



Pacific Northwest Swimming  
 2016 PNS Senior Long Course Championship – Sanction #1607-PNSR  
 Time Trials Sanction #1607-SRTT  
 Weyerhaeuser King County Aquatic Center  
 Federal Way, Washington  
 Hosted by West Coast Aquatics

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

SCHEDULES	THURSDAY, JULY 21 – SATURDAY, JULY 23, 2016
Coaches' Meetings	7:15 AM Thursday, July 21 – others will be announced as necessary Check-in and coaches' packet at Clerk of Course
Officials' Meetings/Prelims	One hour before start of competition
Warm-ups/Prelims	7:30 AM
Competition/Prelims	9:00 AM
Scratch and Positive Check-in Deadlines	Thursday's events: 8:00 AM Thursday Friday's events: 6:00 PM Thursday Saturday's events: 6:00 PM Friday
Officials' Meetings/Finals	One hour before start of competition
Warm-ups/Finals	No earlier than 3:30 PM – will be announced by 12:30 PM each day
Competition/Finals	No earlier than 4:30 PM – will be announced by 12:30 PM each day

**MEET DIRECTOR:**

Margaret Brunke  
 • brunkefamily@hotmail.com  
 • 425-806-7374

**MEET REFEREE:**

Aline Bensen  
 • abensen-meetref@comcast.net

**ADMINISTRATIVE REFEREE:**

Ted Wang  
 • twang4426@gmail.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 .
- Indoor 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 and warm-down, no diving or horseplay at any time during this meet.

- 2500 spectator seats. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections.
- Omega electronic timing system and 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 starting block area.
- 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
- **Heat Sheets:** Prelims \$2.00/day; Finals \$1.00/session
- **Results** on PNS web site
- **Concessions:** Operates under contract with King County; neither PNS nor the host team derive any benefit.
- **Hospitality:** Refreshments will be available for coaches and officials in the Hospitality Room. Swimmers, timers, and spectators are not allowed.
- **Parking:** Available at the Aquatic Center. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. Carpooling strongly recommended.
- **RV Parking:** Contact the Meet Director to obtain a permit prior to meet. A limited number of permits are available. RV's parking in lot without a permit will be asked to move or towed if necessary. RV parking is available in the north parking lot only. Dry camping--no sewer, water, or electricity. RV's and trailers with "pop-outs" may not park in outside perimeter spaces on the west, north, or east (uphill) sides of the parking lot. Units with "pop-outs" may only park next to planter islands in the center pull-through spaces so that "pop-outs" overhang the islands.



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**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming. Additional information below.
- Open competition.

**ENTRY INFORMATION:**

- Each swimmer may enter up to six (6) individual events but no more than three (3) per day. In addition, each swimmer may participate on no more than one relay team per relay event. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- All entries will be assumed to be LCM, unless otherwise indicated.
- NT (“no time”) entries will not be allowed.
- **Qualifying times:** With the exception of individual bonus events, clearly defined as such, each individual and relay entry must meet the event’s qualifying time. All qualifying swims must have been achieved in USA Swimming sanction, approved, or observed competition between April 1, 2015, and the meet entry deadline. PNS AD 02-01 applies to this meet.
- Neither on-deck USA Swimming registration nor on-deck transfer to PNS will be permitted.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

**PROOF OF TIME:**

- With the exception of bonus swims and alternate acceptable times complying with PNS AD 02-01, all individual entry times submitted must be in USA Swimming’s SWIMS database and will be reconciled with SWIMS.
- Entry times not clearly marked as bonus swims which are neither in SWIMS nor complying with PNS AD 02-01 will be scratched without notification and entry fees will not be refunded.
- Converted times may not be used.

**BONUS SWIMS:**

- A swimmer entered in one or more individual events may also enter one (1) bonus event, subject to the event limits stated above.
- A bonus event must be entered with the swimmer’s best-achieved time. NT is not acceptable. Bonus swims must be clearly identified in submitting entries; teams using Team Manager must designate bonus swims on the Meet Entries Screen.
- Please be advised that bonus swims may not import into Meet Manager from non-Hy-Tek products. If entries are submitted using non-Hy-Tek products, hard copies of entries must accompany submission of entries with bonus events clearly marked, or events will be scratched without notification and entry fees will not be refunded.

