



Pacific Northwest Swimming  
 Age Group Invitational – Division 2 -- Sanction #0911-AGD02  
 Kamiak High School Pool  
 Mukilteo, Washington  
 Hosted by West Coast Aquatics

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, November 21, 2009	Saturday, November 21, 2009	Sunday, November 22, 2009	Sunday, November 22, 2009
Coaches' Meeting	7:45 AM	as needed	as needed	as needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1	8:00 AM	Immediately following conclusion of Session 3
Timed Finals	9:00 AM	One hour after start of warm-ups	9:00 AM	One hour after start of warm-ups
Positive Check-in Deadline: 400 IM/500 free		Will be announced during warm-ups	Will be announced during warm-ups	

**MEET DIRECTOR:**

Pam Williamson  
 • pamwilliamson.pmw@verizon.net  
 • 425-487-0875

**MEET REFEREE:**

Peter Keane  
 • pkeane@wwdb.org  
 • 425-745-8926

**LOCATION AND DIRECTIONS**

Kamiak High School Pool  
 10801 Harbour Pointe Blvd.  
 Mukilteo, Washington

**Directions: From the south:** Take I-5 north to exit #182. Follow signs to SR 525 and Mukilteo. Head north on SR 525 (Mukilteo Speedway) for about 5 1/2 miles to the second Harbour Pointe Blvd. Turn left. Go past the fire station and Harbour Pointe Middle School. The high school will be on your left after the curve.

**From the east:** Go north on I-405 until it ends. Follow SR 525 and the above directions.

**From the north:** Take I-5 to Highway 525 (Boeing/Mukilteo Freeway). Follow all the way to the end. At the "T" turn left onto SR 525 (Mukilteo Speedway). Take the first right onto Harbour Pointe Blvd. Go past the fire station and Harbour Pointe Middle School. The high school will be on your left after the curve.

**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
- 400 spectator seats
- Daktronic electronic timing system
- Scoreboard: six-lane readout

**ONSITE AMENITIES**

- **Vendor:** ISWIM
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions:** Fantastic concessions available
- **Hospitality** for coaches and officials only
- **Parking** adjacent to pool

**TEAMS:**

- West Coast Aquatics
- Bainbridge Island Swim Club
- Bellevue Eastside YMCA Swim Team
- Bellingham Bay Swim Team
- Cascade Swim Club
- Central Area Aquatic Team
- Excel Swim Club
- Mighty Marlins Swim Club
- North Whidbey Aquatic Club
- Ohana Swim Team
- Port Townsend Swim Team
- Pro Swimming
- Rainier Foothills Swim Team
- South Snohomish County Dolphins
- StingRay Swimming
- Storm Aquatics
- Thunderbird Aquatic Club
- Tigersharks Swimming
- Washington Athletic Club

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Age groups for competition will be 10&under, 11-12, 13-14, and 15&over. See Order of Events.



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- 8&under swimmers: Each 8&under swimmer entered in one or more individual events must have achieved at least one PNS 9-10 or 10&U "Gold" time standard, any course, but is not required to enter that event. A PNS 8&U "Gold" time may not be used to qualify for this meet.
- 9&over swimmers: Each 9&over swimmer entered in one or more individual events must have achieved at least one PNS "Gold" time standard for the swimmer's age as of this meet, any course, but is not required to enter that event.
- All qualifying times must have been achieved between September 1, 2008, and the meet entry deadline.

#### ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of three (3) individual events plus 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 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 through PNS 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: \$3.00
- Relay: \$8.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

#### AWARDS AND SCORING:

- **Individual events:** Ribbons 1st thru 6th. Scoring: 7-5-4-3-2-1
- **Relay events:** Ribbons 1st thru 3rd places. Scoring: 14-10-8-6-4-2

#### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be YSL.
- **Relay events:** Relay events will be pre-seeded. Teams are encouraged to pre-enter relays. All relays, whether pre-entered or deck-entered, are eligible for awards.
- **Distance events:** The 500 freestyle and 400 IM events for 13&over swimmers 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. Swimmers must provide their own timers and counters (if desired) for these events; lanes with no timers go unprotected.

#### 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.

#### 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 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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**ENTRY SUBMITTAL INFORMATION:**

Entries will only be accepted upon receipt of all of the following prior to the entry deadline, November 11, 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.
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 West Coast Aquatics.

**Submittal Formats:**

- **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 ltd.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 identification number, events entered, and entry time for each.
- Identify each entry time as SCY, SCM, or LCM. Unidentified times will be assumed to be SCY times.
- Relay-only swimmers must be listed on the Meet Entry Report or equivalent, and appropriate surcharges must be included with the entry.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to:  
*Deborah Keane  
14910 66<sup>th</sup> Ave. W.  
Edmonds, WA 98026*
- Email entries to: *golfandswim@comcast.net*
- Meet Entry Contact/Questions: *425-745-8926*

