59.00
9, 10	50 Free	31.00	28.00	28.00	25.00
11, 12	100 Back	1:19.00	1:11.00	1:12.00	1:04.00
13, 14	200 Breast	3:08.00	2:50.00	2:52.00	2:34.00
15	W 800 Free	10:14.00	11:20.00	N/A	N/A
16	M 1500 Free	N/A	N/A	18:30.00	18:16.00

Sunday, January 3, 2010

Event #	Event	Women LCM	Women SCY	Men LCM	Men SCY
17, 18	200 Free Relay	N/A	N/A	N/A	N/A
19, 20	400 Free	4:58.00	5:33.00	4:43.00	5:14.00
21, 22	200 IM	2:44.00	2:26.00	2:32.00	2:14.00
23, 24	200 Fly	2:49.00	2:31.00	2:35.00	2:17.00
25, 26	100 Free	1:07.50	59.50	1:01.50	53.50
27, 28	200 Back	2:47.00	2:29.00	2:36.00	2:18.00
29, 30	100 Breast	1:31.00	1:22.00	1:23.00	1:14.00



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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.

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 \$10.00	\$
INDIVIDUAL EVENTS:		X \$ 7.50	\$
RELAY EVENTS:		X \$15.00	
		TOTAL	\$

Make one check payable to **Tacoma Swim Club**.

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc or Canadian equivalent.

 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.