



Pacific Northwest Swimming  
 January Challenge – Division 6 -- Sanction #1001-CSD06  
 South Kitsap High School Community Pool  
 Port Orchard, Washington  
 Hosted by the Puget Sound Swim Club

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

| SCHEDULES                                      | SESSION 1   | SESSION 2  | SESSION 3                                 | SESSION 4  |
|--|---|--|---|--|
| Dates  | Saturday,<br>January 16, 2010                     | Saturday,<br>January 16, 2010                    | Sunday,<br>January 17, 2010               | Sunday,<br>January 17, 2010                      |
| Coaches' Meeting                               | 7:45 AM<br>Coaches' packet at Clerk of<br>Course. | as needed  | as needed                                 | as needed  |
| Officials' Meetings                            | 45 minutes before start of<br>competition         | 45 minutes before start<br>of competition        | 45 minutes before start<br>of competition | 45 minutes before start<br>of competition        |
| Warm-ups                                       | 8:00 AM   | Immediately following<br>conclusion of Session 1 | 8:00 AM                                   | Immediately following<br>conclusion of Session 3 |
| Timed Finals                                   | 9:00 AM   | One hour after start of<br>warm-ups              | 9:00 AM                                   | One hour after start of<br>warm-ups              |
| Positive Check-in Deadline:<br>400 IM/500 free |   | Will be announced<br>during warm-ups             | Will be announced<br>during warm-ups      |  |

**MEET DIRECTOR:**

Ed Macabitas

- edntammy@msn.com
- (360) 895-8565

**MEET REFEREE:**

Cliff Rousell

- psscdragons@hotmail.com
- (360) 769-8270

**LOCATION AND DIRECTIONS**

South Kitsap Community Pool  
 425 Mitchell Avenue  
 Port Orchard, Washington

**Directions from I-5:** Take Hwy 16 west for about 24 miles to the Sedgwick Rd exit. Turn right at the stop light onto Sedgwick Rd. Go about 3/4 mile to the next light at Bethel Rd, Take a left onto Bethel Rd., heading north until you reach a traffic circle. Take the first right off the circle and go under the overpass. At the first light after the overpass turn left onto school property; a ball field will be on your right after the turn. The pool is just past the ball field on the right at the base of the hill.

**FACILITY**

- 25 yard, 6-lane competitive pool
- Starting and turning ends 7.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool: adjacent 6-lane, 25 meter
- 350 spectator seats
- Daktronics 2000 electronic timing system
- Scoreboard: six-lane readout

**ONSITE AMENITIES**

- Vendor: Fircrest Swim Shop
- Heat Sheets: \$5.00

- **Results** on PNS web site

- **Concessions** available throughout the meet in the alcove at the diving board end of the pool

- **Hospitality** available for coaches and officials only

- **Parking** available at the pool and in the upper high school parking lot. Park in marked stalls only. Vehicles parked in a non-marked area or in a fire zone may be ticketed and/or towed at the owner's expense by the Port Orchard Police Department.

- **Motels:** Comfort Inn (downtown Port Orchard, 5 min from pool); Days Inn (Hwy 16 & Sedgwick Rd, 15 min from pool)

**TEAMS:**

- Puget Sound Swim Club
- Bangor Trident Swim Team
- Evergreen Swim Club
- Fort Lewis Dolphins
- Olympic Aquatic Club
- Olympic Cascade Aquatics
- Pacific Dragons Swim Team
- Port Angeles Swim Club
- Port Townsend Swim Team
- Poulsbo Piranha Swim
- Thurston Olympians Swim Club

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through one of the teams listed above.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Age groups for competition will be 8&under, 9-10, 10&under, 11-12, 13-14, and 15&over. See Order of Events.

**ENTRY INFORMATION:**

- Each swimmer may enter up to a maximum of four (4) individual events per day but no more than six (6) individual events over the



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**course of the meet.** 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. On-deck transfer to one of the listed teams 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 1<sup>st</sup> thru 8<sup>th</sup> in each division, based on seed times. Scoring also based on seed times: 9-7-6-5-4-3-2-1
- **Time Standard Achievement** ribbons for first time Silver, Gold, 14&U PNS Champs cuts.
- **Relay events:** Ribbons 1<sup>st</sup> thru 8<sup>th</sup> places. All relays eligible for scoring. Scoring: 18-14-12-10-8-6-4-2

#### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- **Relay events:** All relays, whether pre-entered or deck-entered, are eligible for scoring and awards. Each swimmer may compete on no more than one (1) relay per day.
- **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 25 minutes of each warm-up period:
  - Lanes 2, 4, 6 & 8-sprint lanes, dive starts, return in lanes 1, 3, 5 & 7
  - Lanes 1, 3, 5 & 7 -general warm-up, no diving
  - Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closed promptly ten (10) 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, 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.

#### ENTRY SUBMITTAL INFORMATION:

**Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, January 6, 2010:**

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 the Puget Sound Swim Club.

