



Pacific Northwest Swimming
 2016 PN King Third Annual Mark Prothero Long Course Open
 Sanction #1607-SP03
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by King Aquatic Club

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

MEET SCHEDULE	DATES: JULY 7 – 10, 2016			
THURSDAY				
		WARM-UP	PRELIMS	FINALS
Coaches' meeting	2:45PM Check in at Clerk of Course			
Positive check-in deadline	3:00PM	3:00PM	>>>>>>>>	4:00PM
Officials' meeting	3:30PM			
FRIDAY-SATURDAY-SUNDAY Timed Finals for 10&U and Prelims/Finals for 11&O				
		WARM-UP	PRELIMS	FINALS
Coaches' meeting	7:15AM Friday As needed Sat/Sun. Check in at Clerk of Course			
First Daily Session: 11-14 Prelims		7:30AM	8:30AM	5:30PM <u>COMBINED 11-14,</u> <u>15/O FINALS</u>
Second Daily Session: 10&U Timed Finals and 15&O Prelims		Immediately following conclusion of previous session	One hour after start of warm-up	
Positive check-in deadline: All 10&U events	Positive check-in for the session no later than 15 minutes after start of warm-ups			
Positive check-in deadlines: All 11& events	Positive check-in by event – Deadlines will begin 15 minutes after the start of warm-ups			
Officials' meetings	45 minutes before the start of each session			

MEET DIRECTORS:

Tara Ross
 • Kingmeetdirector1@gmail.com
 • 206 250 8807

Lisa Battistoni

• Lisa.battistoni@nordstrom.com
 • 206 661 2829

MEET REFEREE:

Ed Lesnick
 • edwardlesnick@msn.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, multiple NCAA Men's Division 1 Championships, 2009 U S Open, and many USA Swimming National and Junior National Championships.
- 50-meter, 9 feet deep, 8-lane competitive pool
- The competition course has been certified in accordance with 104.2.2C(4). Copy of such certification is on file with USA Swimming.
- Diving tank will be available for continual warm-up
- 2500 spectator seats. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections.
- Omega electronic timing system w/full-read scoreboard
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or in the area behind the starting blocks.
- Changing in or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Shaving is not permitted anywhere in the facility.

ONSITE AMENITIES

- **Vendor:** Northwest Swim Shop
- **Special Meet T-Shirts:** Fine Design
- **Meet Heat Sheets:** \$9.00 Prelims/ \$1.00 Finals



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- **Results** on PNS web site
- **Concessions:** operates under contract with King County; neither PNS nor the host team derives any benefit.
- **Hospitality:** Breakfast, lunch and dinner will be available for coaches and officials in the Hospitality Room. Snacks and refreshments will be available for volunteers and timers.
- **Parking:** pool parking – front and rear. Do not leave valuables in vehicles. Carpooling is recommended.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming or a FINA member covered under USA Swimming's "open border" policy included in its Registration Manual.
- 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, 11-14, and 15&O. See Order of Events and Awards for more information.

Qualifying time standards:

- **50M – 100M events:** PNS "Silver" time in the event. "NT" is not acceptable. The PNS 11-12 "Silver" times apply to all 12&U swimmers; PNS 8&U and 10&U times do not apply to this meet.
- **200M – 1500M events:** PNS "Gold" time in the event. "NT" is not acceptable. The PNS 11-12 "Gold" times apply to all 12&U swimmers; PNS 8&U and 10&U times do not apply to this meet.
- Except for times conforming with PNS AD 02-01, all qualifying time standards must have been achieved in USA Swimming or SNC (Canadian) sanctioned, approved, or observed competition. Since entry times may be checked against SWIMS, any entry time conforming with PNS AD 02-01 must be clearly identified as such on all printed reports. Should a SWIMS check be run, unproven entry times will be scratched without notification and entry fees will not be refunded.
- Swimmers with a disability must meet the appropriate PNS Disability Time Standard for their classification.

ENTRY INFORMATION:

- Each swimmer may enter up to ten (10) individual events but no more than three (3) each per day. 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 the order received until any preliminary session reaches the four-hour limit. Once one session has filled, partial-team entries will be accepted in the order received until the remaining sessions have filled. Teams will be notified if not all entries can be accepted.
- All entry times should be LCM (long course meters). Converted times are not allowed. If times other than LCM are submitted, please identify them as either SCY (short course yards) or SCM (short course meters), otherwise it will be assumed that all entry times are LCM.
- On-deck USA Swimming or other athlete registration will not be permitted.

- Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. Proof of time will be required. Deck entry individual swims are not eligible for awards or advancement to finals sessions. 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 appropriate 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: \$15.00
- Individual Event: \$ 5.00 for timed finals events -- Thursday's events and all 10&U events
- Individual Event: \$6.00 for prelims/finals events – all Friday, Saturday, and Sunday 11&O events
- Deck entry surcharge (not previously entered in meet): \$30.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

AWARDS AND SCORING:

- Awards in Individual events: Ribbons 1st – 8th places.
- The 800 and 1500 freestyle will be scored as one age group but separately by gender. All other events will be scored by age group and gender as follows: 10&U events scored as 8&U and 9-10; 11-14 events as 11-12 and 13-14; 15&O events as a single age group.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be LCM, SCM, SCY.
- All 50M events will start at the Scoreboard end of the pool.
- At the discretion of the meet referee, events 100M or longer may be double ended. If so, odd-numbered heats will start at the dive tank end of the pool, and even-numbered heats will start at the scoreboard end of the pool.

10&U events: Each swimmer must check in for each session. All events will be deck-seeded, requiring a positive check-in for the entire session with the Clerk of Course by the posted deadline. Swimmers not checking in for any session by the posted and announced deadline will be scratched from all events in that session. While there is no penalty for a swimmer who checks in but fails to show, coaches are asked not to check in swimmers not present; late arrivals should check in with the Meet Referee for possible seeding. These events will be timed finals swum slow to fast, mixed girls and boys.

11&O preliminary/finals and 400M timed finals: Each swimmer must check in for each event.
Preliminary Heats of Prelims/Finals Events, including 400M Timed Finals Events: All events will be deck-seeded, requiring a positive



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check-in for each event with the Clerk of Course by the announced deadline. Swimmers not checking in will be scratched without penalty. Swimmers who check in but do not swim will be disqualified from the next individual event in which they are entered.

- Events 200M and less will be seeded and swum slowest to fastest; 400M events will be seeded and swum fastest to slowest.
- All events will be seeded and swum mixed girls and boys.
- 400M swimmers (Events 21, 22, 31, and 32) must provide their own timers.

Finals Heats of Prelims/Finals Events: Finals will consist of the two (2) heats of girls and two (2) heats of boys for each age group in event number order: 11-12, 13-14, and 15&O. Swimmers qualifying for the finals of any prelims/finals event that fail to show will be barred from competing in the rest of the meet, unless properly scratched.

- Once event results are announced, finalists and alternates have 30 minutes to scratch or declare their intention to scratch. Swimmers declaring an intention have until 30 minutes after the completion of their last preliminary event (not timed finals) to make a final decision to scratch. There is no penalty for scratches made under these conditions.
- Athletes who are seeded in a final event as a result of other athletes scratching will not themselves be penalized for a failure to properly scratch.
- Reseeding to include scratches made after the scratch deadline may occur at the discretion of the Meet Referee.
- Teams intending to scratch all Sunday finals are asked to notify the Meet Referee by the conclusion of Saturday's finals.

11&O 800M-1500M: A positive check-in by the announced deadline is required at the Clerk of Course order to swim. Swimmers not checking in will be scratched without penalty. Swimmers who check in but who do not swim will be disqualified from the next individual event in which they are entered.

- These events will be seeded and swum fast to slow, mixed girls and boys. At the discretion of the meet referee may be limited to eight (8) heats total comprised of the fastest thirty-two (32) girls and the fastest thirty-two (32) boys by seed times.
- Swimmers must provide their own timer and counter (if desired).

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 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 USA Swimming member coach or of a FINA member coach covered by USA Swimming's "open border" policy 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 coach or by a FINA member coach covered by USA Swimming's "open border" policy 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.

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 of a FINA member covered by USA Swimming's "open border" policy shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming or of a FINA member covered by USA Swimming's "open border" policy.
- 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



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signs. The size of banner must not exceed 5 feet by 8 feet

OFFICIALS:

- We welcome and appreciate the help of certified officials from other clubs, including FINA certified officials as covered by USA Swimming's "open border" policy. The meet will be run under current USA Swimming rules.
- The uniform will be white over navy. Long pants or skirts (no shorts) for finals.

TIMERS:

- To maximize the number of swimmers entered, all teams are asked to provide timers for Friday, Saturday, and Sunday preliminary sessions. Lane assignments will be based on the number of entered swimmers, emailed to visiting teams, and posted on the meet host web site.
- The host team will provide timers for Friday, Saturday, and Sunday evenings' finals sessions.

