



Pacific Northwest Swimming
 Summer Grand Challenge -- Approval #A0907-SGC
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by the Tacoma Swim Club

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, July 18, 2009	Saturday, July 18, 2009	Sunday, July 19, 2009	Sunday, July 19, 2009
Coaches' Meeting	7:45 AM Check-in and coaches' packet at Clerk of Course.	as needed	as needed	as needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1, but not before 12:00 noon	8:00 AM	Immediately following conclusion of Session 3, but not before 12:00 noon
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 Deadlines	To Be Announced	To Be Announced	To Be Announced	To Be Announced

MEET DIRECTOR:

Chris Schell
 • cschell@tacomaswimclub.org
 • 253-756-6921

MEET REFEREE:

Teri White
 • twhite@massmutual.com

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, 2009 December National Championships, 2008 NCAA Men's Division 1 Championships, 2009 U.S. Open, 2009 Long Course Junior Nationals.
- 50-meter, 9 feet deep, 8-lane competitive pool
- 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
- 2500 spectator seats
- Omega electronic timing system
- Full-read scoreboard

ONSITE AMENITIES

- **Vendor:** NW Swim Shop
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions:** under contract with King County; neither PNS nor the host team derive any benefit
- **Hospitality** for coaches and officials only
- **Parking:** pool parking lots (front and rear). Illegally parked cars will be ticked and towed by the Federal Way Police Dept. Do not leave valuables in cars.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming with the following exception: *A swimmer who is not registered with USA Swimming but who is a resident of the PNS geographical boundaries may enter the meet provided that a completed USA Swimming Liability/Medical Release Form accompanies the swimmer's entry. The form must be signed by the swimmer's parent or legal guardian. If the swimmer is 18 years of age or older, the swimmer may sign his/her Release Form.*
- 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, 9-10, 10&under, 11-12, 13-14, and 15&over. See Order of Events.
- **De-qualifying times:** A swimmer may not enter any individual event in which he/she has achieved the PNS Champs qualifying time (any course) since April 1, 2008, even if the swimmer does not swim that event at this summer's PNS Champs meet. There are no de-qualifying times for 10&U swimmers.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of four (4) 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.
- On-deck USA Swimming registration will not be permitted.
- Deck entries for individual events will be allowed in open lanes 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. Swimmers not currently registered with USA Swimming must provide a completed USA Swimming Liability/Medical Release Form in lieu of a PNS Deck Entry Registration form.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**



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ENTRY FEES:

- Surcharge: \$15.00
- Deck entry surcharge: \$30.00 (swimmer not previously in meet)
- Individual Event: \$4.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** Ribbons 1st thru 6th in each division, based on seed times. Scoring also based on seed times: 7-5-4-3-2-1

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- At the Meet Referee's discretion, a positive check-in may be required for any or all events 200 meters or longer. Should that be the case, an announcement will be made at the Coaches' Meeting on Saturday.

Distance events:

- 11-12 swimmers: The 400 IM and 400 free events for all 11-12 swimmers will be deck-seeded and swum fastest to slowest. Positive check-in prior to the check-in deadline is required in order to swim. Swimmers must provide their own timers for these events; lanes with no timers go unprotected.
- 13&O swimmers: The 400 IM, 400 free, 800 free, and 1500 free events for 13&over swimmers will be deck-seeded, combined girls and boys and swum fastest to slowest. Positive check-in prior to the check-in deadline is required in order to swim. Swimmers must provide their own timers and counters (if desired) for these events; lanes with no timers go unprotected.

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 as well as all swimmers not registered athlete members of USA Swimming must notify the Meet Referee prior to warm-up. The swimmer will be assigned to a coach.

OTHER NOTES:

- In granting this approval 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, meet directors and any other person required by approval 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, July 8, 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 Tacoma Swim Club.
6. **USA Swimming Liability/Medical Release Form**--for each swimmer who is not a registered athlete member of USA Swimming, Inc.

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 ltd.com/downloads.html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Entry times must be LCM (long course meters).
- Converted times are not allowed.
- NT ("no time") times are allowed.



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- 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 (if USA Swimming registered), 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.
- **Mail entries to: : Tacoma Swim Club, PO Box 65006, Tacoma, WA 98464-1006**
- **Email address: entries@tacomaswimclub.org**
Contact phone: Chris Schell 253-777-9697