#### Submittal Formats:

- **Electronic files:** email attachments—preferred—or disk. If emailing the COMMLINK file, include items #2 and #3 above in Word for



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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.
- 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:** Ed Macabitas  
1436 Flower Avenue  
Port Orchard, WA 98366
- **Email address:** [edntammy@msn.com](mailto:edntammy@msn.com)
- **Entry contact:** Meet Director

| 2010 JANUARY CHALLENGE                         |                  |            |   |                  |            |
|--|------------------|------------|---|------------------|------------|
| SESSION 1 - SAT A.M.<br>10 UNDER, BOYS 11-12   |                  |            | SESSION 3 - SUN A.M.<br>BOYS 11-12, 13 - OVER |                  |            |
| Event #  | Event            | Age Group  | Event #                                       | Event            | Age Group  |
| 1,2  | 200 IM           | 10U        | ** ,76  | 200 Free         | B11-12     |
| * ,4   | 200 IM           | B11-12     | 77,78   | 200 Free         | 13 - Over  |
| 5,6  | 25 Back          | 8U         | ** ,80  | 50 Back          | B11-12     |
| 7, 8   | 100 Back         | 10U        | 81,82   | 50 Back          | 13 - Over  |
| * ,10  | 100 Back         | B11-12     | ** ,84  | 200 Fly          | B11-12     |
| 11,12  | 25 Breast        | 8U         | 85,86   | 200 Fly          | 13 - Over  |
| 13,14  | 100 Breast       | 10U        | ** ,88  | 50 Breast        | B11-12     |
| ** ,16   | 100 Breast       | B11-12     | 89,90   | 50 Breast        | 13 - Over  |
| 17,18  | 25 Fly           | 8U         | ** ,92  | 200 Backstroke   | B11-12     |
| 19, 20   | 100 Fly          | 10U        | 93,94   | 200 Backstroke   | 13 - Over  |
| ** ,22   | 100 Fly          | B11-12     | ** ,96  | 50 Fly           | B11-12     |
| 23,24  | 25 Free          | 8U         | 97,98   | 50 Fly           | 13 - Over  |
| 25,26  | 100 Free         | 10U        | ** ,100                                       | 200 Breast       | B11-12     |
| ** ,28   | 100 Free         | B11-12     | 101,102                                       | 200 Breast       | 13 - Over  |
| 29,30  | 100 IM           | 8U         | *** ,104                                      | 50 Free          | B11-12     |
| 31,32  | 100 IM           | 9-10       | 105,106                                       | 50 Free          | B13 - Over |
| ** ,34   | 100 IM           | B11-12     | *** ,108                                      | 200 Medley Relay | B11-12     |
| 35**   | 200 Free Relay   | 10U        | 109,***                                       | 200 Medley Relay | G13 - Over |
| ** ,38   | 200 Free Relay   | B12U       | *** ,110                                      | 200 Medley Relay | B11-Over   |
| 39,**  | 500 Free - Mixed | 10U        | *** ,112                                      | 400 IM           | B11-12     |
| ** ,42   | 500 Free         | B11-12     | 113,***                                       | 400 IM - Mixed   | 13 - Over  |
|  |                  |            |   |                  |            |
| SESSION 2 - SAT P.M.<br>GIRLS 11-12, 13 & OVER |                  |            | SESSION 4 - SUN P.M.<br>10 UNDER, GIRLS 11-12 |                  |            |
| 43,**  | 200 IM           | G11-12     | 115,116                                       | 200 Free         | 10U        |
| 45,46  | 200 IM           | 13 - Over  | 117,***                                       | 200 Free         | G11-12     |
| 47, **   | 100 Back         | G11-12     | 119,120                                       | 50 Back          | 10U        |
| 49,50  | 100 Back         | 13 - Over  | 121,***                                       | 50 Back          | G11-12     |
| 51,**  | 100 Breast       | G11-12     | 123,***                                       | 200 Fly          | G11-12     |
| 53,54  | 100 Breast       | 13 - Over  | 125,126                                       | 50 Breast        | 10U        |
| 55,**  | 100 Fly          | G11-12     | 127,***                                       | 50 Breast        | G11-12     |
| 57,58  | 100 Fly          | 13 - Over  | 129,***                                       | 200 Back         | G11-12     |
| 59,**  | 100 Free         | G11-12     | 131,132                                       | 50 Fly           | 10U        |
| 61,62  | 100 Free         | 13 - Over  | 133,***                                       | 50 Fly           | G11-12     |
| 63,**  | 100 IM           | G11-12     | 135,***                                       | 200 Breast       | G11-12     |
| 65,66  | 100 IM           | 13 - Over  | 137,138                                       | 50 Free          | 10U        |
| 67,**  | 200 Free Relay   | G11-12     | 139,***                                       | 50 Free          | G11-12     |
| 69,**  | 200 Free Relay   | G11 - Over | 141,142                                       | 200 Medley Relay | 10U        |
| ** ,70   | 200 Free Relay   | B13-Over   | 143,***                                       | 200 Medley Relay | G12U       |
| 71,**  | 500 Free         | G11-12     | 145***  | 400 IM           | G11-12     |
| 73,**  | 500 Free - Mixed | 13 - Over  |   |                  |            |

Entry limit: 6 individual events for the weekend but no more than 4 individual events per day.



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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 **Puget Sound Swim Club**.

**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.