



Pacific Northwest Swimming  
 2014 PN February Age Group Invitational, Division 1- Sanction #1402-AGD01  
 Kamiak High School Pool  
 Mukilteo, Washington  
 Hosted by West Coast Aquatics

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

| SCHEDULES                  | SESSION 1                                   | SESSION 2                              | SESSION 3                                     | SESSION 4                                     | SESSION 5                              | SESSION 6                                     | SESSION 7                                     |
|----------------------------|---|--|---|---|--|---|---|
| Dates                      | Friday,<br>February 28, 2014                | Saturday,<br>March 1, 2014             | Saturday,<br>March 1, 2014                    | Saturday,<br>March 1, 2014                    | Sunday,<br>March 2, 2014               | Sunday,<br>March 2, 2014                      | Sunday,<br>March 2, 2014                      |
| Coaches' Meeting           | 3:45 PM- Coaches' packet at Clerk of Course | as needed                              | as needed                                     | as needed                                     | 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        | 45 minutes before start of competition | 45 minutes before start of competition        | 45 minutes before start of competition        |
| Warm-ups                   | 4:00 PM                                     | 8:00 AM                                | immediately following conclusion of Session 2 | immediately following conclusion of Session 3 | 8:00 AM                                | immediately following conclusion of Session 5 | immediately following conclusion of Session 6 |
| Timed Finals               | 5:00 PM                                     | One hour after start of warm-ups       | One hour after start of warm-ups              | One hour after start of warm-ups              | 9:00 AM                                | One hour after start of warm-ups              | One hour after start of warm-ups              |
| Positive Check-in Deadline | 4:30 PM                                     | n/a                                    | n/a   | n/a   | n/a                                    | n/a   | n/a   |

**MEET DIRECTOR:**

Pam Williamson  
 • pam@westswimteam.com  
 • 425-487-0875

**MEET REFEREE:**

Margaret Brunke  
 • brunkefamily@hotmail.com

**LOCATION AND DIRECTIONS**

Kamiak High School Pool  
 10801 Harbour Pointe Blvd.  
 Mukilteo, Washington

**Directions: From the south:** Take I-5 north to exit #182. Follow signs to SR 525 and Mukilteo. Head north on SR 525 (Mukilteo Speedway) for about 5 1/2 miles to the second Harbour Pointe Blvd. Turn left. Go past the fire station and HarbourPointeMiddle School. The high school will be on your left after the curve.

**From the east:** Go north on I-405 until it ends. Follow SR 525 and the above directions.

**From the north:** Take I-5 to Highway 525 (Boeing/Mukilteo Freeway). Follow all the way to the end. At the "T" turn left onto SR 525 (Mukilteo Speedway). Take the first right onto Harbour Pointe Blvd. Go past the fire station and HarbourPointeMiddle School. The high school will be on your left after the curve.

**FACILITY**

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 5.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool in the shallow end
- 400 spectator seats

- Daktronic electronic timing system
- Scoreboard: six-lane readout
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Except where venue facilities require otherwise, changing in or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**ONSITE AMENITIES**

- Vendors: NW Swim Shop and Fine Designs
- Heat Sheets: \$7.00
- Results on PNS web site
- Concessions: Wonderful variety of food and beverages available
- Hospitality for coaches and officials only
- Parking adjacent to pool

**TEAMS:**

- West Coast Aquatics
- Bainbridge Island Swim Club
- Bellingham Bay Swim Team
- Mighty Marlins Swim Club
- North Whidbey Aquatic Club
- Pacific Dragons Swim Team
- Penguin Aquatics
- PRO Swimming
- South Snohomish County Dolphins
- StingRay Swim Team
- Storm Aquatics
- Thunderbird Aquatic Club
- Wave Aquatics
- West Seattle YMCA Dolphin Swim Team



