



Pacific Northwest Swimming  
2009 SST 25 Free Tournament - Sanction #0911-SP07  
Puyallup High School Pool  
Puyallup, Washington  
Hosted by the South Sound Titans

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

SCHEDULES		
Date	Sunday, November 8, 2009 <u>Session 1 - 9-10 &amp; 11-12</u>	Sunday, November 8, 2009 <u>Session 2 - 8-Under &amp; 13-Over</u>
Coaches' Meeting	8:15 AM - Check-in and coaches' packet at Clerk of Course	As Announced
Officials' Meetings	9:00 AM	As Announced
Timers' Meetings	9:10 AM	As Announced
Warm-ups	8:30 AM	1:30 PM
Timed Finals	9:30 AM	2:30 AM

**MEET DIRECTOR:**

Shawn Jones

- sstheadcoach@comcast.net
- 253/880-4647

**MEET REFEREE:**

Teri White

- twhite@massmutual.com

**LOCATION AND DIRECTIONS**

Puyallup High School Pool  
105 Seventh St. SW  
Puyallup, Washington, 98371

**Directions from Hwy 167:** Take Hwy 167 south until it ends. Go left onto Meridian. Cross the river. Go right on River Road. Turn left at the light onto 4th Street SW which, after crossing the railroad tracks, becomes 5th Street. Turn right onto 2nd Avenue SW. Swimming pool parking lot will be straight ahead.

**Directions from Hwy 512:** Take Pioneer exit off Hwy 512. Turn left onto East Pioneer and travel west approximately eleven blocks. Turn right onto 6th Street SW. Pool parking lot will be on your right.

**FACILITY**

- 25 yard, 6-lane competitive pool; no outside lane ropes 1 and 6
- Starting end 5.0 feet deep; turning end 4.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool in the shallow end
- 240 spectator seats
- Daktronics electronic timing system
- Daktronics scoreboard

**ONSITE AMENITIES**

- **Vendor:** Fircrest Swim Shop
- **Heat Sheets:** \$3.00
- **Results** on PNS web site
- **Concessions** None
- **Hospitality** for coaches and officials
- **Parking** next to the pool and on adjacent streets. Do not park in restricted areas.

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming.
- Age groups are based on the age of the swimmer on the first day of the meet.
- Age groups for competition will be 8&U, 9-10, 11-12, 13-14 and 15&O.

**ENTRY INFORMATION:**

- Each swimmer may enter up to a maximum of three (3) individual events plus one (1) Tournament Event. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Complete whole team entries will be processed in order received until either session reaches the four-hour limit.
- 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.
- On-deck USA Swimming registration will not be permitted.
- **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)
- Individual Event: \$3.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

**TOURNAMENT EVENTS AWARDS:**

- **Awards:** Trophies 1st - 3rd place; Ribbons 4th - 6th place

**OTHER EVENTS :**

- **Awards:** Ribbons 1-6

**MEET RULES:**

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.



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- All entry times must be short course yards. NT (no time) entry times are allowed.
- The Meet Referee, in cooperation with the Meet Director, reserves the right to condense the meet into a single session if the meet is lightly subscribed and the projected timeline for a single session complies with the four-hour rule. Teams will be notified by email no later than 8:00 PM, Friday, 30 October. If the meet is condensed into a single session, swimmers initially entered into Session 2 will have until 12:00 Noon, Monday, 2 November to withdraw from the meet with a full refund of entry fees. To request a schedule of events for the single session format, please send an email to [sstheadcoach@comcast.net](mailto:sstheadcoach@comcast.net).

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
  - Lanes 1 & 6—pace lanes if requested, 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 ten (10) 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 on in the roped-off meet operations part of the 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:**

**Entry Deadline: 6:00 PM, Wednesday, October 28, 2009. Entries will be only be accepted upon receipt of all of the following:**

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 South Sound Titans.

**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 no charge at: <http://www.hy-ekltd.com/downloads.html>

**Submittal Notes:**

- Late or incomplete entries will not be processed.
- Complete whole team entries will be processed in order received until either session reaches the four-hour limit.
- All entry times must be SCY (short course yards).
- 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.
- Email entries to: [sstheadcoach@comcast.net](mailto:sstheadcoach@comcast.net)
- Mail entries to: Shawn Jones, 20825 SR 410 E. #392, Bonney Lake, WA 98391 - [sstheadcoach@comcast.net](mailto:sstheadcoach@comcast.net) - 253/880-4647



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***South Sound Titans Age Group 25 Free Tournament***  
***Schedule of Events Session 1***  
***Age Groups - 9-10 & 11-12***