**ENTRY FEES:**

- Surcharge: \$15.00
- Individual Event: \$ 8.50
- Relay Event: \$16.00
- No refunds or credits will be given for events entered but not swum; no event swapping.

- All fees must accompany entries.

**AWARDS AND SCORING:**

- **Individual events:** Medals 1st - 8th places, ribbons 9th - 16th places.
- **Individual high point:** Women’s and Men’s awards, based on individual events only. High point award will be based on standard points as listed in scoring below.
- **Relay events:** Medals 1st - 3rd places, ribbons 4th - 16th places.
- **Senior Traveling PNS trophy:** Top scoring team.  
**Team trophies:** 1st-10th place teams.
- **Scoring:** Individual events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.  
Relay events 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.
  - While there is no limit to the number of relay teams a club may enter in a relay event, no more than two relay teams per club will be awarded or may score in each event.

**MEET RULES:**

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be LCM/SCM/SCY
- This is a prelim/final meet for all events except:
  - All individual 800 and 1500 Freestyle events.
  - All relay events.
- There will be three heats of finals (C/B/A) for all prelims/finals individual events, and they will swim in that order.
- The national championship eligibility and technical rules protest policies apply.
- All published timelines are estimates only. Events may start earlier or later.

**50M Events:** All individual 50M events will start at the scoreboard end of the pool.

**Double ended:** At the discretion of the Meet Referee, events 100M and longer may be swum double-ended. If double ended, the odd heats will start at the dive tank end and the even heats will start at the scoreboard end of the pool.

**SCRATCH RULES:** The USA Swimming National Championship scratch procedure and no-show rule will be used at this meet, unless otherwise specified below. These rules are described in the 2016 USA Swimming Rules (207.11.6).

**Preliminary Heats of Prelims/Finals Individual Events:** Swimmers may scratch from an event in which they are entered by completing a scratch form and depositing it in the Scratch Box located at the Clerk of Course’s desk by the stated deadline for that day’s individual events.

- The scratch and check-in deadline for Thursday’s events will be 8:00 AM on Thursday. The scratch deadline for Friday’s events will be 6:00 PM Thursday, and the scratch and check-in deadline for Saturday’s events will be 6:00 PM Friday.
- In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event in which such swimmer entered and has not been scratched will



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be barred from all further individual and relay events of the day. The application of this penalty shall pertain to the order in which the events/heats are swum, not the numerical order of the events. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares – in person with the Administrative Referee -- an intent to swim prior to the close of the scratch box for that succeeding day's events.

**Finals Heats of all Prelims/Finals Individual Events:** Any swimmer qualifying for a C, B or A (bonus final, consolation final or final) race of an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet unless properly scratched.

- **Intention to Scratch:** Once the swimmers qualifying as finalists, consolation finalists or bonus finalists are announced, those swimmers have thirty (30) minutes to declare their intention to scratch with the Administrative Referee, and until thirty (30) minutes after the completion of their last preliminary (not timed finals) event to finalize their intention to scratch. There is no penalty for scratches during this time.
- Intentions to scratch and final/definite scratches must be made directly with the Administrative Referee.
- Athletes not announced as a finalist, consolation finalist, or bonus finalist thirty (30) minutes after the announcement of an event's results, will not be penalized for a failure to scratch. However, reseeding may result from scratches during that period.
- Reseeding due to scratches made after the initial 30-minute deadline will be at the discretion of the Meet Referee.

**Timed Finals Distance Events: 800/1500 Freestyle:**

- A positive check-in by the stated deadline is required in order to swim. No penalty for a swimmer who neither checks in nor scratches, but a swimmer who checks in but fails to show will be barred from all further individual and relay events of the day. The application of this penalty shall pertain to the order in which the events/heats are swum, not the numerical order of events. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares -- in person with the Administrative Referee -- an intent to swim prior to the close of the scratch box for that succeeding day's events.
- Swimmers must provide their own timer and counter, if desired, for these events. Lanes with no timer go unprotected.
- **800 Freestyle:** All heats will be seeded and swum fastest to slowest. See Order of Events for more information.
- **1500 Freestyle:** The fastest heat of each event by seed time of checked-in swimmers will swim during Finals in event number order. All others will be seeded and swum fastest to slowest during Prelims. See Order of Events for more information.

