



Pacific Northwest Swimming
 2009 14 & Under Short Course Championships--Sanction #0912-14CH
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by Bellevue Club Swim Team

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

SCHEDULES	Friday, December 11, 2009	Saturday, December 12, 2009	Sunday, December 13, 2009
Coaches' Meetings	1:30 pm Coaches' Packets at Clerk of Course	7:10 am	as needed
11&O Positive Check-in Deadline	2:30 pm	10:30 am	10:30 am

Officials' Meeting (prelims)		8:10 am	8:10 am
Warm-ups (prelims)		7:30 – 9:00 am	7:30 – 9:00 am
Competition (prelims)		9:10 am	9:10 am
Dive Tank End		Boys	Girls
Scoreboard End		Girls	Boys

Officials' Meeting (finals)	2:00 pm	One hour before start of competition	One hour before start of competition
Warm-ups (finals)	2:00 pm	No earlier than 3:30 pm. Meet Referee will announce start time by 1:30 pm each day.	
Competition (finals)	3:10 pm	No earlier than 4:30 pm. Meet Referee will announce start time by 1:30 pm each day.	
Dive Tank End	Girls	All events	All events
Scoreboard End	Boys	Closed during competition	Closed during competition

MEET DIRECTORS:

Andy Francois
 • andyfrancois@comcast.net
 • 206-291-0480

Dave Conger
 • daventanyaconger@comcast.net
 • 425-766-2104

MEET REFEREE:

Ken Breiding
 • kenbreiding@comcast.net
 • 253-630-1198

ADMINISTRATIVE REFEREE:

Bruce Olson
 • Bruce.olson@sun.com
 • 360-348-0261

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

- World-class aquatic facility: Site of the 1990 Goodwill Games and 1991, 1994, 1997, 2000, and 2006 Spring National Championships, 2008 NCAA Men's Division 1 Championships, 2009 U.S. Open, 2009 Junior Nationals, and 2009 Short Course Nationals.
- Indoor 9-foot deep, 50 meter pool, divided into two eight-lane 25 yard courses by bulkheads. The area between the bulkheads is closed at all times.
- 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.
- 200 spectator seats
- Omega electronic timing system
- Full-read scoreboard

ONSITE AMENITIES

- **Vendor:** Sylvia's Swimwear
- **Special Meet T-Shirts:** Fine Designs
- **Meet Heat Sheets:** \$7.00
- **Finals Program:** \$1.00 per session



Pacific Northwest Swimming
2009 14 & Under Short Course Championships--Sanction #0912-14CH
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
Hosted by Bellevue Club Swim Team

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

- **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 and in the Federal Way Little League parking lot to the east. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. Carpooling is strongly recommended.
- **RV Parking:** Limited RV parking is available in only the north parking lot. Dry camping--no sewer, water, or electricity.

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 competition.
- Age groups for competition will be 10&under, 11-12, and 13-14.
- With the exception of individual bonus swims clearly identified as such, entries must meet the published qualifying times. Entries that do not meet these standards will be scratched without notification and entry fees will not be refunded.
- Swimmers must have met the 2009 14&Under SC PNS Championship qualifying time in USA Swimming sanctioned, approved, or observed competition between September 1, 2008, and the entry deadline. Times in compliance with PNS AD 02-01 may also be used.
- With the exception of 10&U swimmers, any swimmer who competes in a 2009 Divisional Champs may not compete in an individual event at this meet.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of six (6) individual events but no more than three (3) per day on either Saturday or Sunday. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Each 10&Under swimmer may participate in one medley and one freestyle relay. Each 11-14 swimmer may participate in one medley and one freestyle relay on Friday, but no more than one relay per day on Saturday and Sunday.
- On-deck USA Swimming registration will not be permitted.
- There are no time trials, and no deck entries 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 a maximum of 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 acceptable.
- Bonus swims must be clearly identified in submitting entries; teams using Team Manager must designate bonus swims on the Meet Entries Screen.

