

2008 Pacific Northwest Swimming Zone Team

Athlete's Application Packet

(Updated June 22, 2008)

NOTE: The athletes and their parents are encouraged to work on the application as soon as possible. **Don't wait until the last minute. It will take some time to pull all of the required information together and complete the application.** Each item on the Summary Check-Off Page must be "checked off" and included with the application. Parents and athletes, be sure to sign all of the appropriate and required forms in the designated places. Starting this year it is required that a physician sign off that an athlete can participate in Zone meet.

Please be complete with the requested information. We expect a large number of athletes to travel with the team and there is simply not enough time at the last minute to "chase" down each athlete's parents who did not provide a complete application packet for their athlete.

If you have questions, you can direct them to the Team Manager.

Best Regards,

Bruce Richards
Zone Team Manager & Age Group Vice Chair
360-568-7980 (H)

Application Deadline: July 14, 2008 at 12:00 Noon. Application must be in the PNS office.

Qualification Deadline: July 20, 2008. Note: PNS Champs is too late to achieve an event qualifying time this year.

2007 Pacific Northwest Swimming Zone Team

Team Selection Process

(Updated June 13, 2007)

Summary:

Swimmers who achieve the Pacific Northwest automatic times (Auto) will be qualified for the team. Swimmers who achieve the consideration times will be selected through the process outlined in Part III below until the appropriate number of swimmers have been selected to account for meet's 400 splash limit. All swimmers entered into the Western Zone Meet must be currently registered with USA Swimming as an athlete and must be on the LSC entry form.

I. Eligibility:

- a. Any swimmer who within the 18 months prior to the start of the meet has participated in one (1) individual event at a USA Swimming Championships as defined in Article 207 of the USA Swimming Rules and Regulations, excluding Disability Championships and Open Water Championships, may not compete in that event or the related relay leg.
- b. Any swimmer who within the 18 months prior to the start of the meet has participated in two (2) or more individual events at a USA Swimming Championships as defined in Article 207 of the USA Swimming Rules and Regulations, excluding Disability Championships and Open water Championships, may not compete in the meet.
- c. To be eligible for selection to the Pacific Northwest Western Zone Team, a swimmer must be a registered PNS swimmer in good standing. This means that the swimmer must not owe money to either PNS or their registered club team, and must not have been restricted from representing PNS because of past disciplinary problems. Swimmers who owe money to PNS or their registered club team may clear the debt and be considered for the Western Zone Team by paying the money that is owed before the end of the qualifying period.
- d. Swimmers must submit and have an application in the PNS office by the deadline on the Athlete's Application Packet. Applications submitted after the deadline will not be accepted for the PNS Zone Team.

II. Qualifying:

- a. The qualifying period for long course times shall be August 7, 2007 (starting date for The Zone Meet last year) through July 20, 2008 (ending date for Age Group Seattle Open meet this summer). Selection will be based on verified long course performances achieved during the qualifying period in individual events offered at the Western Zone Championships. Swims performed outside the LSC must be officially submitted to the PNS Records Chairperson. The results must be submitted no later than 5:00 p.m. on the Monday July 14th following the Moses Lake meet.

- b. The qualifying period for short course yard times shall be March 5-16, 2008. Only short course times achieved at the 2008 Western Region Section Championships or 2008 Northwest Age Group (NWAG) Sectional meet will be considered in qualifying a swimmer with short course yard times for the 2008 PNS Zone Team during the above time window. Short course yard times achieved at any other meet will not be considered.
- c. Qualification standards for “automatic times” and “consideration times” can be found on the PNS website under “Swimmers”, then click on “Age Group Swimming”, then click on “Zone Page”, then click on “2008 PNS Zone Time Standards”.

III. Selection Process:

Note: The size of the team is limited by the number of “splashes” allowed for the team, the number of qualifying athletes, and the space and logistics for athletes to travel.