ENTRY SUBMITTAL INFORMATION: Entries will open at noon, Wednesday, May 18. Entries will only be accepted upon receipt of all of the following prior to the entry deadline, Wednesday, June 29, 2016:

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 the King Aquatic Club Boosters. Meet entry fees should arrive to the meet host three weeks following the confirmation of your team entries or before the meet entry deadline, whichever is sooner. Any team that feels this will cause a financial hardship should contact the Meet Director to make arrangements.

Submittal Formats and Notes:

- **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.
- 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).
- Files updating swimmers' times to facilitate seeding may be submitted up to the entry deadline. No new swimmers will be accepted regardless of scratches by the team.
- Entry times will be assumed to be LCM unless otherwise specified.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- **E-mail** entries to: kingmeetentries@gmail.com
- **Hard copies to:** Lisa Battistoni
1203 - 274th PI SE
Sammamish WA 98075
- Entry questions: kingmeetchief1@gmail.com

MARK PROTHERO ORDER OF EVENTS

THURSDAY

Finals 4:00 PM

Event #	Event	Age Group	Event #	Event	Age Group
1	800 Free	11 & Over	2	1500 Free	11 & Over

FRIDAY

Session 1 Prelims 8:30 AM

Event #	Event	Age Group	Event #	Event	Age Group
3	200 IM	11-14	9	50 Breast	11-14
5	100 Back	11-14	11	100 Free	11-14
7	50 Fly	11-14			

FRIDAY

Session 2 Prelims 1 hour after the conclusion of session 1

Event #	Event	Age Group	Event #	Event	Age Group
4	200 IM	15 & Over	109	50 Fly	10 & Under
105	200 IM	10 & Under	10	50 Breast	15 & Over
6	100 Back	15 & Over	111	50 Breast	10 & Under
107	100 Back	10 & Under	12	100 Free	15 & Over
8	50 Fly	15 & Over	113	100 Free	10 & Under

FRIDAY

Finals 5:30 PM

Event #	Event	Age Group	Event #	Event	Age Group
3	200 IM	11-12, 13-14	8	50 Fly	15 & Over
4	200 IM	15 & Over	9	50 Breast	11-12, 13-14
5	100 Back	11-12, 13-14	10	50 Breast	15 & Over
6	100 Back	15 & Over	11	100 Free	11-12, 13-14
7	50 Fly	11-12, 13-14	12	100 Free	15 & Over

SATURDAY

Session 1 Prelims 8:30 AM

Event #	Event	Age Group	Event #	Event	Age Group
13	200 Breast	11-14	19	200 Fly	11-14
15	50 Free	11-14	21	400 Free	11-14
17	50 Back	11-14			

SATURDAY Session 2 Prelims 1 hour after the conclusion of session 1

Event #	Event	Age Group	Event #	Event	Age Group
14	200 Breast	15 & Over	18	50 Back	15 & Over
115	400 Free	10 & Under	119	50 Back	10 & Under
16	50 Free	15 & Over	20	200 fly	15 & Over
117	50 Free	10 & Under	22	400 Free	15 & Over

SATURDAY Finals 5:30 PM

Event #	Event	Age Group	Event #	Event	Age Group
13	200 Breast	11-12, 13-14	17	50 Back	11-12, 13-14
14	200 Breast	15 & Over	18	50 Back	15 & Over
15	50 Free	11-12, 13-14	19	200 Fly	11-12, 13-14
16	50 Free	15 & Over	20	200 Fly	15 & Over

SUNDAY Session 1 Prelims 8:30 AM

Event #	Event	Age Group	Event #	Event	Age Group
23	200 Free	11-14	29	100 Fly	11-14
25	100 Breast	11-14	31	400 IM	11-14
27	200 Back	11-14			

SUNDAY Session 2 Prelims 1 hour after the conclusion of session 1

Event #	Event	Age Group	Event #	Event	Age Group
24	200 Free	15 & Over	28	200 Back	15 & Over
125	200 Free	10 & Under	30	100 Fly	15 & Over
26	100 Breast	15 & Over	131	100 Fly	10 & Under
127	100 Breast	10 & Under	32	400 IM	15 & Over

SUNDAY Finals 5:30 PM

Event #	Event	Age Group	Event #	Event	Age Group
23	200 Free	11-12, 13-14	27	200 Back	11-12, 13-14
24	200 Free	15 & Over	28	200 Back	15 & Over
25	100 Breast	11-12, 13-14	29	100 Fly	11-12, 13-14
26	100 Breast	15 & Over	30	100 Fly	15 & Over