Pacific Northwest Swimming  
2014 PN February Age Group Invitational, Division 1- Sanction #1402-AGD01  
Kamialk High School Pool  
Mukilteo, Washington  
Hosted by West Coast Aquatics

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

#### 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 the meet.
- Age groups for competition will be 10&under, 11-12, 13-14, and 15&over. See Order of Events.
- With the exception of bonus events, all swimmers, including swimmers with a disability, must have achieved the appropriate PNS "Gold" time standard for their current age in USA Swimming sanctioned, approved or observed competition during the meet qualifying period in order to enter an event.
- The PNS 10&U "Gold" time standards apply to all 10&U swimmers, including those ages 8&U. The PNS 8&U "Gold" times do not apply to this meet.
- **With the exception of bonus swims, the time standard requirement is per event.**
- All qualifying times must have been achieved between February 1, 2013, and the meet entry deadline.
- It is assumed that all entry times are SCY (short course yards) unless specified as SCM (short course meters) or LCM (long course meters). Converted times are not allowed.

#### BONUS EVENTS

- Swimmers entered in at least one (1) qualifying individual event may also enter one (1) bonus event per day, subject to the daily and meet maximum entries listed below.

#### ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of six (6) individual events. Swimmers age 10&U or 15&O may enter up to four (4) per day, but no more than six (6) for the meet. Swimmers age 11-14 may enter up to three (3) per day, but no more than six (6) for the meet. 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. On-deck transfer to one of the listed teams 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. See Special Meet Rules for each session. 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.
- **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 in meet)
- Timed finals individual event: \$4.00 (Sessions 1, 3, 6)
- Prelims/finals individual event: \$6.00 (Sessions 2/4, 5/7)
- No refunds or credits will be given for events entered but not swum; no event swapping.

- All fees must accompany entries.

#### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be SCY/SCM/LCM.

#### SPECIAL INFORMATION AND RULES FOR FRIDAY'S DISTANCE EVENTS:

- The 500 freestyle and 400 IM events will be deck-seeded, with all heats being swum fastest to slowest, combined girls and boys, in event number order. Positive check-in prior to the check-in deadline is required to swim. Swimmers must provide their own timers and counters (if desired) for these events; lanes with no timers go unprotected.
- There is no penalty for failure to swim but events entered, whether swum or not, count toward the six-event entry limit for the meet.
- Swimmers ages 10&U may not enter the 400IM and may not enter the 500 freestyle as a bonus event.
- Swimmers age 8&U must have achieved the 10&U "Gold" time to enter the 500 freestyle.
- Swimmers ages 11&O may enter either the 400IM or the 500 freestyle as a bonus event only if entered in the other Friday event with a qualifying time.

#### Awards and Scoring:

- Individual events: Ribbons 1st-8th places by age group and gender.  
Scoring: 16-13-12-11-10-9-7-5-4-3-2-1
- The 500 freestyle events will be awarded and scored as 10&U, 11-12, 13-14, and 15&O.
- The 400 IM events will be awarded and scored as 11-12, 13-14, and 15&O.
- Deck entries will not score.

#### SPECIAL INFORMATION AND RULES FOR 11-14PRELIMS/FINALS SESSIONS:

- Each eligible swimmer may enter up to three (3) individual events per day Saturday and Sunday but no more than six (6) for the entire meet, including Friday events. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Events will be swum and scored by event number.

#### Awards and Scoring:

- Individual events: Ribbons 1st-12th places by age group and gender.  
Scoring: 16-13-12-11-10-9-7-5-4-3-2-1
- Deck entries may not advance to finals and will not score.

#### Scratch information:

- **Prelims:** No check-in required. No penalty for failure to show.
- **Finals:** These are preliminary/finals sessions, with two heats of each event in finals. Swimmers whose names are announced as qualifying for the finals or consolations finals heat of any prelims/finals event who fail to show will be barred from competing in the next individual



Pacific Northwest Swimming  
2014 PN February Age Group Invitational, Division 1- Sanction #1402-AGD01  
Kamiak High School Pool  
Mukilteo, Washington  
Hosted by West Coast Aquatics

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

event in which they are entered unless properly scratched. 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 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.

Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.

- Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**SPECIAL INFORMATION AND RULES FOR 10&U and 15&O SESSIONS:**

- Each eligible swimmer may enter up to four (4) individual events per day but no more than six (6) for the entire meet, including Friday events. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- All events will be pre-seeded timed finals and will be swum in event number order.
- No check-in required. No penalty for failure to show.

**Awards and Scoring:**

- Individual events: Ribbons 1st-8th places by age group and gender.  
Scoring: 16-13-12-11-10-9-7-5-4-3-2-1
- Deck entries will not score.

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
  - Lanes 1 & 6—pace lanes, no diving
  - Lanes 2 & 5—sprint lanes, dive starts, return in lanes 3 & 4
  - Lanes 3 & 4—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.
- All participating swimmers must be under the supervision of a USA Swimming member coach and may not enter the water at any time unless under the supervision of said coach. The Meet Director or

**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 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 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.

**ENTRY SUBMITTAL INFORMATION:**

Before processing entries, set your team management software's "times since" date to February 1, 2013.

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, February 19, 2014:

1. **Entry File** from Team Manager or equivalent.
2. **Meet Entry Reports** for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager or equivalent.
3. **Meet Entry Fee Report** from Team Manager or equivalent.
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 West Coast Aquatics.

**Submittal Formats:**

- **Electronic files:** email items #1, #2, and #3.
- **Hardcopies:** mail or hand-deliver items #4 and #5. If sending via express mail, waive signature requirement.
- Please be advised that bonus swims may not import into Meet Manager from non-Hy-Tek products, and the host club cannot be responsible for entry errors due to software incompatibility.

**Submittal Notes:**



Pacific Northwest Swimming  
2014 PN February Age Group Invitational, Division 1- Sanction #1402-AGD01  
Kamiak High School Pool  
Mukilteo, Washington  
Hosted by West Coast Aquatics

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

- Late, incomplete, or paper entries will not be processed.
- Bonus times must be clearly marked as such.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- All entry times will be assumed to be SCY unless otherwise specified.
- NT (no time) entries are not allowed except for bonus events.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to: Pam Williamson, 2824 - 204th St SE, Bothell, WA 98012
- Email entries to: [pam@westswimteam.com](mailto:pam@westswimteam.com)
- Meet Entry Contact/Questions: Pam Williamson, 425-501-6242



## 2014 FEBRUARY AGE GROUP INVITATIONAL Order of Events

| SESSION 1 (FRIDAY P.M.) |        |            |  |   |          |            |
|-------------------------|--------|------------|--|---|----------|------------|
| 1                       | 400 IM | Mixed Open |  | 2 | 500 Free | Mixed Open |

| SESSION 2 (PRELIMS) SAT A.M. |            |           |
|------------------------------|------------|-----------|
| Event #                      | Event      | Age Group |
| 3,4                          | 50 Back    | 11-12     |
| 5,6                          | 50 Back    | 13-14     |
| 7, 8                         | 200 IM     | 11-12     |
| 9,10                         | 200 IM     | 13-14     |
| 11,12                        | 100 Fly    | 11-12     |
| 13,14                        | 100 Fly    | 13-14     |
| 15,16                        | 50 Breast  | 11-12     |
| 17,18                        | 50 Breast  | 13-14     |
| 19, 20                       | 200 Back   | 11-12     |
| 21,22                        | 200 Back   | 13-14     |
| 23,24                        | 100 Free   | 11-12     |
| 25,26                        | 100 Free   | 13-14     |
| 27,28                        | 200 Breast | 11-12     |
| 29,30                        | 200 Breast | 13-14     |