- a. Swimmers achieving at least one automatic time (Auto) will be selected for the team (SCY or LCM).
- b. Swimmers with 3 or more consideration times will be selected for the team.
- c. Swimmers with 2 consideration times will then be considered for selection on the team.
- d. Swimmers with 1 consideration time will then be considered for selection on the team.
- e. Swimmers with 1 or more consideration times will also be considered for the team by the coaching staff based on the Zone team’s relay requirements.

Notes:

1. Swimmers accepted for the PNS Zone Team will be entered in events for which they have Zone qualifying times to the extent that the team’s total number of entries remains under the entry limit established for the team. Each LSC is permitted a total of 400 individual entries (splashes) with a including a limitation of 160 for entries that do not meet the Zone qualifying standard. Swimmers are limited to 6 individual events. Swimmers may be considered for events in which they have not met the meet standard only when the master team entry list permits such entries. In filling out the application, be sure to label your event priorities carefully.
2. PNS sets a goal of fielding a team with approximately ten (10) athletes in each age bracket and gender, but this number may be adjusted (increased or decreased) as athlete applications are considered. PNS sets out to field a team of approximately 80-100 athletes for this competition.
3. The Head Coach, in consultation with his/her staff, is the final authority in the assignment of athletes to events for the Zone Meet.

4. PNS cannot guarantee to an athlete that they will participate in a full set of events for the meet. In cases of multiple requests for the same event, fastest times and overall team needs will be used in making final decisions.
5. Athletes/coaches reserve the right to request that athletes not swim in a particular event as long as this request is made in writing to the Zone Head Coach by the event qualifying deadline. Requests for change(s) will not be considered after that date.
6. Requests for changes of events for athletes must be made by the athlete's coach. Every effort will be made by the Head Coach to work with the athlete and their coach to fulfill the athlete's purpose for participating on the Zone Team.
7. The PNS Zone Team entries will be posted on the PNS Website by 9:00 PM on Friday, August 1, 2008.

2008 Pacific Northwest Zone Team

Summary Check-Off Page: (Form # 1)

Attach This Page As The 1st Page With The Athlete's Submitted Application

(Updated June 20, 2008)

Athlete's Name: _____ Age (as of August 5, 2008): _____
Application Date: _____ Gender: Male: _____ Female: _____
Parent's Name: _____ **Parent's Signature:** _____

Check Off Each Item:

- Form #1 Summary Check-Off Page with all items "checked off"
 - Form #2 Athlete Letter of Intent
 - Form #3 Athlete Application
 - Form #4 Athlete Code of Conduct
 - Form #5 Authorization to Consent To Emergency Treatment Of A Minor
 - Form #6 Consent for Athlete to Travel & Physician's Agreement for Athlete to Participate
 - Form #7 Liability Release & Indemnification Form for Minor Travel
 - Form #8 Zone Parent & PNS Home Coach Participation Guidelines
 - Form #9 Apparel Order Information
 - Form #10 Parent Verification
 - Form #11 Athlete's Event Priority Selection for Zone Meet
 - Form #12 Best Times Report
 - Print Out of Athlete's SWIMS Data Base "Times Search By Person" for Long Course Meters
 - Print Out of Athlete's SWIMS Data Base "Times Search By Person" for Short Course Yards
 - Picture ID (passport photo, driver license, government issued ID from DOL, school ID)
 - Medical Plan Card Copy (front and back)
-
- Check made out to PNS for Athlete and Parent (for 10 & Under parent as required)

Staple Check Here:

Application Deadline: July 14, 2008 at 12:00 Noon. Application must be in the PNS office.

2008 Pacific Northwest Swimming Zone Team

Athlete Letter of Intent (Form # 2)

(Updated June 22, 2008)

Competition: 2008 Zone Meet, Gresham, Oregon August 4-10, 2008

This signed **Letter of Intent**, the other items listed on the **Summary Check-Off List** , and a **check** for the appropriate amount made out to: **Pacific Northwest Swimming** must be on file with the Zone Selection Committee in the PNS office by **Monday July 14, 2008 by 12:00 noon**.