ENTRY FEES:

- Surcharge: \$10.00
- Individual Event: \$ 5.00
- Relay: \$10.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** Medals 1st - 8th places, ribbons 9th - 16th places.
- **Individual high point** plaques for each age group and gender. A special high point award will be awarded by Sylvia's Swimwear for each age group and gender. High point award will be based on standard points as listed in scoring below.
- **Relay events:** Medals 1st - 3rd places, ribbons 4th - 16th places.
- **Team trophy:** 1st through 10th place teams
- **Traveling PNS trophy:** Top scoring team
- **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 may score in each event.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be YSL.
- This is a prelim/final meet for all events except:
 - All 10&U events
 - All relays as per order of events
 - All 400 IM, 500 freestyle, 1650 freestyle
- There will be two heats of finals for all 11&O prelims/finals events. See the Order of Events for more information.

Presentation of medals to the top three finishers in 11&O individual events will be made as follows:

- Friday:
 - Awards for events 7-10 will be presented following the completion of the 500 Free
- Saturday:
 - Awards for events 61-64 will be presented following the conclusion of the 200 Medley Relays.
 - Awards for events 23-26 and 29-34 will be presented following the conclusion of the 11-12 200 Back.
 - Awards for events 37-40 and 43-48 will be presented following the conclusion of the 11-12 200 Breast.



Pacific Northwest Swimming
2009 14 & Under Short Course Championships--Sanction #0912-14CH
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
Hosted by Bellevue Club Swim Team

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

- Awards for events 51-54 and 57-58 will be presented following the conclusion of the 11-12 100 IM.
- Sunday:
 - Awards for events 101-102 will be presented following the conclusion of the 200 Free Relays.
 - Awards for events 71-74 and 77-82 will be presented following the conclusion of the 11-12 200 Fly.
 - Awards for events 85-88, 91-94 and 97-100 will be presented following the conclusion of the 11-12 100 Breast.
- No presentation of relay medals.

10&U 500 Freestyle:

- These events will be pre-seeded timed finals. No check-in is required.
- They will be swum slowest to fastest in event number order.
- Swimmers must provide counter (if desired).

11-14 500 Freestyle and 400 IM:

- These events will be deck-seeded timed finals. All participating swimmers must check in by the positive check-in deadline in order to swim. See Scratch Procedures below.
- These events will be swum fastest to slowest in event number order.
- Timers will be provided for the 500, but those swimmers must provide counter (if desired).
- 400 IM swimmers must provide their own timer. Lanes with no timer go unprotected.

11-14 1650 Freestyle:

- The 1650 Freestyle events will be deck-seeded timed finals. All participating swimmers must check in by the positive check-in deadline in order to swim. See Scratch Procedures below.
- The top-seeded eight (8) swimmers in each age group and gender who check in will be seeded separately and will swim in event number order. The remaining heats will be seeded and swum together fastest to slowest, combined age groups
- Swimmers must provide their own timer and counter (if desired). Lanes with no timer go unprotected.

Relays:

- Coaches are asked to turn in the original copy of the relay slip to the Clerk of Course one hour before the start of each relay event.
- Swimmers must take the 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.

SCRATCH PROCEDURES:

- **All 10&U events, all relays, all 11&0 preliminary events:** No check-in requirement; no penalty for failure to show.
- **11&0 distance events:** A positive check-in is required at the Clerk of Course for the 400 IM, 500 freestyle and 1650 freestyle. Swimmers not checking in for these events will automatically be scratched without penalty. Swimmers checking in for these events who fail to show for the swim will be disqualified from the next individual prelim or timed final event in which they are entered.

- **Finals and Consolations:** Swimmers whose names are announced as qualifying for the finals or consolation heat of any prelims/finals event who fail to show will be barred from competing in the rest of the meet unless properly scratched, or as noted in USS rule 207.12.6.
- **Intention to Scratch:** Once event results are announced, finalists and consolation finalists have 30 minutes to declare their intention to scratch. Swimmers declaring an intention to scratch will have until 30 minutes after the completion of their last preliminary (not timed finals) event of the session to finalize their intention to scratch. There is no penalty for scratches during this time.
- Athletes who are seeded into an event as a result of other athletes scratching will not themselves be penalized for a failure to properly scratch.
- Reseeding to include scratches made after the scratch deadline may occur at the discretion of the Meet Referee.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last hour of each prelim warm-up period, and last half-hour of each prelim/final or final warm-up period:
 - Lanes 1 & 8 — pace lanes, no diving
 - Lanes 2 & 7 — sprint lanes, dive starts, return in lanes 3 & 6
 - Lanes 3, 4, 5 & 6 — 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.
- The space between the bulkheads is closed at all times.
- 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 credentialed athletes, coaches, officials, authorized volunteers and facility employees are allowed on deck or in the locker rooms. All volunteers must check in prior to their assigned shift for a name tag which must be displayed while on deck.