| SESSION 5 (PRELIMS) SUN A.M. |            |           |
|------------------------------|------------|-----------|
| Event #                      | Event      | Age Group |
| 55,56                        | 50 Fly     | 11-12     |
| 57,58                        | 50 Fly     | 13-14     |
| 59,60                        | 200 Free   | 11-12     |
| 61,62                        | 200 Free   | 13-14     |
| 63,64                        | 100 Back   | 11-12     |
| 65,66                        | 100 Back   | 13-14     |
| 67,68                        | 200 Fly    | 11-12     |
| 69,70                        | 200 Fly    | 13-14     |
| 71,72                        | 100 Breast | 11-12     |
| 73,74                        | 100 Breast | 13-14     |
| 75,76                        | 50 Free    | 11-12     |
| 77,78                        | 50 Free    | 13-14     |
| 79,80                        | 100 IIM    | 11-12     |
| 81,82                        | 100 IM     | 13-14     |

| SESSION 3 - TIMED FINALS |            |             |
|--------------------------|------------|-------------|
| 31,32                    | 50 Back    | 10U         |
| 33,34                    | 50 Back    | 15 and over |
| 35,36                    | 200 IM     | 10U         |
| 37,38                    | 200 IM     | 15-Over     |
| 39,40                    | 100 Fly    | 10U         |
| 41,42                    | 100 Fly    | 15-Over     |
| 43,44                    | 50 Breast  | 10U         |
| 45,46                    | 50 Breast  | 15 and over |
| 47,48                    | 200 Back   | 15-Over     |
| 49,50                    | 100 Free   | 10U         |
| 51,52                    | 100 Free   | 15-Over     |
| 53,54                    | 200 Breast | 15-Over     |

| SESSION 6- TIMED FINALS |            |         |
|-------------------------|------------|---------|
| 83,84                   | 50 Fly     | 10U     |
| 85,86                   | 50 Fly     | 15-Over |
| 87,88                   | 200 Free   | 10U     |
| 89,90                   | 200 Free   | 15-Over |
| 91,92                   | 100 Back   | 10U     |
| 93,94                   | 100 Back   | 15-Over |
| 95,96                   | 200 Fly    | 15-Over |
| 97,98                   | 100 Breast | 10U     |
| 99,100                  | 100 Breast | 15-Over |
| 101,102                 | 50 Free    | 10U     |
| 103,104                 | 50 Free    | 15-Over |
| 105,106                 | 100 IM     | 10U     |
| 107,108                 | 100 IM     | 15-Over |

| SESSION 4 (TOP 12 FINALS) SAT P.M. |            |           |
|------------------------------------|------------|-----------|
| Event #                            | Event      | Age Group |
| 3,4                                | 50 Back    | 11-12     |
| 5,6                                | 50 Back    | 13-14     |
| 7, 8                               | 200 IM     | 11-12     |
| 9,10                               | 200 IM     | 13-14     |
| 11,12                              | 100 Fly    | 11-12     |
| 13,14                              | 100 Fly    | 13-14     |
| 15,16                              | 50 Breast  | 11-12     |
| 17,18                              | 50 Breast  | 13-14     |
| 19, 20                             | 200 Back   | 11-12     |
| 21,22                              | 200 Back   | 13-14     |
| 23,24                              | 100 Free   | 11-12     |
| 25,26                              | 100 Free   | 13-14     |
| 27,28                              | 200 Breast | 11-12     |
| 29,30                              | 200 Breast | 13-14     |

| SESSION 7 (TOP 12 FINALS) SUN P.M. |            |           |
|------------------------------------|------------|-----------|
| Event #                            | Event      | Age Group |
| 55,56                              | 50 Fly     | 11-12     |
| 57,58                              | 50 Fly     | 13-14     |
| 59,60                              | 200 Free   | 11-12     |
| 61,62                              | 200 Free   | 13-14     |
| 63,64                              | 100 Back   | 11-12     |
| 65,66                              | 100 Back   | 13-14     |
| 67,68                              | 200 Fly    | 11-12     |
| 69,70                              | 200 Fly    | 13-14     |
| 71,72                              | 100 Breast | 11-12     |
| 73,74                              | 100 Breast | 13-14     |
| 75,76                              | 50 Free    | 11-12     |
| 77,78                              | 50 Free    | 13-14     |
| 79,80                              | 100 IIM    | 11-12     |
| 81,82                              | 100 IM     | 13-14     |