**All relay events:**

- All relay events will be pre-seeded timed finals events.
- The fastest sixteen (16) 200M and 400M relays and the fastest eight (8) 800M relays by seed time will swim in finals; all others will swim in prelims – except that no club may have more than two (2) relay teams

in finals. If only sixteen (16) or fewer relay teams enter any 200M or 400M relay event or if only eight (8) or fewer relay teams enter any 800M relay event, all teams will swim in prelims.

- Coaches are asked to turn the completed (white) original copy of the relay slip into the Clerk of Course no later than one hour before the projected start time of the relay event.
- Swimmers must take the (pink) lane copy of the relay slip with them to give to the timer in their lane to verify the order of swimmers participating prior to the start of the heat.
- Additional information about the breaks before and after relays events will be provided at Thursday's Coaches' Meeting.

**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
  - 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.

**TIMERS**

- Preliminary events, except for 400/800/1500 freestyle events: Participating clubs will be asked to provide timers. Lane assignments will be posted on the PNS web page and in heat sheets.
- 400/800/1500 freestyle events: Swimmers competing in these events must provide their own timers.
- Finals sessions: Timers will be provided by the host club.

**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 a USA Swimming member coach 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 member coach 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.



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#### 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 athletes, coaches, officials, authorized volunteers and facility personnel are allowed on deck. All others must remain in the designated spectator area or in public lobbies and are not allowed in the natatorium unless timing for an event in which swimmers must provide their own timer.
- 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.
- **Lost and Found:** Items will be left in place during the meet. After the meet, contact WKCAC.
- **Team Banners:** Banners must be fabric. No helium balloons or paper signs.

#### OFFICIALS:

- We appreciate the help of USA Swimming certified officials from all teams. The dress will be white over navy.
- This meet has been designated as a training meet for N2 Officials Certification. To be considered for an assigned position, please return your application to Meet Referee Aline Bensen by July 11. Preference will be given to those who agree to work all sessions. Instructions for certification will be provided during the Officials' Meetings.
- All officials are welcome even if you don't apply in advance!

#### TIME TRIALS

- A maximum of one hour of Time Trials will be held between prelims and finals each day, time permitting.
- Time Trial sign-up will be at the Clerk of Course. Entry fees will be \$8.50 per individual event and \$16.00 per relay event.
- Each eligible swimmer may enter up to one (1) Time Trial per day.
- A swimmer must be pre-entered in the meet – listed on the Master Entry Summary and surcharge paid by July 13, 2016 – in order to enter a Time Trial event.
- Swimmers must provide their own timers; lanes with no timers go unprotected.
- Additional information will be provided at the Coaches' Meeting.

#### ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, **Wednesday, July 13, 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 West Coast Aquatics.

#### Submittal Formats:

- **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 allowed after the entry deadline.
- All bonus entries must be clearly identified as such.
- All 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.
- **Mail entries to:** Pam Williamson, 2824 – 204th Street SE, Bothell WA 98012
- **Email address & entry questions:** pam@westswimteam.com

## 2016 Pacific Northwest Swimming Senior LC Championships

### Order of Events

DAY 1 (THURSDAY)			
Event #	Preliminaries	Event #	Finals
1, 2	200M Free Relay – See note #1	13, 14	800M Freestyle – See note #2
	15 minute break **		15 minute break
3, 4	400M IM	1, 2	200M Free Relay – See note #1
5, 6	100M Breaststroke		15 minute break
7, 8	200M Freestyle	3, 4	400M IM
9, 10	100M Backstroke	5, 6	100M Breaststroke
	15 minute break **	7, 8	200M Freestyle
11, 12	400M Medley Relay – See note #1	9, 10	100M Backstroke
	15 minute break **		15 minute break
13, 14	800M Freestyle – See note #2	11, 12	400M Medley Relay – See note #1

