



SSCD Harvest Open - Sanction #0911-SP06

Kamiak High School Pool

Mukilteo, Washington

Hosted by the South Snohomish County Dolphins

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, November 7, 2009	Saturday, November 7, 2009	Sunday, November 8, 2009	Sunday, November 8, 2009
Coaches' Meeting	7:45 AM - Coaches' packet at Clerk of Course.	as needed	as needed	as needed
Officials' Meetings	8:15 a.m.	45 minutes before start of competition	8:15 a.m.	45 minutes before start of competition
Timers' Meetings	8:30 a.m.	20 minutes before start of competition	8:30 a.m.	20 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:**

Jim Satterlee

- ksatjsat@comcast.net
- 425-745-9230

**MEET REFEREE:**

Kevin Fraley

- swimref@hotmail.com

**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
- Warm-up pool in the shallow end
- 400 spectator seats
- Daktronic electronic timing system
- Scoreboard: six-lane readout

**ONSITE AMENITIES**

- **Vendor:** none
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions:** great concessions available
- **Hospitality** for coaches and officials only
- **Parking** adjacent to pool

**ELIGIBILITY:**

- All swimmers must be registered with USA 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 8&under, 10&under, 11-12, 13-14, and 15 and over.

**ENTRY INFORMATION:**

- Each swimmer may enter up to a maximum of five (5) individual events 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 accepted in the order received until any session reaches the four-hour limit.
- On-deck USA Swimming registration will not be permitted.
- Deck entries for individual events will be allowed in unassigned open lanes and 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.**



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### ENTRY FEES:

- Surcharge: \$5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$3.00
- 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 6<sup>th</sup> places
- **Award Categories:** 8 under, 10 under, 11-12, 13-14, 15-over.

### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- **Distance events:** The 500 freestyle and 400 IM events for 11&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.
- **25 Yard events:** The 25 yard events will be started from the bulkhead at the middle of the pool and finish at the starting blocks.

### 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.

### ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, October 31, 2009:

1. **COMMLINK file** exported from Team Manager, if used.
2. **Meet Entry Reports** for individual (sorted by swimmer) 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 SSCD.

### 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:** 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 at no charge.

### Submittal Notes:

- Late or incomplete entries will not be processed.
- Complete whole-team entries will be accepted in the order received until any session reaches the four-hour limit.
- 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.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).



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- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to:  
*Lyle D. Campbell*  
*3715 Wetmore Ave*  
*Everett, WA 98201*
- Email entries to: *lylesscd@comcast.net*



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Session 1  
 Saturday, November 7, 2009  
 Warm-ups: 8:00 a.m.  
 Meet Starts: 9:00 a.m.

Event #	Age Group	Event
1,2	10 Under	200 Individual Medley
3,4	11-12	200 Individual Medley
5,6	8 Under	25 Backstroke
7,8	10 Under	100 Backstroke
9,10	11-12	100 Backstroke
11,12	8 Under	25 Breaststroke
13,14	10 Under	100 Breaststroke
15,16	11-12	100 Breaststroke
17,18	8 Under	25 Butterfly
19,20	10 Under	100 Butterfly
21,22	11-12	100 Butterfly
23,24	8 Under	25 Freestyle
25,26	10 Under	100 Freestyle
27,28	11-12	100 Freestyle
29,30	11-12	400 i.m.

Session 2  
 Saturday, November 7, 2009  
 Warm-ups: Immediately following conclusion of Session 1  
 Meet Starts: One hour following the conclusion of Session 1

Event #	Age Group	Event
31,32	13 Over	200 Individual Medley
33,34	13 Over	100 Backstroke
35,36	13 Over	100 Breaststroke
37,38	13 Over	100 Butterfly
39,40	13 Over	100 Freestyle
41,42	13 Over	100 Individual Medley
43,44	13 Over	500 Freestyle

Session 3  
 Sunday, November 8, 2009  
 Warm-ups: 8:00 a.m.  
 Meet Starts: 9:00 a.m.

Event #	Age Group	Event
45,46	10 Under	100 Individual Medley
47,48	11-12	100 Individual Medley
49,50	10 Under	50 Backstroke
51,52	11-12	50 Backstroke
53,54	10 Under	50 Breaststroke
55,56	11-12	50 Breaststroke
57,58	10 Under	200 Freestyle
59,60	11-12	200 Freestyle
61,62	10 Under	50 Butterfly
63,64	11-12	50 Butterfly
65,66	10 Under	50 Freestyle
67,68	11-12	50 Freestyle
69,70	10 Under	500 Freestyle
71,72	11-12	500 Freestyle

Session 4  
 Sunday, November 8, 2009  
 Warm-ups: Immediately following conclusion of Session 3  
 Meet Starts: One hour following the conclusion of Session 3

Event #	Age Group	Event
73,74	13 Over	200 Freestyle
75,75	13 Over	50 Backstroke
77,78	13 Over	200 Butterfly
79,80	13 Over	50 Breaststroke
81,82	13 Over	200 Backstroke
83,84	13 Over	50 Butterfly
85,86	13 Over	200 Breaststroke
87,88	13 Over	50 Freestyle
89,90	13 Over	400 Individual Medley

Girls – Odd number events; Boys – Even number events



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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>TOTAL:</b>	<b>\$</b>

Make one check payable to **SSCD**.

**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.