



Pacific Northwest Swimming  
 11/12 Long Course Time Trial - Sanction #0907-SP02  
 Sponsored by the Greater Seattle Swim Association  
 in cooperation with the Seattle Department of Parks and Recreation  
 Colman Pool, Seattle, Washington  
 Hosted by Chinook Aquatic Club

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

SCHEDULES	Friday, July 10, 2009	Saturday, July 11, 2009
<b>Coaches' Meetings</b>	will be announced	will be announced

<b>Officials' Meetings</b>	20 minutes before start of competition	20 minutes before start of competition
<b>Warmups -</b>	Immediately following conclusion of Age Group Seattle Open Session II	Immediately following conclusion of Age Group Seattle Open Session IV
<b>Competition -</b>	30 minutes after start of warm-ups	30 minutes after start of warm-ups
<b>Positive Check-in Deadline:</b>	Start of warm-ups	Start of warm-ups

**MEET DIRECTOR:**

Souradeth Saysana  
 • mlssaysana@msn.com  
 • 425 378 0898

**MEET REFEREE:**

Steve Anderson  
 • sanders@simpson.com  
 • 425 641 6980

**LOCATION AND DIRECTIONS**

Colman Pool - Lincoln Park  
 8603 Fauntleroy Way SW  
 Seattle, Washington  
 206 684 7494

**Directions: From I-5 or Highway 99:** Take the West Seattle Bridge to Alaska Way and Fauntleroy. Follow Fauntleroy to Lincoln Park (on right). Park in either north or south lot and head west to the water through the park to the beach.

**FACILITY**

- Outdoor, 50 meter, 8-lane competitive pool
- Starting end 12.5 feet deep; turning end 3.5 feet deep
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- No warm-up pool available. Warm-up periods of up to 10 minutes may be inserted at the Meet Referee's discretion.
- 400 spectator seats on deck plus ample space in adjacent park.
- Colorado timing system
- Scoreboard: one-lane readout

**ONSITE AMENITIES**

- **Vendor:** Sylvia's will be on site with a wide variety of swimming apparel and equipment.
- **T-Shirts:** Commemorative T-Shirts will be available for sale.
- **Heat Sheets:** will be posted during warmups
- **Results** on PNS web site
- **Concessions:** Adjacent to the pool, concessions will include donuts,

coffee, juice and pop. Lunch will include baked potatoes, hamburgers, hot dogs, sandwiches and other traditional swim meet favorites.

- **Hospitality:** Refreshments will be available for coaches and officials in the pool office. Swimmers and spectators are not allowed.
- **Parking:** Park in either the north or south lot. Do not disregard signs if parking on Fauntleroy as cars may be ticketed and towed. Handicapped persons may arrange special access to the pool through the Meet Director.

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- The purpose of these Time Trials is to give PNS Swimmers ages 11-12 the opportunity to qualify for PNS Championship events not offered as part of the regular Age Group Seattle Open.
- Swimmers must be either 11 or 12 years of age by the first day of this meet. In addition, swimmers who will be 11 years of age by the first date of this summer's PNS Championship meet (July 23, 2009) are also eligible.
- Swimmers in individual events must have achieved at least one 2009 PNS "Long Course Gold" qualifying time in USA Swimming sanctioned, approved, or observed competition, but is not required to enter that event. Times achieved in compliance with PNS AD 02-01 may also be used.
- In addition, PNS Championships times (any course) are the dequalifying times for all Time Trial events. Swimmers in those events must not have bettered the PNS Championship qualifying time in any course.
- All entry times must be either LCM (long course meters) or SCY (short course yards). Converted times are not allowed. Seeding will be LCM then SCY. Entries with non-qualifying times will be scratched without notice or refund.

**ENTRY INFORMATION:**

- Each swimmer may enter up to two (2) time trials per day. 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.



Pacific Northwest Swimming  
11/12 Long Course Time Trial - Sanction #0907-SP02  
Sponsored by the Greater Seattle Swim Association  
in cooperation with the Seattle Department of Parks and Recreation  
Colman Pool, Seattle, Washington  
Hosted by Chinook Aquatic Club

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

- Deck entries for individual events will be allowed. Deck entry fees must be paid prior to the swim.
- Deck entered swimmers who are not already in this 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 entered in meet)
- Individual Event: \$3.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

**MEET RULES:**

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be LCM (long course meters) then SCY (short course yards).
- Time Trial swimmers must provide own timers and counter, if desired. Lanes with no timer go unprotected.
- All events will be deck-seeded. A positive check-in with the Clerk of Course by the posted deadline is required in order to swim. Swimmers not checking in will be scratched without penalty. Swimmers who check in but who do not swim will be disqualified from the remaining Time Trials.
- All events will be swum fast to slow, combined girls and boys.
- Should it be necessary to limit the number of heats of any event, priority will be given to those swimmers whose entry times are closest to the PNS Champs qualifying time for that event.
- Should it be necessary to limit the number of heats of any event, at least the fastest eight swimmers of each gender who check in will be seeded.

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
  - Lanes 1 & 8—pace lanes, no diving.
  - Lanes 2 & 7—sprint lanes, dive starts, return in lanes 3 & 6
  - Lanes 4 & 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.

**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 in the designated racing venue. All others must remain in the designated spectator area or in public lobbies 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, meet directors 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.
- Swimmers must provide their own timers and if applicable, counters for all events

**ENTRY SUBMITTAL INFORMATION:**

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, 8:00 PM, Wednesday, July 1, 2009:

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 Chinook Aquatic Club.

**Submittal Formats:**

- **Electronic files:** email attachments—preferred—or disk. If emailing the COMMLINK file, include items #2 and #3 above in Word for



**Pacific Northwest Swimming**  
**11/12 Long Course Time Trial - Sanction #0907-SP02**  
**Sponsored by the Greater Seattle Swim Association**  
**in cooperation with the Seattle Department of Parks and Recreation**  
**Colman Pool, Seattle, Washington**  
**Hosted by Chinook Aquatic Club**

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

- 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.

- Mail entries to:
- AG Seattle Open  
c/o Lori Morrison  
15428 SE 67<sup>th</sup> Place  
Bellevue, WA 98006
- Email entries to: [Loritm1956@yahoo.com](mailto:Loritm1956@yahoo.com)  
Phone: 425.641.2031  
Cell: 425.442.0325

**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.
- 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.

## Order of Events

### Friday, July 10, 2009

Event	Event #	Age Group	Dequalifying Girls	Dequalifying Boys
200 BR	1	11-12	PNS Champs	PNS Champs
400 IM	2	11-12	PNS Champs	PNS Champs
1500 FR	3	11-12	PNS Champs	PNS Champs

### Saturday, July 11, 2009

Event	Event #	Age Group	Dequalifying Girls	Dequalifying Boys
200 Fly	4	11-12	PNS Champs	PNS Champs
200 Back	5	11-12	PNS Champs	PNS Champs



Pacific Northwest Swimming  
 11/12 Long Course Time Trial - Sanction #0907-SP02  
 Sponsored by the Greater Seattle Swim Association  
 in cooperation with the Seattle Department of Parks and Recreation  
 Colman Pool, Seattle, Washington  
 Hosted by Chinook Aquatic Club  
*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.**

<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 **Chinook Aquatic Club**.

**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.