- Swimmers must have gold time for each event entered.
- One (1) bonus per day – not to exceed maximum events allowed
- 11-14 swimmers swim max of 6 events for the weekend with max of 3 per day.
- 10U and 15-Over swimmers may swim 6 events for the weekend with max of 4 per day.
- "Mixed Events" will be swum combined by gender and age groups, seeded fast to slow. Awards will be broken out by gender and age group. 400 IM competitions are for 11 and over swimmers.
- Eight and under swimmers must meet ten and under standards to enter the meet.

**2013-2014 PNS SHORT COURSE YARDS GOLD TIME STANDARDS**

| <b>G10&amp;U</b> | <b>G11-12</b> | <b>G13-14</b> | <b>G15&amp;O</b> |                   | <b>B10&amp;U</b> | <b>B11-12</b> | <b>B13-14</b> | <b>B15&amp;O</b> |
|------------------|---------------|---------------|------------------|-------------------|------------------|---------------|---------------|------------------|
| 36.79            | 32.29         | 29.39         | 28.99            | <b>50 free</b>    | 37.99            | 32.79         | 28.79         | 27.49            |
| 1:20.69          | 1:11.79       | 1:04.29       | 1:03.09          | <b>100 free</b>   | 1:21.09          | 1:11.79       | 1:03.29       | 59.09            |
| 2:51.89          | 2:32.79       | 2:23.19       | 2:20.59          | <b>200 free</b>   | 2:52.99          | 2:33.49       | 2:18.19       | 2:12.09          |
| 7:40.99          | 6:44.89       | 6:17.99       | 6:12.19          | <b>500 free</b>   | 7:42.19          | 6:53.79       | 6:11.79       | 5:59.19          |
| 42.69            | 37.89         | 35.39         | 34.89            | <b>50 back</b>    | 43.39            | 38.09         | 33.49         | 31.99            |
| 1:32.39          | 1:20.79       | 1:15.19       | 1:14.09          | <b>100 back</b>   | 1:33.09          | 1:21.19       | 1:11.89       | 1:08.79          |
|                  | 2:56.39       | 2:44.49       | 2:42.49          | <b>200 back</b>   |                  | 2:54.19       | 2:34.49       | 2:58.59          |
| 48.59            | 43.09         | 40.59         | 40.09            | <b>50 breast</b>  | 48.39            | 42.39         | 37.29         | 35.69            |
| 1:46.39          | 1:32.79       | 1:26.89       | 1:25.69          | <b>100 breast</b> | 1:45.69          | 1:32.69       | 1:22.19       | 1:18.69          |
|                  | 3:22.89       | 3:07.89       | 3:05.29          | <b>200 breast</b> |                  | 3:24.69       | 3:01.19       | 2:54.09          |
| 42.39            | 37.49         | 34.09         | 33.39            | <b>50 fly</b>     | 41.49            | 36.89         | 32.49         | 30.89            |
| 1:36.29          | 1:22.89       | 1:15.59       | 1:14.19          | <b>100 fly</b>    | 1:36.89          | 1:21.49       | 1:11.09       | 1:07.19          |
|                  | 3:06.59       | 2:47.59       | 2:45.29          | <b>200 fly</b>    |                  | 3:04.09       | 2:43.19       | 2:31.19          |
| 1:33.19          | 1:22.49       | 1:15.49       | 1:14.29          | <b>100 IM</b>     | 1:31.99          | 1:20.79       | 1:10.49       | 1:07.59          |
| 3:19.79          | 2:55.79       | 2:44.69       | 2:41.99          | <b>200 IM</b>     | 3:17.89          | 2:53.79       | 2:35.69       | 2:29.29          |
|                  | 6:19.09       | 5:49.89       | 5:45.49          | <b>400 IM</b>     |                  | 6:16.99       | 5:37.79       | 5:21.29          |