Pacific Northwest Swimming
2009 14 & Under Short Course Championships--Sanction #0912-14CH
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
Hosted by Bellevue Club Swim Team

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

- 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 timers.
- 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 KCAC.
- **Team Banners:** Banners must be fabric. No helium balloons or paper signs.
- **Timers:** All participating teams are asked to provide timers during sessions where two courses are in use. A volunteer from the host team will contact teams to organize timing assignments. The host team will provide timers for one pool Friday and for Finals on Saturday and Sunday.
- **PNS All-Star Team** selection is based in part on the results from this meet. Information is available on the PNS website.

ENTRY SUBMITTAL INFORMATION:

Before processing your entries, click on "Enforce Qualifying Times" and "Use Since Date" filter and set "Use Times Since" to September 1, 2008.

Bonus swims must be identified as such. Teams using TM 4.0 or higher can identify them through the meet entry screen. They should be circled on all other printed reports.

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, December 2, 2009:

1. **COMMLINK** file exported from Team Manager, if used.
2. **Meet Entry Reports** for individual (Proof of Time format 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 BCST Boosters.

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.com/downloads.html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Handwritten entries will not be processed.
- Meet Entry Report or equivalent hardcopy must include full name of club and club code, and, for each swimmer, legal first name, middle initial, 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. In addition, proof of time information must include the name and date of the meet at which the entry time was achieved.
- Bonus swims must be identified as such.
- 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.**
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to:
PNS Champs Entries
Attn: Lynne Matthes
2515 – 158th Ave SE
Bellevue, WA 98008
- Email entries to:
Subject: PNS Champs Entries
seattlesurgical@msn.com



A Local Swim Committee of USA Swimming

2009 14&U SC PNS CHAMPIONSHIPS ORDER OF EVENTS

Friday Timed Finals		
Session 1		
Ev #	Event	Age
1, 2	400 Med Rly	11 - 12
3, 4	400 Med Rly	13 - 14
5, 6	500 Free	10 - U
7, 8	500 Free	11 - 12
9, 10	500 Free	13 - 14
11, 12	400 Fr Rly	11 - 12
13, 14	400 Fr Rly	13 - 14

Saturday Prelims		
Session 2		
Ev #	Event	Age
15,16	200 Med Rly	10 - U
21,22	200 Free	10 - U
23,24	200 Free	11 - 12
25,26	200 Free	13 - 14
27,28	50 Back	10 - U
29,30	50 Back	11 - 12
31,32	100 Back	13 - 14
33,34	200 Back	11 - 12
35,36	100 Fly	10 - U
37,38	100 Fly	11 - 12
39,40	200 Fly	13 - 14
41,42	50 Breast	10 - U
43,44	50 Breast	11 - 12
45,46	100 Breast	13 - 14
47,48	200 Breast	11 - 12
49,50	50 Free	10 - U
51,52	50 Free	11 - 12
53,54	50 Free	13 - 14
55,56	100 IM	10 - U
57,58	100 IM	11 - 12
59,60	200 Fr Rly	10 - U
61,62	400 IM	13 - 14
63,64	400 IM	11 - 12

Saturday Finals		
Session 3		
Ev #	Event	Age
17,18	200 Med Rly	11 - 12
19,20	200 Med Rly	13 - 14
23,24	200 Free	11 - 12
25,26	200 Free	13 - 14
29,30	50 Back	11 - 12
31,32	100 Back	13 - 14
33,34	200 Back	11 - 12
37,38	100 Fly	11 - 12
39,40	200 Fly	13 - 14
43,44	50 Breast	11 - 12
45,46	100 Breast	13 - 14
47,48	200 Breast	11 - 12
51,52	50 Free	11 - 12
53,54	50 Free	13 - 14
57,58	100 IM	11 - 12