Athlete Information:

I/ we submit the following named swimmer be considered for selection to PNS's Zone Team.

Swimmers Name: _____ Birth Date: _____ **Age on Aug.5, 2008:** _____

Address: _____ City: _____ Zip: _____

Name of Parent Traveling with and responsible for 10 & Under Athlete(s):

USA Swimming Registration # _____ Phone#: (____) _____ Sex: F M

Club: _____ Coach: _____

Coach's Phone #: (____) _____ Coach's Email _____

Parent/Guardian: _____

Address: _____ City: _____ Zip: _____

Phone #: (____) _____ Email address _____

Secondary Phone # (____) _____ Email address _____

Payment of Fees:

Payment for the cost of the trip is **required in full at the time the athlete submits their application**. Checks should be made out to Pacific Northwest Swimming (PNS).

Note (1): If an athlete has not qualified in an event prior to the application deadline (July 14th), but hopes to qualify in 1 or more event(s) in the last possible meet (i.e. Age Group Seattle Open) and does not make at least 1 qualifying time by July 20th, a portion of their deposit is **non-refundable**. The non-refundable portion of the deposit is related to cut off deadlines for apparel commitments and other advanced financial commitments. **The amount of the non refundable deposit for an athlete is \$100.00 if they do not make at least one Zone qualifying time by the July 20th deadline.**

Note (2): If an athlete does make a qualifying time and then is not selected by the coaching staff for the team, they will be refunded the full amount of their deposit.

Note (3): The refunds will be sent out by the end of August.

2008 Pacific Northwest Swimming Zone Team

Athlete Application (Form # 3)

(Updated June 22, 2008)

The PNS Office (Address: PNS Zone Selection Committee 753 N. Central Ave. Kent, Wash. 98032) must receive the application and payment for each swimmer by one of the following dates: (1) July 7, 2008 the last date for an application submitted with a U.S. Mail postmark, (2) July 10, 2008 the last date for an application submitted by "overnight" carrier, or (3) July 14, 2008 Last date to submit in person athlete applications. The application needs to be in the PNS office by 12:00 noon on Monday July 14, 2008. Note: A check (made out to PNS) for the full payment for the trip needs to be attached to the application for each athlete. For 10 & under athletes, the deposit check also needs to cover the cost of the required parent traveling with the athlete. **No e-mail or telephone applications will be accepted.**

Athlete Information:

Name: _____ Club/Team: _____
 (*Please Print) First Middle Initial Last

Address _____
 Street City Zip code

Telephone: (_____) _____ Alternate/cell phone (_____) _____ Sex: Female Male

Parent's Email: _____
 (E-mail required for last minute updates or notifications)

USA Swimming Membership Number: _____

Date of Birth _____ Age on August 7, 2007 _____

Zone Team Travel Costs: (Check one) Note: See Travel Bulletin #1 for what is included.

- Athlete's Travel Cost Paid by the Family (age 11 & older) for athletes traveling in the PNS team travel group:..... \$629.00
- Athlete's Travel Cost Paid by the Family (age 9 & 10) for athletes traveling in the PNS team travel group:..... \$815.00
- Cost for "Required" Parent (paid by the family) that travels with their 9 or 10 year old athlete:..... \$814.00
- Total cost for a 9 or 10 year old athlete and "required" parent:.....\$1,629.00

Picture Identification (ID): Include with your application a copy of a "picture" ID of athlete for travel & identification. (Passport photo, driver license, government issued ID (i.e. from Dept. of Licensing), student body ID, etc.)

Team Meeting with Parents: A team meeting (athletes and parents) is planned for Saturday August 2nd between prelims and finals at PNS Champs (details to follow on website) to allow athletes meet each other and to **pick up their apparel items**. If you do not attend, you will need to drive to Snohomish on Sunday evening after the meet on August 3rd to pick it up. Note: Team Mgr., chaperones or coaches will NOT bring unclaimed apparel packages to the meet in Oregon.