**2013-2014 PNS SHORT COURSE METERS GOLD TIME STANDARDS**

| <b>G10&amp;U</b> | <b>G11-12</b> | <b>G13-14</b> | <b>G15&amp;O</b> |                   | <b>B10&amp;U</b> | <b>B11-12</b> | <b>B13-14</b> | <b>B15&amp;O</b> |
|------------------|---------------|---------------|------------------|-------------------|------------------|---------------|---------------|------------------|
| 40.49            | 35.59         | 32.39         | 31.89            | <b>50 free</b>    | 41.79            | 36.09         | 31.69         | 30.29            |
| 1:28.79          | 1:18.99       | 1:10.79       | 1:09.39          | <b>100 free</b>   | 1:29.19          | 1:18.99       | 1:09.69       | 1:04.99          |
| 3:09.09          | 2:48.09       | 2:37.59       | 2:34.89          | <b>200 free</b>   | 3:10.29          | 2:48.89       | 2:32.09       | 2:25.29          |
| 6:49.69          | 6:00.39       | 5:36.69       | 5:31.59          | <b>400 free</b>   | 6:50.79          | 6:08.19       | 5:31.19       | 5:20.09          |
| 46.99            | 41.69         | 38.99         | 38.39            | <b>50 back</b>    | 47.79            | 41.89         | 36.89         | 35.19            |
| 1:41.69          | 1:28.89       | 1:22.79       | 1:21.49          | <b>100 back</b>   | 1:42.39          | 1:29.39       | 1:19.09       | 1:15.69          |
|                  | 3:14.09       | 3:00.99       | 2:58.79          | <b>200 back</b>   |                  | 3:11.69       | 2:49.99       | 2:43.49          |
| 53.49            | 47.39         | 44.69         | 44.09            | <b>50 breast</b>  | 53.29            | 46.69         | 41.09         | 39.29            |
| 1:57.09          | 1:42.09       | 1:35.59       | 1:34.29          | <b>100 breast</b> | 1:56.29          | 1:41.99       | 1:30.49       | 1:26.59          |
|                  | 3:43.19       | 3:26.69       | 3:23.89          | <b>200 breast</b> |                  | 3:45.19       | 3:19.39       | 3:11.49          |
| 46.69            | 41.29         | 37.49         | 36.79            | <b>50 fly</b>     | 45.69            | 40.59         | 35.79         | 33.99            |
| 1:45.99          | 1:31.19       | 1:23.19       | 1:21.69          | <b>100 fly</b>    | 1:46.59          | 1:29.69       | 1:18.19       | 1:13.99          |
|                  | 3:25.29       | 3:04.39       | 3:01.89          | <b>200 fly</b>    |                  | 3:22.49       | 2:59.59       | 2:46.39          |
| 1:42.59          | 1:30.79       | 1:23.09       | 1:21.69          | <b>100 IM</b>     | 1:41.19          | 1:28.89       | 1:17.59       | 1:14.39          |
| 3:39.79          | 3:13.39       | 3:01.19       | 2:58.19          | <b>200 IM</b>     | 3:37.69          | 3:11.19       | 2:51.29       | 2:44.29          |
|                  | 6:56.99       | 6:24.89       | 6:20.09          | <b>400 IM</b>     |                  | 6:54.69       | 6:11.59       | 5:53.49          |