Sunday Prelims		
Session 4		
Ev #	Event	Age
69, 70	200 IM	10 - U
71, 72	200 IM	11 - 12
73, 74	200 IM	13 - 14
75, 76	50 Fly	10 - U
77, 78	50 Fly	11 - 12
79, 80	100 Fly	13 - 14
81, 82	200 Fly	11 - 12
83, 84	100 Back	10 - U
85, 86	200 Back	13 - 14
87, 88	100 Back	11 - 12
89, 90	100 Free	10 - U
91, 92	100 Free	13 - 14
93, 94	100 Free	11 - 12
95, 96	100 Breast	10 - U
97, 98	200 Breast	13 - 14
99, 100	100 Breast	11 - 12
101, 102	1650 Free	11-14*

Sunday Finals		
Session 5		
Ev #	Event	Age
65, 66	200 Fr Rly	11 - 12
67, 68	200 Fr Rly	13 - 14
71, 72	200 IM	11 - 12
73, 74	200 IM	13 - 14
77, 78	50 Fly	11 - 12
79, 80	100 Fly	13 - 14
81, 82	200 Fly	11 - 12
85, 86	200 Back	13 - 14
87, 88	100 Back	11 - 12
91, 92	100 Free	13 - 14
93, 94	100 Free	11 - 12
97, 98	200 Breast	13 - 14
99, 100	100 Breast	11 - 12

*Events 101 and 102 will be scored 11-12 and 13-14.

PNS SHORT COURSE 14 AND UNDER CHAMPS
DECEMBER 11-13, 2009
QUALIFYING PERIOD: September 1, 2008 – December 2, 2009

GIRLS				BOYS			
G10J	SCY	SCM	LCM	B10J	SCY	SCM	LCM
50Free	32.89	34.49	35.49	50Free	33.49	34.49	35.49
100Free	1:12.79	1:17.59	1:19.59	100Free	1:13.29	1:19.69	1:21.69
200Free	2:39.29	2:51.89	2:55.89	200Free	2:38.99	2:52.59	2:56.59
500Free	7:18.59	6:05.29	6:13.29	500Free	7:18.19	6:05.29	6:13.29
50Back	39.19	41.59	42.59	50Back	40.19	42.29	43.29
100Back	1:22.09	1:30.89	1:32.89	100Back	1:24.99	1:33.09	1:35.09
50Breast	43.79	48.09	49.09	50Breast	45.59	49.79	50.79
100Breast	1:34.89	1:43.69	1:45.69	100Breast	1:39.29	1:48.39	1:50.39
50Fly	39.19	39.19	40.19	50Fly	39.59	40.99	41.99
100Fly	1:29.69	1:35.59	1:37.39	100Fly	1:33.29	1:37.29	1:39.29
100IM	1:22.99	1:32.19	N/A	100IM	1:27.99	1:37.69	N/A
200IM	2:57.09	3:09.79	3:13.79	200IM	3:05.29	3:18.89	3:22.89
200F.R.	2:19.99	2:22.79	2:26.79	200F.R.	2:25.29	2:32.79	2:36.79
200MR.	2:37.09	2:57.89	3:01.89	200MR.	2:47.89	2:57.89	3:01.89
G11	SCY	SCM	LCM	B11	SCY	SCM	LCM
50Free	30.69	32.39	33.39	50Free	31.79	33.29	34.29