## 2009 NOVEMBER AGE GROUP INVITE ORDER OF EVENTS

Saturday A.M.			Saturday P.M.			Sunday A.M.			Sunday P.M.		
#	Age	Event	#	Age	Event	#	Age	Event	#	Age	Event
1	Girls 10 & U	200 Free	33	Girls 13 - 14	200 Free	47	Girls 13 - 14	200 IM	61	Girls 10 & U	200 IM
2	Boys 10 & U	200 Free	*	Girls 15 & O	200 Free	*	Girls 15 & O	200 IM	62	Boys 10 & U	200 IM
3	Girls 11 - 12	200 Free	34	Boys 13 - 14	200 Free	48	Boys 13 - 14	200 IM	63	Girls 11 - 12	200 IM
4	Boys 11 - 12	200 Free	*	Boys 15 & O	200 Free	*	Boys 15 & O	200 IM	64	Boys 11 - 12	200 IM
5	Girls 10 & U	200 Md Relay	35	Girls 13 & O	200 Md Relay	49	Girls 13 & O	200 Fr Relay	65	Girls 10 & U	200 Fr Relay
6	Boys 10 & U	200 Md Relay	36	Boys 13 & O	200 Md Relay	50	Boys 13 & O	200 Fr Relay	66	Boys 10 & U	200 Fr Relay
7	Girls 12 & U	200 Md Relay	37	Girls 13 - 14	100 Fly	51	Girls 13 - 14	100 Back	67	Girls 12 & U	200 Fr Relay
8	Boys 12 & U	200 Md Relay	*	Girls 15 & O	100 Fly	*	Girls 15 & O	100 Back	68	Boys 12 & U	200 Fr Relay
9	Girls 10 & U	100 Fly	38	Boys 13 - 14	100 Fly	52	Boys 13 - 14	100 Back	69	Girls 10 & U	100 Back
10	Boys 10 & U	100 Fly	*	Boys 15 & O	100 Fly	*	Boys 15 & O	100 Back	70	Boys 10 & U	100 Back
11	Girls 11 - 12	100 Fly	39	Girls 13 - 14	50 Free	53	Girls 13 - 14	200 Fly	71	Girls 11 - 12	100 Back
12	Boys 11 - 12	100 Fly	*	Girls 15 & O	50 Free	*	Girls 15 & O	200 Fly	72	Boys 11 - 12	100 Back
13	Girls 10 & U	50 Free	40	Boys 13 - 14	50 Free	54	Boys 13 - 14	200 Fly	73	Girls 10 & U	50 Fly
14	Boys 10 & U	50 Free	*	Boys 15 & O	50 Free	*	Boys 15 & O	200 Fly	74	Boys 10 & U	50 Fly
15	Girls 11 - 12	50 Free	41	Girls 13 - 14	200 Back	55	Girls 13 - 14	100 Free	75	Girls 11 - 12	50 Fly
16	Boys 11 - 12	50 Free	*	Girls 15 & O	200 Back	*	Girls 15 & O	100 Free	76	Boys 11 - 12	50 Fly
17	Girls 10 & U	50 Back	42	Boys 13 - 14	200 Back	56	Boys 13 - 14	100 Free	77	Girls 11 - 12	200 Fly
18	Boys 10 & U	50 Back	*	Boys 15 & O	200 Back	*	Boys 15 & O	100 Free	78	Boys 11 - 12	200 Fly
19	Girls 11 - 12	50 Back	43	Girls 13 - 14	100 Breast	57	Girls 13 - 14	200 Breast	79	Girls 10 & U	100 Free
20	Boys 11 - 12	50 Back	*	Girls 15 & O	100 Breast	*	Girls 15 & O	200 Breast	80	Boys 10 & U	100 Free
21	Girls 11 - 12	200 Back	44	Boys 13 - 14	100 Breast	58	Boys 13 - 14	200 Breast	81	Girls 11 - 12	100 Free
22	Boys 11 - 12	200 Back	*	Boys 15 & O	100 Breast	*	Boys 15 & O	200 Breast	82	Boys 11 - 12	100 Free
23	Girls 10 & U	100 Breast	45	Mixed 13&O	400 IM	59	Mixed 13&O	500 Free	83	Girls 10 & U	50 Breast
24	Boys 10 & U	100 Breast							84	Boys 10 & U	50 Breast
25	Girls 11 - 12	100 Breast							85	Girls 11 - 12	50 Breast
26	Boys 11 - 12	100 Breast							86	Boys 11 - 12	50 Breast
27	Girls 10 & U	100 IM							87	Girls 11 - 12	200 Breast
28	Boys 10 & U	100 IM							88	Boys 11 - 12	200 Breast
29	Girls 11 - 12	100 IM							89	Girls 10 & U	500 Free
30	Boys 11 - 12	100 IM							90	Boys 10 & U	500 Free
31	Mixed 11 - 12	400 IM							91	Mixed 11 - 12	500 Free

\*Asterisked events will be seeded with the preceding event, awarded separately.

Mixed Events will be swum combined by gender and age-groups, seeded fast to slow. Awards will be broken out by gender and age-group.



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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 \$5.00</b>	<b>\$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$3.00</b>	<b>\$</b>
<b>RELAYS:</b>		<b>X \$8.00</b>	<b>\$</b>
		<b>TOTAL:</b>	<b>\$</b>

Make one check payable to **West Coast 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.