



Pacific Northwest Swimming
 January Challenge – Division 7 -- Sanction #1001-CSD07
 Hazen High School Pool
 Renton, Washington
 Hosted by the Issaquah Swim Team



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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, January 16, 2010	Saturday, January 16, 2010	Sunday, January 17, 2010	Sunday, January 17, 2010
Coaches' Meeting	7:45 AM Coaches' packet at Clerk of Course	Announced as needed		
Officials' Meetings	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
Relay Entry Deadline	8:45 AM	15 min before start of competition	8:45 AM	15 min before start of competition
Positive Check-in Deadline: 400 IM/500 free	As announced – Approximately 1-hour prior to events requiring positive check in			

*All published Timelines, and Warm-ups, and Timed Finals session start times are guidelines only based on best estimates available prior to the meet, teams/Coaches/Athletes are responsible for being ready, and available to support actual execution and progress

MEET DIRECTOR:

- Beverly 'B' Ernst
 • 26982 SE 22nd Way, Sammamish WA 98075
 • E-mail: meetdirector@istsockeyes.com
 • Tel: (425) 392 1632; Fax: (425) 392 1632 Call First

MEET REFEREE:

- Bin Liu
 • 16611 SE 69th Way, Bellevue 98006
 • E-mail: liu_bin@hotmail.com
 • Tel: (206) 579 3880

LOCATION AND DIRECTIONS

Hazen High School Pool
 1101 Hoquiam Ave NE
 Renton, Washington

Directions: From I-405, take Sunset Blvd. Go east to 142nd Ave SE (Hoquiam Ave NE). Turn right and go to the end of the high school. Turn right into the parking lot. Pool entrance at the end of parking lot.

FACILITY:

- 25 yard, 6-lane competitive pool
- Starting lane 6.5 feet deep; turning end 3.5 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool: adjacent diving tank
- 200-250 spectator seats plus good deck space for coaches and swimmers
- Colorado timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- Vendor: Sylvia's swim Shop
- Heat Sheets: \$5.00
- Results on PNS web site
- Concessions: Great concessions available upstairs
- Hospitality: Coaches and officials only
- Parking: Multiple school lots

TEAMS:

- Issaquah Swim Team
- Excel Swim Club
- White Water Aquatics

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 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



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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 8th 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 1st thru 8th 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 30 minutes of each warm-up period:
 - Lanes 2, 4, & 6 -sprint lanes, dive starts, return in lanes 1, 3, & 5
 - Lanes 1, 3, & 5 -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.
- Use of the warm-up/down pool (dive tank) during the meet is a courtesy to swimmers. Abuse of this privilege (e.g.: roughhousing, or other unsafe or disruptive behavior) may result in the closure of the dive tank at the discretion of the Meet Referee.

SAFETY:

- No diving from the blocks/ends of pool except for official competition purposes or for designated sprint lanes during designated times in main pool.
- Diving from the sides of the pool is not allowed.
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation.
- Unless directed by the Meet Referee during racing sessions, no diving over persons in the water.
- Deck Marshals will be assigned to supervise the warm-up.
- Deck Marshals & the Meet Referee have the authority to remove any swimmer, coach, or club who does not use safe practices or follow the safety rules.
- 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 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
- All attendees are required to cooperate with meet officials and working personnel to ensure a safe and enjoyable meet for all participants
- Only athletes, coaches, officials, authorized volunteers and working personnel may be in the roped-off meet operations part of the deck.
- All attendees are required to observe marked 'No Seating' areas.
- As with many facilities, deck space is limited. Please refrain from the use of deck space in favor of provided bleacher seating
- At their sole discretion, the Meet Referee or Meet Director may direct groups or individuals to relocate to ensure enjoyable, efficient and safe meet operation. Individuals refusing to cooperate will be directed to leave the property.



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ENTRY SUBMITTAL INFORMATION:

Entries will 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 Issaquah Swim Team.

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-tekltd.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: Beverley 'B' Ernst**
- **Email address: meetdirector@istsockeyes.com**
- **Postal Address: 26982 SE 22nd Way Sammamish WA98075**
- **Tel: (425) 392 1632**
- **Fax: (425) 392 1632 call first**

2010 JANUARY CHALLENGE					
SESSION 1 - SAT A.M. 10 UNDER, BOYS 11-12			SESSION 3 - SUN A.M. 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. GIRLS 11-12, 13 & OVER			SESSION 4 - SUN P.M. 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.

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 \$5.00	\$
INDIVIDUAL EVENTS:		X \$3.00	\$
RELAYS:		X \$8.00	\$
		TOTAL:	\$

Make one check payable to **Issaquah Swim Team**.

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.