100Free	1:08.69	1:12.29	1:14.29	100Free	1:10.69	1:13.79	1:15.79
200Free	2:31.19	2:38.39	2:42.39	200Free	2:32.49	2:39.49	2:43.49
500Free	6:38.89	5:36.39	5:46.39	500Free	6:50.29	5:42.59	5:58.59
1650Free	20:51.89	20:48.19	21:23.99	1650Free	20:57.09	20:53.39	21:29.39
50Back	37.49	39.39	40.39	50Back	37.89	40.99	41.99
100Back	1:18.99	1:24.69	1:26.69	100Back	1:20.59	1:26.89	1:28.89
200Back	2:54.89	3:02.99	3:06.99	200Back	2:54.19	3:11.49	3:15.49
50Breast	42.29	45.29	46.29	50Breast	42.29	45.49	46.49
100Breast	1:29.99	1:36.39	1:38.39	100Breast	1:32.09	1:40.69	1:42.69
200Breast	3:18.19	3:35.19	3:39.19	200Breast	3:24.09	3:45.69	3:49.69
50Fly	35.89	37.59	38.59	50Fly	36.49	38.69	39.69
100Fly	1:21.69	1:25.49	1:27.49	100Fly	1:20.99	1:26.79	1:28.79
200Fly	3:06.29	3:16.69	3:20.69	200Fly	3:03.89	3:16.19	3:20.69
100IM	1:19.29	1:28.09	N/A	100IM	1:20.49	1:29.39	N/A
200IM	2:46.59	2:58.19	3:02.19	200IM	2:53.39	3:03.99	3:07.99
400IM	6:17.79	6:40.59	6:48.59	400IM	6:16.49	6:55.69	7:03.69
200F.R.	1:57.99	2:09.79	2:13.79	200F.R.	2:01.89	2:32.79	2:36.79
400F.R.	4:24.49	4:48.39	4:56.39	400F.R.	4:35.19	4:56.39	5:04.39
200MR.	2:12.69	2:27.69	2:31.69	200MR.	2:19.99	2:40.39	2:44.39
400MR.	5:00.09	5:38.19	5:45.19	400MR.	5:13.99	5:50.09	5:58.09
G12	SCY	SCM	LCM	B12	SCY	SCM	LCM
50Free	29.09	30.49	31.49	50Free	29.59	31.59	32.59
100Free	1:03.19	1:06.39	1:08.39	100Free	1:04.89	1:07.19	1:09.19
200Free	2:19.39	2:28.79	2:32.79	200Free	2:24.39	2:32.09	2:36.09
500Free	6:15.39	5:10.29	5:18.29	500Free	6:39.89	5:19.19	5:27.19
1650Free	20:51.89	20:48.19	21:23.99	1650Free	20:57.09	20:53.39	21:29.39
50Back	35.29	36.89	37.89	50Back	36.99	38.29	39.29
100Back	1:13.59	1:19.09	1:21.09	100Back	1:17.99	1:21.59	1:23.59
200Back	2:41.29	2:51.59	2:55.59	200Back	2:53.39	2:53.29	2:57.29
50Breast	38.89	41.99	42.99	50Breast	41.89	42.69	43.69
100Breast	1:23.89	1:31.19	1:33.19	100Breast	1:29.59	1:33.39	1:35.39
200Breast	3:04.39	3:13.89	3:17.89	200Breast	3:23.19	3:23.19	3:27.19
50Fly	32.89	34.29	35.29	50Fly	34.99	36.29	37.29