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PNS 2009 Summer Grand Challenge Events											
Saturday AM			Saturday PM			Sunday AM			Sunday PM		
#	Age	Event	#	Age	Event	#	Age	Event	#	Age	Event
1	Girls 10 & U	200 Free	28	Boys 11-12	200 Free	57	Girls 11-12	200 IM	86	Boys 11-12	200 IM
2	Boys 10 & U	200 Free	29	Girls 13 & O	200 Free	59	Girls 10 & U	200 IM	87	Girls 13 & O	200 IM
3	Girls 11-12	200 Free	30	Boys 13 & O	200 Free	60	Boys 10 & U	200 IM	88	Boys 13 & O	200 IM
9	Girls 10 & U	100 Fly	36	Boys 11-12	100 Fly	65	Girls 11-12	50 Breast	94	Boys 11-12	100 Free
10	Boys 10 & U	100 Fly	37	Girls 13 & O	100 Fly	67	Girls 10 & U	50 Breast	95	Girls 13 & O	100 Free
11	Girls 11-12	100 Fly	38	Boys 13 & O	100 Fly	68	Boys 10 & U	50 Breast	96	Boys 13 & O	100 Free
13	Girls 10 & U	50 Free	40	Boys 11-12	50 Free	69	Girls 11-12	50 Fly	98	Boys 11-12	50 Fly
14	Boys 10 & U	50 Free	41	Girls 13 & O	50 Free	71	Girls 10 & U	50 Fly	100	Boys 11-12	50 Breast
15	Girls 11-12	50 Free	42	Boys 13 & O	50 Free	72	Boys 10 & U	50 Fly	102	Boys 11-12	200 Fly
17	Girls 11-12	50 Back	44	Boys 11-12	50 Back	73	Girls 11-12	200 Fly	103	Girls 13 & O	200 Fly
19	Girls 10 & U	50 Back	45	Girls 13 & O	200 Back	75	Girls 11-12	100 Back	104	Boys 13 & O	200 Fly
20	Boys 10 & U	50 Back	46	Boys 13 & O	200 Back	77	Girls 10 & U	100 Back	106	Boys 11-12	100 Back
21	Girls 11-12	200 Back	48	Boys 11-12	200 Back	78	Boys 10 & U	100 Back	107	Girls 13 & O	100 Back
23	Girls 10 & U	100 Breast	49	Girls 13 & O	100 Breast	79	Girls 11-12	100 Free	108	Boys 13 & O	100 Back
24	Boys 10 & U	100 Breast	50	Boys 13 & O	100 Breast	81	Girls 10 & U	100 Free	110	Boys 11-12	200 Breast
25	Girls 11-12	100 Breast	52	Boys 11-12	100 Breast	82	Boys 10 & U	100 Free	111	Girls 13 & O	200 Breast
27	Girls 11-12	400 IM	53	Mixed 13 & O	400 IM	83	Girls 11-12	200 Breast	112	Boys 13 & O	200 Breast
			54	Boys 11-12	400 IM	85	Girls 11-12	400 Free	114	Boys 11-12	400 Free
			55	Mixed 13 & O	1500 Free				115	Mixed 13 & O	400 Free
									116	Mixed 13 & O	800 Free

Notes

- 1) No dequalifying standards for 10&Under events
- 2) All 11-12 and 13&Over events have a dequalification time standard equal to the PNS Long Course Champs time standard (any course) for that event
- 3) All 10&U individual events will be awarded and scored as 8&U and 9/10
- 4) All 13&O individual events will be awarded and scored as 13-14 and 15&O
- 5) The mixed 13&O events will be awarded and scored by gender as 13-14 and 15&O



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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.

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 \$15.00	\$	
INDIVIDUAL EVENTS:		X \$ 4.00	\$	
TOTAL:			\$	

Make one check payable to Tacoma Swim 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.



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USA Swimming Liability/Medical Release Form

Required liability/medical release form to be furnished by non-USA Swimming members participating in a covered competition.

Instructions: All forms should be given to the athlete with sufficient time for him/her to read and digest its contents before signing, especially if the parent/guardian signature is needed as well.

*If I am injured while participating in programs at _____ (Club),
 (1) I and my family agree to waive any legal claim against USA Swimming (USA Swimming), and those associated*

with USA Swimming, _____ (LSC) and _____ (Club);

(2) I give consent for _____ (Club) to provide medical/athletic training attentions, transportation and emergency medical services as warranted. If the program in which I am participating includes Physiological and/or Biomechanical evaluations, I further consent to these evaluations which pose no unusual risks or hazards when customary safeguards are observed.

If injured while traveling to or from _____ (Club) by public, private or any other means of conveyance, I agree to waive any legal claims against USA Swimming, _____ (LSC) and _____ (Club).

By signing this release, I swear that I am in good physical condition and I am not aware of any disease or injury that would result in my being injured during any program participation.

If I am less than 18 years of age or a minor under the laws of the state where I live, my parent or guardian shall sign this release with me.

I agree that I will not bring or possess alcoholic beverages, illegal drugs, or International Olympic Committee-banned substances on the premises. I further understand and agree to abide by general rules of conduct prescribed for participants in this function and that violations may result in a denial of meet privileges.

 Printed Name

 Signature Date

 Signature of Parent/Guardian Date

 Street Address

 City State Zip

(_____) _____

 Telephone