NOTE: Submit **all** of the items shown on the Summary Check-off Sheet with the athlete's application. Incomplete applications will potentially prevent an athlete from being considered for the team.

2008 Pacific Northwest Swimming Zone Team

Athlete Code of Conduct (Form # 4)

(Updated June 20, 2008)

As a member of the 2007 PNS Zone Team, I agree to abide by the rules and regulations of the PNS Staff and Athlete Code of Conduct. I understand and agree that failure to participate may result in our financial liability and obligation to reimburse Pacific Northwest Swimming for expenses incurred on behalf of the athlete.

The Head Coach has final authority regarding any and all disciplinary action during the trip. If any violation of the Code of Conduct is committed, a review committee (Head Coach, Team Manager and Zone coach of the involved athlete(s) shall promptly investigate the circumstances of the violation and notify the individual(s) involved, and shall conduct an informal hearing on the evidence. This review committee shall then determine what disciplinary action, if any, shall be taken. Violations and disciplinary actions will be reported to PNS and reviewed by the Age Group Vice Chair for any potential additional disciplinary action.

I, (Participating Athlete) _____, as a member of USA Swimming and Pacific Northwest Swimming understand and will comply with the following:

1. The possession or use of alcohol, tobacco products, controlled substances, is prohibited throughout the designated duration of the trip. The Team Manager needs to be informed in writing as part of the athlete's application of all prescription medication, dietary supplements, or other drugs being brought on the trip by individual athletes or the parent of a 9-10 year old athlete for their athlete's use. (See Form #5)
2. Curfews will be established and adhered to during the trip.
3. Attendance is required at all team functions, which include, but are not limited to: meetings, practices, exhibitions, meals, press conferences, and competitions unless otherwise excused or instructed by the Head Coach, the Team Manager, the Age Group Vice Chairman, or designated person in charge of the team.
4. The hallway door will be left fully open (so the interior of the room can be viewed from the hallway) when any athletes other than those assigned to occupy the room are in the room. Athletes (if not assigned to that room) need approval from the Head Coach, Team Manager, or person designated by the Head Coach or Team Manager to be in the room of another athlete.
5. Uniform requirements established for the trip will be followed. All athletes will stay in rooms with other athletes, no swimmer may reside or board with their parents, whether acting as a chaperone or not. Exception: 10 & under athlete(s) traveling with their parent or an assigned adult.
6. Proper respect, sportsmanship and courtesy towards coaches, officials, administrators, competitors and the public will be displayed at all times.
7. The manner in which one behaves will present a positive image of Pacific Northwest Swimming and will promote an atmosphere to meet the competitive performance objectives for the Zone meet.
8. Additional guidelines may be established as needed to assure the safety and well being of the team members and will be adhered to during the trip.

I understand that failure to comply with the Pacific Northwest Swimming Code of Conduct, as set forth in this document or additions necessary for the safety and well being of the team members, may result in disciplinary action, which may include but is not limited to the following:

1. Disqualification from one or more swimming activities.
2. Dismissal from team and return home at my own/parent's expense.
3. The infraction(s) will be reported to the PNS Board who may take additional disciplinary action including but not limited to disqualification from future PNS sponsored activities.

I may appeal any disciplinary action in accordance with Part Four of USA Swimming Rules and Regulations.

 (Printed Name of Athlete) (Signature) Date: _____

 (Printed Name of Parent/ Legal Guardian) (Signature) Date: _____

2008 Pacific Northwest Swimming Zone Team Authorization To Consent To Emergency Treatment Of A Minor (Form #5)

(Updated June 20, 2008)

I/we, the undersigned parent(s) or legal guardian of _____, a minor, do hereby authorize Pacific Northwest Swimming as agent for the undersigned to consent to any emergency, x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable, and is to be rendered under the general supervision of any licensed physician and surgeon when parent or guardian cannot be immediately contacted. It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of the agent to give specific consent to any and all such emergency diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his/her best judgment may deem advisable.