PNS SHORT COURSE 14 AND UNDER CHAMPS
DECEMBER 11-13, 2009
QUALIFYING PERIOD: September 1, 2008 – December 2, 2009

G12..	SCY	SCM	LCM	B12..	SCY	SCM	LCM
100Fly	1:16.29	1:18.09	1:20.09	100Fly	1:20.59	1:23.39	1:25.39
200Fly	3:06.29	3:10.89	3:14.89	200Fly	3:03.49	3:13.59	3:17.59
100IM	1:14.29	1:21.79	N/A	100IM	1:18.59	1:27.19	N/A
200IM	2:34.09	2:44.89	2:48.89	200IM	2:43.49	2:49.09	2:53.09
400IM	5:48.89	6:00.69	6:08.69	400IM	6:15.69	6:08.59	6:16.59
200F.R.	1:57.99	2:09.79	2:13.79	200F.R.	2:01.89	2:17.89	2:21.89
400F.R.	4:24.49	4:48.39	4:56.39	400F.R.	4:35.19	4:56.39	5:04.39
200MR.	2:12.69	2:27.69	2:31.69	200MR.	2:19.99	2:40.39	2:44.39
400MR.	5:00.09	5:37.19	5:45.19	400MR.	5:13.99	5:50.09	5:58.09
G13	SCY	SCM	LCM	B13	SCY	SCM	LCM
50Free	27.89	29.49	30.49	50Free	27.69	28.89	29.89
100Free	1:00.69	1:04.09	1:06.09	100Free	1:00.69	1:03.59	1:05.59
200Free	2:10.89	2:18.89	2:22.89	200Free	2:10.59	2:18.99	2:22.99
500Free	5:57.89	4:53.09	5:01.09	500Free	5:58.49	4:54.59	5:02.59
1650Free	19:54.59	20:00.49	20:24.99	1650Free	19:54.59	20:00.49	20:24.99
100Back	1:09.29	1:15.79	1:17.79	100Back	1:10.19	1:16.49	1:18.49
200Back	2:30.59	2:37.99	2:41.99	200Back	2:35.59	2:43.29	2:47.29
100Breast	1:19.99	1:27.79	1:29.79	100Breast	1:19.59	1:25.59	1:27.59
200Breast	2:52.29	3:06.09	3:10.09	200Breast	2:52.29	3:08.49	3:12.49
100Fly	1:10.69	1:13.39	1:15.39	100Fly	1:13.89	1:13.29	1:15.29
200Fly	2:46.89	2:49.79	2:53.79	200Fly	2:36.19	2:45.09	2:49.09
200IM	2:28.19	2:36.19	2:40.19	200IM	2:29.29	2:40.69	2:44.69
400IM	5:23.29	5:35.19	5:43.19	400IM	5:39.89	5:51.99	5:59.99
200F.R.	1:50.09	2:01.79	2:05.79	200F.R.	1:48.59	1:59.49	2:03.49
400F.R.	3:59.39	4:28.79	4:36.79	400F.R.	3:58.69	4:27.19	4:19.19
200MR.	2:02.89	2:17.39	2:21.39	200MR.	2:01.79	2:23.49	2:27.49
400MR.	4:28.79	5:02.79	5:10.79	400MR.	4:28.69	5:01.79	5:09.79
G14	SCY	SCM	LCM	B14	SCY	SCM	LCM
50Free	27.29	29.09	30.09	50Free	26.19	27.79	28.79
100Free	59.69	1:03.39	1:05.39	100Free	56.69	1:00.69	1:02.69
200Free	2:09.09	2:18.59	2:22.59	200Free	2:03.29	2:12.29	2:16.29
500Free	5:46.69	4:51.39	4:59.39	500Free	5:46.79	4:48.59	4:56.59
1650Free	19:54.59	20:00.49	20:24.99	1650Free	18:49.79	18:55.99	19:18.69
100Back	1:08.89	1:11.99	1:13.99	100Back	1:07.29	1:13.09	1:15.09
200Back	2:27.69	2:36.59	2:40.59	200Back	2:25.59	2:36.39	2:40.39
100Breast	1:16.99	1:24.79	1:26.79	100Breast	1:16.09	1:22.19	1:24.19
200Breast	2:49.49	3:05.99	3:09.99	200Breast	2:49.49	2:53.29	2:57.29
100Fly	1:07.69	1:11.89	1:13.89	100Fly	1:07.69	1:09.79	1:11.79
200Fly	2:41.49	2:42.59	2:46.59	200Fly	2:35.79	2:44.69	2:48.69
200IM	2:26.79	2:34.59	2:38.59	200IM	2:20.99	2:30.79	2:34.79
400IM	5:17.59	5:30.09	5:38.09	400IM	5:14.39	5:29.19	5:37.19
200F.R.	1:50.09	2:01.79	2:05.79	200F.R.	1:48.59	1:59.49	2:03.49
400F.R.	3:59.39	4:28.79	4:36.79	400F.R.	3:58.69	4:27.19	4:19.19
200MR.	2:02.89	2:17.39	2:21.39	200MR.	2:01.79	2:23.49	2:27.49
400MR.	4:28.79	5:02.79	5:10.79	400MR.	4:28.69	5:01.79	5:09.79

Swimmers may enter 6 events for the meet, maximum of three per day. One bonus swim for those who have one to five events qualified. All individual qualifying times must be in SWIMS or Pacific Northwest Swimming AD 02-01.



Pacific Northwest Swimming
 2009 14 & Under Short Course Championships--Sanction #0912-14CH
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by Bellevue Club Swim Team
Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

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 \$10.00	\$	
INDIVIDUAL EVENTS:		X \$ 5.00	\$	
RELAY:		X \$10.00	\$	
		TOTAL:	\$	

Make one check payable to **BCST Boosters**

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.