

The Long Course Task Force looked at the issue of our long meets filling up so far in advance and in many cases teams were shut out of meets. Pacific Northwest Swimming will operate the 2016 Long Course season with some additional guidelines. We have a limited number of long course pools that are available to conduct long course meets. **In an effort to allow more swimmers a chance to enter a meet we will be putting the following guidelines in place for the 2016 Long Course season.**

### **Required**

1. Positive check in for each swimmer for each session @ WKCAC.
2. NT entries will not be permitted. Non-conforming times may be used. Meet director has the discretion to run a SWIMS report to verify a swimmer has swam the event before.
3. Meet Announcement and Team Manger Event files will be posted at the same time on the PNS Website 8 weeks prior to the entry deadline. Entries will begin to be accepted 6 weeks prior to the entry deadline. This will give everyone 2 weeks to organize their entries.
4. Long course meets that use the silver or gold standards for the meet will use the 11-12 silver or gold standards for all 12&U's events. Athletes must have achieved the qualifying standard in each event they wish to swim with the exception of bonus events.
5. Invitation only long course meets will not be permitted. All meets need to be open to all teams that submitted entries.
6. Meet directors will require teams to pay the entries fees that are included in the original fee report that is submitted with the entries.
7. Technical Planning has looked at the meet calendar and feels the standards that were used during the 2015 long course season should be used again in the 2016 long course season.

### **Suggested**

8. If the timeline length becomes an issue the meet referee can look at swimming the distance freestyle (400/800/1500) mixed and/or 2 per lane, except for the fastest heat going first. Teams are encouraged to try and setup one or two distance meets during the week.
9. Offer meets that have a format of 2 session on Saturday, e.g. 10&U; 11-12, each with a max of 3 or 4 events, and Sunday with 1 session of 13&O with a 4 or 5 event limit.

We hope that implementing these guidelines will help meets to run smoothly and giving more swimmers an opportunity to get into our local meets.