Can your athlete administer their own medication, if any is required? Y___ N___

List any prescription medication, dietary supplements, or other drugs being brought on this PNS trip: _____

For Athletes/ Patient's Protection:

Allergies and sensitivities: Is there a history of skin or other untoward reaction or sickness following injection or oral administration of:

- | | | | | |
|---|---------|-------------|------------------|--|
| 1. Penicillin | yes | no | | |
| 2. Morphine, codeine, Demerol or other narcotics? | yes | no | | |
| 3. Novocain or other anesthetics? | yes | no | | |
| 4. Aspirin, emperin or other pain remedies? | yes | no | | |
| 5. Sulfa drugs? | yes | no | | |
| 6. Tetanus, antitoxin or other serums? | yes | no | | |
| 7. Iodine or methiolate? | yes | no | | |
| 8. Cortisone? | yes | no | | |
| 9. ACTH? | yes | no | | |
| 10. Anticoagulants? | yes | no | | |
| 11. Tranquilizers? | yes | no | | |
| 12. Hypotensives (high blood pressure medicines?) | yes | no | | |
| 13. Peanuts/ tree nuts | yes | no | | |
| 14. Has swimmer ever received treatment for (if yes, circle condition) | Asthma? | Rheumatism? | Rheumatic Fever? | |
| 15. Any other drug or medication? (Describe): | _____ | | | |
| 16. Any foods such as egg, milk, chocolate? (Describe): | _____ | | | |
| 17. Allergy to insect bites, bee stings, other? (Describe): | _____ | | | |
| 18. Date of last Tetanus booster? | _____ | | | |
| 19. Drugs including dietary supplements taken within the past 6 months? | _____ | | | |
| 20. Other physical conditions or special food requirements of which we should be aware? | _____ | | | |

Emergency Contact Information:

Home Address: _____

Father: _____ Phone # Home: _____ Work: _____

Mother: _____ Phone # Home: _____ Work: _____

Other Contact: _____ Phone # Home: _____ Work: _____

Email Addresses: _____

Physician: _____ Phone #: _____

Medical Insurance: _____ Policy Number: _____

Dental Insurance: _____ Policy Number: _____

Phone # of insurance company to obtain authorization for emergency treatment (usually an 800 number): _____

Parent /Guardian Name (Print) _____

(Signature) _____

Date _____

NOTE: Swimmer needs to bring their Medical Plan Card & Current USA Swimming Registration Card to the meet.

**2008 Pacific Northwest Swimming Zone Team
Liability Release & Indemnification Form For Minor Travel (Form # 7)
 (Updated June 20, 2008)**

I, the undersigned participant and parent, request voluntary participation for minor to participate in the **PNS Zone Meet** activity starting **August 4, 2008** (date) which begins at (in morning)____(time) and ends on **August 10, 2008** (date) at (in the early evening)____ (time) sponsored by Pacific Northwest Swimming all of which are hereinafter referred to as the "activity".

I consent to my/minor's participation in the activity and traveling to and from USA Swimming events and acknowledge that the minor and I fully understand my/minor's participation in travel and the event may involve risk of serious injury or death, including losses which may result not only from my/minor's own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, , the condition of the facilities, equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. This includes all travel to and from the event arranged by PNS Swimming, including but not limited to all transportation being plane, boat, train, charter bus, van, car, airline and/or chartered plane paid either by the participant or travel paid or reimbursed by PNS or USA Swimming. I understand that if I have any risk concerns regarding travel, I should discuss the risks associated with my/minor's participation with the activity coordinators and event staff, before I sign this document and before travel begins.