DAY 2 (FRIDAY)			
Event #	Preliminaries	Event #	Finals
15, 16	200M Medley Relay – See note #1	15, 16	200M Medley Relay – See note #1
	15 minute break **		15 minute break
17, 18	200M IM	17, 18	200M IM
19, 20	50M Freestyle	19, 20	50M Freestyle
21, 22	400M Freestyle	21, 22	400M Freestyle
23, 24	100M Butterfly	23, 24	100M Butterfly
25, 26	200M Breaststroke	25, 26	200M Breaststroke
	15 minute break **		15 minute break
27, 28	800M Free Relay – See note #1	27, 28	800M Free Relay – See note #1

DAY 3 (SATURDAY)			
Event #	Preliminaries	Event #	Finals
29, 30	400M Free Relay – See Note #1	37, 38	1500M Freestyle – See note #2
	15 minute Break **		15 minute Break
31, 32	200M Backstroke	31, 32	200M Backstroke
33, 34	100M Freestyle	33, 34	100M Freestyle
35, 36	200M Butterfly	35, 36	200M Butterfly
	15 minute Break **		15 minute Break
37, 38	1500M Freestyle – See note #2	29, 30	400M Free Relay – See Note #1

**Note #1:** Relays are timed Finals. The fastest two heats of relays (200/400 Medley and 200/400 Freestyle) for each gender will swim in Finals. The fastest one heat of 800 Free relay will swim in Finals. Each team may only swim two relays in Finals. The remaining relays will swim in Prelims.

**Note #2:** The 800 and 1500 Freestyle is a timed finals event. The fastest heat for each gender will swim in Finals. The remaining heats will swim in Prelims.

\*\* There will be a 15 minute break between gender events.