**2013-2014 PNS LONG COURSE METERS GOLD TIME STANDARDS**

| <b>G10&amp;U</b> | <b>G11-12</b> | <b>G13-14</b> | <b>G15&amp;O</b> |                   | <b>B10&amp;U</b> | <b>B11-12</b> | <b>B13-14</b> | <b>B15&amp;O</b> |
|------------------|---------------|---------------|------------------|-------------------|------------------|---------------|---------------|------------------|
| 41.49            | 36.59         | 33.39         | 32.89            | <b>50 free</b>    | 42.79            | 37.09         | 32.69         | 31.29            |
| 1:30.79          | 1:20.99       | 1:12.79       | 1:11.39          | <b>100 free</b>   | 1:31.19          | 1:20.99       | 1:11.69       | 1:06.99          |
| 3:13.09          | 2:52.09       | 2:41.59       | 2:38.69          | <b>200 free</b>   | 3:14.29          | 2:52.89       | 2:36.09       | 2:29.29          |
| 6:57.69          | 6:08.39       | 5:44.69       | 5:39.59          | <b>400 free</b>   | 6:58.79          | 6:16.19       | 5:39.19       | 5:28.09          |
| 47.99            | 42.69         | 39.99         | 39.39            | <b>50 back</b>    | 48.79            | 42.89         | 37.89         | 36.19            |
| 1:43.69          | 1:30.89       | 1:24.79       | 1:23.49          | <b>100 back</b>   | 1:44.39          | 1:31.39       | 1:21.09       | 1:17.69          |
|                  | 3:18.09       | 3:04.99       | 3:02.79          | <b>200 back</b>   |                  | 3:15.69       | 2:53.99       | 2:47.49          |
| 54.49            | 48.39         | 45.69         | 45.09            | <b>50 breast</b>  | 54.29            | 47.69         | 42.09         | 40.29            |
| 1:59.09          | 1:44.09       | 1:37.59       | 1:36.29          | <b>100 breast</b> | 1:58.29          | 1:43.99       | 1:32.49       | 1:28.59          |
|                  | 3:47.19       | 3:30.69       | 3:27.89          | <b>200 breast</b> |                  | 3:49.19       | 3:23.39       | 3:15.49          |
| 47.69            | 42.29         | 38.49         | 37.79            | <b>50 fly</b>     | 46.69            | 41.59         | 36.79         | 34.99            |
| 1:47.99          | 1:33.19       | 1:25.19       | 1:23.69          | <b>100 fly</b>    | 1:48.59          | 1:31.69       | 1:20.19       | 1:15.99          |
|                  | 3:29.29       | 3:08.39       | 3:05.89          | <b>200 fly</b>    |                  | 3:26.49       | 3:03.59       | 2:50.39          |
| 3:43.79          | 3:17.39       | 3:05.19       | 3:02.19          | <b>200 IM</b>     | 3:41.69          | 3:15.19       | 2:55.29       | 2:48.29          |
|                  | 7:04.99       | 6:32.89       | 6:28.09          | <b>400 IM</b>     |                  | 7:02.69       | 6:19.59       | 6:01.49          |



Pacific Northwest Swimming  
 2014 PN February Age Group Invitational, Division 1- Sanction #1402-AGD01  
 Kamiak High School Pool  
 Mukilteo, Washington  
 Hosted by West Coast Aquatics

*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>TIMED FINALS INDIVIDUAL EVENTS:</b>   |  | <b>X \$ 4.00</b> | <b>\$</b>    |
| <b>PRELIMS/FINALS INDIVIDUAL EVENTS:</b> |  | <b>X \$ 6.00</b> | <b>\$</b>    |
|  |  | <b>SUBTOTAL:</b> | <b>\$</b>    |
| <b>LESS OUTREACH VOUCHERS:</b>           |  |                  | <b>(\$ )</b> |
|  |  | <b>TOTAL:</b>    | <b>\$</b>    |

Make one check payable to **West Coast Aquatics**.

**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.