Release – Minor's Rights:

In consideration of allowing Minor Participant to participate in this PNS or USA Swimming event, I hereby release and hold harmless PNS and USA Swimming, members of its board of directors, and its officers, employees, members, volunteers, other participants, and agents (collectively, the "Released Parties"), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in this PNS or USA Swimming event. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

 (Print Name of minor) _____ (Signature of minor) _____ (Date)

Release – Parents'/Guardians' Rights:

In consideration of allowing Minor Participant to participate in this PNS or USA Swimming event, I hereby release and hold harmless the Released Parties, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising from Minor Participant's participation in this PNS or USA Swimming event. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

I certify that my/minor is in good health and have no physical condition that would prevent participation in or traveling to and from this PNS or USA Swimming activity. Furthermore, I agree to use my/minor's personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

 (Print Name of Parent/Legal Guardian) _____ (Signature of parent) _____ (Date)

Indemnification by Parent/Guardian:

The undersigned parent/guardian further agrees to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury, of any type, arising from Minor Participant's participation in or traveling to and from this PNS or USA Swimming activity.

 (Print Name of Parent/Legal Guardian) _____ (Signature of parent) _____ (Date)

2008 Pacific Northwest Swimming Zone Team Zone Parent and PNS Home Coach Participation Guidelines (Form # 8)

(Updated June 20, 2008)

As a major supporter of your swimmer, who is rightfully proud and excited to be applying for a place on this year's PNS Zone team. We as the team coaches, team manager, and chaperones are looking forward to the coming competition, and are expecting a high level of cooperation and performance from all the athletes on the team, I am sure you share these aspirations.

This is a PNS sponsored team trip, where our first priority is to promote the best interest of the individual athletes in particular and of the team as a whole. This priority includes safety, fairness of competition for all athletes and the personal growth of each individual in contributing to the team. You, as a parent and /or home coach, have already contributed enormously to the success of your athlete. In order to help and encourage you to continue this support while your athlete is with the travel team, PNS asks that you sign the following guidelines. If you have questions please speak to the Head Coach or Team Manager.

1. Please, if you can, travel to the meet as an official, timer, or spectator. Your personal presence and support is important to the team.
2. The athletes are on the trip to perform to the best of their ability and to become a cohesive team. Team functions are designed with this in mind. The schedule must remain flexible; therefore the athletes must stay in the **team-designated** areas, so please limit visitation to outside this environment.
3. Arrangements for telephone calls between the athlete and family/coach should be initiated by the athlete and limited in length. If you need to get in touch with your athlete, please contact a staff member to relay a message.
4. The **"team area"** during competition is restricted to swimmers and staff members. Parents (other than the one required parent for a 10 & under athlete) and home coaches may not be involved with the swimmers on the pool deck, at the PNS team meals, or PNS team functions.
5. Concerns that may arise during the course of the competition need to be referred immediately to the appropriate staff member. They are in place to help the athletes.
6. All athletes will stay in rooms with other athletes, no swimmer may reside or board with their parents, whether acting as a staff member or not. Exception: 10 & under athletes who are traveling with their required parent.

I have read and understand the guidelines set for me as a parent/coach.

_____ Date: _____
 (Printed Name of Parent/ Legal Guardian) (Signature)

_____ Date: _____
 (Printed Name of Home Coach) (Signature)

E-Mail Address Use Release

Pacific Northwest Swimming requests your permission to utilize your (the parent's) e-mail address as a part of a distribution list to provide information related to this PNS trip. Most information will be posted on the website, but there is a possibility that we may need to use your e-mail address as part of a distribution list.

Permission is granted (circle one): YES or NO

_____ Date: _____
 (Printed Name of Parent) (Signature)

2008 Pacific Northwest Swimming Zone Team

Apparel Order Information (Form #9)

(Updated June 20, 2008)

Athlete's Name: _____ Club Team: _____ Age: _____ Gender: **M F**
(circle)

PNS Team Uniform: Will include, but not limited to the items below, please indicate and circle your size for each item.

NOTE: (Circle adult size, except for female tank top which is in "Junior sizes".)