<b>1</b>	9-10 200 Free	<b>2</b>
<b>3</b>	11-12 200 Free	<b>4</b>
<b>5</b>	9-10 100 Free	<b>6</b>
<b>7</b>	11-12 100 Free	<b>8</b>
<b><i>5:00 Break</i></b>		
<b>9P</b>	9-10 25 Free - Tournament Event - Preliminary Round - Fastest 18 Advance to Quarter Finals	<b>10P</b>
<b>11P</b>	11-12 25 Free - Tournament Event - Preliminary Round - Fastest 18 Advance to Quarter Finals	<b>12P</b>
<b><i>Warm Up/Cool Down Break if Timeline Allows - At Discretion of Meet Referee</i></b>		
<b>13</b>	11-12 200 IM	<b>14</b>
<b>15</b>	11-12 200 Fly	<b>16</b>
<b>17</b>	9-10 100 Fly	<b>18</b>
<b>19</b>	11-12 100 Fly	<b>20</b>
<b><i>5:00 Break</i></b>		
<b>9Q</b>	9-10 25 Free - Tournament Event - Quarter-Final Round - Fastest 12 Advance to Semi-Finals	<b>10Q</b>
<b>11Q</b>	11-12 25 Free - Tournament Event - Quarter-Final Round - Fastest 12 Advance to Semi-Finals	<b>12Q</b>
<b><i>Warm Up/Cool Down Break if Timeline Allows - At Discretion of Meet Referee</i></b>		
<b>21</b>	11-12 200 Breast	<b>22</b>
<b>23</b>	9-10 100 Breast	<b>24</b>
<b>25</b>	11-12 100 Breast	<b>26</b>
<b><i>5:00 Break</i></b>		
<b>9S</b>	9-10 25 Free - Tournament Event - Semi-Final Round - Fastest 6 Advance to Finals	<b>10S</b>
<b>11S</b>	11-12 25 Free - Tournament Event - Semi-Final Round - Fastest 6 Advance to Finals	<b>12S</b>
<b><i>Warm Up/Cool Down Break if Timeline Allows - At Discretion of Meet Referee</i></b>		
<b>27</b>	9-10 200 IM	<b>28</b>
<b>29</b>	11-12 200 Back	<b>30</b>
<b>31</b>	9-10 100 Back	<b>32</b>
<b>33</b>	11-12 100 Back	<b>34</b>
<b><i>5:00 Break</i></b>		
<b>9F</b>	9-10 25 Free - Tournament Event - Finals	<b>10F</b>
<b>11F</b>	11-12 25 Free - Tournament Event - Finals	<b>12F</b>



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***South Sound Titans Age Group 25 Free Tournament***  
***Schedule of Events Session 2***  
***Age Groups - 8-Under & 13-Over***

35	13-Over 200 Free (scored & awarded by age group)	36
37	8-Under 100 Free	38
39	13-Over 50 Free (scored & awarded by age group)	40
41	8-Under 50 Free	42
<b><i>5:00 Break</i></b>		
43P	8-Under 25 Free - Tournament Event - Preliminary Round - Fastest 18 Advance to Quarter Finals	44P
45P	13-14 25 Free - Tournament Event - Preliminary Round - Fastest 18 Advance to Quarter Finals	46P
47P	15-Over 25 Free - Tournament Event - Preliminary Round - Fastest 18 Advance to Quarter Finals	48P
<b><i>Warm Up/Cool Down Break if Timeline Allows - At Discretion of Meet Referee</i></b>		
49	13-Over 200 IM (scored & awarded by age group)	50
51	13-Over 200 Fly (scored & awarded by age group)	51
53	8-Under 50 Fly	54
55	13-Over 50 Fly (scored & awarded by age group)	56
<b><i>5:00 Break</i></b>		
43Q	8-Under 25 Free - Tournament Event - Quarter-Final Round - Fastest 12 Advance to Semi-Finals	43Q
44Q	13-14 25 Free - Tournament Event - Quarter-Final Round - Fastest 12 Advance to Semi-Finals	45Q
46Q	15-Over 25 Free - Tournament Event - Quarter-Final Round - Fastest 12 Advance to Semi-Finals	47Q
<b><i>Warm Up/Cool Down Break if Timeline Allows - At Discretion of Meet Referee</i></b>		
57	13-Over 200 Breast (scored & awarded by age group)	58
59	8-Under 50 Breast	60
61	13-Over 50 Breast (scored & awarded by age group)	62
<b><i>5:00 Break</i></b>		
43S	8-Under 25 Free - Tournament Event - Semi-Final Round - Fastest 6 Advance to Finals	44S
45S	13-14 25 Free - Tournament Event - Semi-Final Round - Fastest 6 Advance to Finals	46S
47S	15-Over 25 Free - Tournament Event - Semi-Final Round - Fastest 6 Advance to Finals	48S
<b><i>Warm Up/Cool Down Break if Timeline Allows - At Discretion of Meet Referee</i></b>		
63	13-Over 200 Back (scored & awarded by age group)	64
65	8-Under 50 Back	66
67	13-Over 50 Back (scored & awarded by age group)	68
<b><i>5:00 Break</i></b>		
43F	8-Under 25 Free - Tournament Event - Finals	44F
45F	13-14 25 Free - Tournament Event - Finals	46F
47F	15-Over 25 Free - Tournament Event - Finals	48F



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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.**

<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 **South Sound Titans**

**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.