**PACIFIC NORTHWEST LONG COURSE SENIOR CHAMPIONSHIPS**

**JULY 21-23, 2016**

**QUALIFYING PERIOD: April 1, 2015 – July 13, 2016**

<b>WOMEN</b>			<b>EVENT</b>	<b>MEN</b>		
<b>SCY</b>	<b>SCM</b>	<b>LCM</b>		<b>LCM</b>	<b>SCM</b>	<b>SCY</b>
<b>25.69</b>	<b>29.09</b>	<b>29.89</b>	<b>50 Free</b>	<b>26.99</b>	<b>26.19</b>	<b>23.19</b>
<b>55.89</b>	<b>1:03.29</b>	<b>1:04.89</b>	<b>100 Free</b>	<b>58.19</b>	<b>56.59</b>	<b>50.19</b>
<b>2:01.69</b>	<b>2:18.49</b>	<b>2:21.69</b>	<b>200 Free</b>	<b>2:11.09</b>	<b>2:07.89</b>	<b>1:50.69</b>
<b>5:32.59</b>	<b>4:56.89</b>	<b>5:03.29</b>	<b>400 Free</b>	<b>4:47.19</b>	<b>4:40.79</b>	<b>5:11.79</b>
<b>11:33.49</b>	<b>10:05.89</b>	<b>10:18.69</b>	<b>800 Free</b>	<b>9:55.79</b>	<b>9:42.99</b>	<b>10:54.49</b>
<b>19:00.49</b>	<b>19:25.49</b>	<b>19:49.49</b>	<b>1500 Free</b>	<b>18:24.59</b>	<b>18:00.59</b>	<b>17:58.29</b>
<b>1:03.59</b>	<b>1:14.19</b>	<b>1:15.39</b>	<b>100 Back</b>	<b>1:10.59</b>	<b>1:09.39</b>	<b>58.69</b>
<b>2:16.19</b>	<b>2:40.69</b>	<b>2:43.09</b>	<b>200 Back</b>	<b>2:31.49</b>	<b>2:29.09</b>	<b>2:09.29</b>
<b>1:12.39</b>	<b>1:25.39</b>	<b>1:27.39</b>	<b>100 Breast</b>	<b>1:18.19</b>	<b>1:16.19</b>	<b>1:03.99</b>
<b>2:39.39</b>	<b>3:02.79</b>	<b>3:06.79</b>	<b>200 Breast</b>	<b>2:49.59</b>	<b>2:45.59</b>	<b>2:23.99</b>
<b>1:01.79</b>	<b>1:11.09</b>	<b>1:12.49</b>	<b>100 Fly</b>	<b>1:05.89</b>	<b>1:04.49</b>	<b>55.29</b>
<b>2:21.69</b>	<b>2:44.29</b>	<b>2:47.09</b>	<b>200 Fly</b>	<b>2:34.19</b>	<b>2:31.39</b>	<b>2:10.89</b>
<b>2:17.59</b>	<b>2:38.19</b>	<b>2:41.39</b>	<b>200 IM</b>	<b>2:27.59</b>	<b>2:24.39</b>	<b>2:04.79</b>
<b>4:54.89</b>	<b>5:41.39</b>	<b>5:47.79</b>	<b>400 IM</b>	<b>5:25.39</b>	<b>5:18.99</b>	<b>4:39.69</b>
<b>1:46.59</b>	<b>1:57.39</b>	<b>2:01.09</b>	<b>200 FRR</b>	<b>1:50.39</b>	<b>1:47.19</b>	<b>1:37.29</b>
<b>3:54.29</b>	<b>4:19.49</b>	<b>4:25.89</b>	<b>400 FRR</b>	<b>4:08.79</b>	<b>4:02.39</b>	<b>3:45.09</b>
<b>8:32.29</b>	<b>9:23.59</b>	<b>9:34.39</b>	<b>800 FRR</b>	<b>8:57.99</b>	<b>8:45.19</b>	<b>8:07.19</b>
<b>1:57.49</b>	<b>2:11.79</b>	<b>2:14.99</b>	<b>200 MR</b>	<b>2:02.39</b>	<b>1:59.19</b>	<b>1:48.29</b>
<b>4:15.59</b>	<b>4:47.59</b>	<b>4:53.99</b>	<b>400 MR</b>	<b>4:41.49</b>	<b>4:35.09</b>	<b>4:08.39</b>



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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 \$15.00</b>	<b>\$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$ 8.50</b>	<b>\$</b>
<b>RELAY EVENTS:</b>		<b>X \$16.00</b>	<b>\$</b>
<b>LESS OUTREACH VOUCHERS:</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.

**2016 PNS SENIOR LONG COURSE CHAMPS**  
**Weyerhaeuser King County Aquatic Center**  
**July 21 – 23, 2016**

**APPLICATION TO OFFICIATE**

You are hereby invited to officiate at the 2016 Pacific Northwest Swimming Senior Long Course Champs to be held at the Weyerhaeuser King County Aquatic Center in Federal Way, Washington. The meet will be conducted over a three-day period. Prelims will start at 9:00 AM, and the Finals start times will be announced each day. A mandatory officials briefing session will be held one hour prior to each session.

This meet has been designated as a training meet for N2 National Championship Officials Certification. The dress is white shirt/blouse for prelims and finals; navy pants, shorts, or skirts (no shorts at finals); white socks; and white shoes. Officials desiring an assigned position must submit their application no later than July 11. Preference will be given to those who agree to work all sessions. All other officials planning to attend the meet are also welcome!

Name: \_\_\_\_\_ LSC: \_\_\_\_\_

Address: \_\_\_\_\_ Team: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I will be able to work the following sessions:

Thursday	_____prelims	_____finals
Friday	_____prelims	_____finals
Saturday	_____prelims	_____finals

Key position(s) desired: \_\_\_\_\_  
(Deck Ref, Starter, Assistant Admin Ref, Chief Judge, Stroke & Turn)

Current certifications:	Position Certified	Expiration
PNS	_____	_____
N2	_____	_____
N3	_____	_____

Shirt size (unisex): S M L XL XXL XXXL

Please return this form by July 11 to Aline Bensen – [abensen-meetref@comcast.net](mailto:abensen-meetref@comcast.net)

Again, all officials are welcome, even if you don't apply in advance.