Shorts: X-Small Small Medium Large X-Large 2X-Large M or F

T-shirt: X-Small Small Medium Large X-Large 2X-Large M or F

Tank Top (Male): X-Small Small Medium Large X-Large 2X-Large (Male only)

Tank Top (Female): Small Medium Large X-Large 2X-Large (Female only)
(Note: These sizes for this item are "Junior" sizes.)

Swim Suit:

Style: Aquablade (Circle one) Female Male: Jammer or Brief

Size (Circle one) 20 22 24 26 28 30 32 34

Note: Apparel package also includes two (2) swim caps and two (2) luggage tags.

2008 Pacific Northwest Zone Team

Parent Verification (Form # 10)

(Updated June 20, 2008)

I attest that the information provided the Zone Application packet is accurate.

Further, I agree that I will reimburse PNS for the value of the PNS Zone team apparel package, the accrued hotel, meal, transportation costs, and entry fees, as well as any other unrecoverable costs if my swimmer registers to participate, is selected for the team, and then does not compete in the Western Zone Long Course Swimming Championships. In the failure to make such outlined reimbursement costs, Pacific Northwest Swimming will not accept the swimmer's USA Swimming membership registration for the following year.

I understand my swimmer must participate in all the team activities and commitments including but not limited to, team picture, team practice, and team meetings, meals, and all team warm-ups as directed by the assigned coach until or unless released by the Zone Head Coach. Failure to meet team obligations may jeopardize the swimmer's eligibility to participate on any relay(s). I understand that, if my swimmer qualifies for any relay and/or for any final event, he/she must compete in those events. Athletes are required to wear the PNS Zone Team uniform for the team picture; the team swimsuit for prelims; the team cap at both prelims and finals; and the provided PNS Zone team shirt for any award ceremony and for the Western Zone Parade of participants.

We are aware that USA Swimming requires a "sit and slide" entry into the water for all practices, warm-ups, and cool-downs and that violation may result in disqualification from the meet.

We acknowledge the athlete's responsibilities to adhere to the "Athlete Code of Conduct" or incur the consequences. Failure to do so can include having the Team Manager or Head Coach scratch an individual event for the swimmer, remove the swimmer from a relay, or send the swimmer home, at the parent's or guardian's expense.

Athlete's Parent or Guardian

Printed Name

(Signature)

Date

2008 Pacific Northwest Zone Team Athlete's Event Priority Selection for Zone Meet (Form # 11)

(Updated June 20, 2008)

2008 Zone Event Priority Selection Sheet

Swimmer's Name: _____

PNS Club : _____

Age as of Aug. 5, 2008: _____

Gender: M _____ F _____

NOTE: On the chart below list your preferences for your top 10 individual events in priority order, numbering them from 1 through 10.

	Priority	Age Group	Priority	Age Group	Priority	Age Group(s)		
		10 & Under		11 & 12		13 & 14	15 & 16	17 & 18
Tuesday	1		1	400 Freestyle Relay	1	1500 Freestyle		
	2		2		2	400 Freestyle Relay		
Wednesday	3	100 Backstroke	3	100 Backstroke	3	200 Backstroke		
	4	100 Breaststroke	4	100 Breaststroke	4	200 Breaststroke		
	5	50 Freestyle	5	50 Freestyle	5	50 Freestyle		
	6	200 Medley Relay	6	400 Medley Relay	6	400 Medley Relay		
Thursday	7	50 Butterfly	7	400 Freestyle	7	100 Butterfly		
	8	200 Individual Medley	8	50 Butterfly	8	200 Freestyle		
	9		9	200 Individual Medley	9	400 Individual Medley		
Friday	10	100 Butterfly	10	100 Butterfly	10	200 Butterfly		
	11	50 Breaststroke	11	50 Breaststroke	11	100 Breaststroke		
	12	200 Freestyle	12	200 Freestyle	12	400 Freestyle		
	13		13	200 Medley Relay	13	200 Medley Relay		
Saturday	14	50 Backstroke	14	50 Backstroke	14	100 Backstroke		
	15	100 Freestyle	15	100 Freestyle	15	100 Freestyle		
	16	200 Freestyle Relay	16	200 Freestyle Relay	16	200 Individual Medley		
	17		17		17	800 Freestyle		
	18		18		18	200 Freestyle Relay		

2008 Pacific Northwest Zone Team

Best Times Report (Form # 12)

(Updated June 20, 2008)

VERIFICATION OF TIMES All applicants **must** complete the following chart.

- (1) **FILL IN** all events for which you have times..(**NOTE:** For Directions for using SWIMS Data Base, see next page)
- (2) The **TIMES** you enter on this sheet (Form #11) need to come from the **SWIMS data base printout.**
- (3) **ATTACH** SWIMS data base printout for your **LONG COURSE METERS** times between **8/7/07 & Application Date.**
- (4) **ATTACH** SWIMS data base printout for your **SHORT COURSE YARDS** times between **8/7/07 & Application Date.**
- (5) **CHECK** the column for "AUTO" or "CONS" or both if you have made both standards.

NAME:		AGE:		CLUB:		
EVENT	TIME		Check "Auto" or "Cons" Box Fill in Location			
	LCM	SCY	AUTO	CONS	MEET NAME	DATE
50 Free						
100 Free						
200 Free						
400 Free						
800 Free						
1500 Free						
50 Back						
100 Back						
200 Back						
50 Breast						
100 Breast						
200 Breast						
50 Fly						
100 Fly						
200 Fly						
200 I.M.						
400 I.M.						

All times will be verified through the PNS Database. Times achieved outside of our LSC must be reported to the PNS Office for inclusion in the database (submit full meet results or request the results to be emailed to office@pns.org).

2008 Pacific Northwest Zone Team

Directions for Using the USA Swimming SWIMS Data Base and the “Times search By Person” Function

(Updated June 20, 2008)

Steps to Access and Print Athlete’s “Times Search By Person” from the USA Swimming Data Base:

(1) Open Internet Explorer

(2) Paste the following address into your Internet Explorer Address Window:

www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=358&Alias=Rainbow&Lang=en-US - 57k

This will take you to the USA Swimming Website and to the area titled: “Times Search By Person”

(3) Type in the last name and then the first name of the athlete in the “Select a Person” spaces in that order.

(4) In the “Select a Date” section, click on “Date Range”, and enter the dates shown between the quote marks, **“8/7/2007”** in the first box and **“7/21/2008”** in the second box

Note: Be careful typing in the dates and also the years.....2007 on the first one and 2008 on the second one.

(5) In the “Optional Search Parameters” area, click on “LCM Events”

(6) Then click on the “Search” button

Note: This should bring up all of the LCM swims between **August 7, 2007** (start of last year’s Zone meet) and July, 21, 2008 (the day after the last event qualifying date)

(7) Print off this sheet, by clicking on “File”, then click on “Print” on the drop down menu. Select your attached printer and then click on the “Print” button. This should print off a copy of the athlete’s LCM swims during the specified time period.

(8) Attach this print out to your Application Packet, and check of the box for SWIMS Data Base for LCM.

(9) Once you have the print out for LCM, go back to the “Optional Search Parameters” area and click on “SCY Events”. Then click on the “Search” Button.

Note: This should bring up all of the SCY swims between August 7, 2007 (the start of the entry window for the 2008 Zone meet) and July 21, 2008 (the day after the last event qualifying date). This data is needed to be able to potentially enter the athlete in additional events at the Zone meet under the rules allowing “Non-Standard swims.

(10) Print off this sheet, by clicking on “File”, then click on “Print” on the drop down menu. Select your attached printer and then click on the “Print” button. This should print off a copy of the athlete’s LCM swims during the specified time period.

(11) Attach this print out to your Application Packet, and check of the box for SWIMS Data Base for SCY.