



Pacific Northwest Swimming
VAST and KING 1650 Invitational - Sanction #0911-SP11
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
Hosted by VAST and KING

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

SCHEDULES	WEDNESDAY, NOVEMBER 11, 2009
Coaches' Meeting	Check in and Coaches' Packets at Clerk of Course 3:15
Officials' Meetings	3:30
Warm-ups	3:30
Timed Finals	4:00

MEET DIRECTOR:

Suzanne Rychlik

- swimvast@hotmail.com
- 253-241-4827

MEET REFEREE:

Tom Baier

- tomtuttle1963@yahoo.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, 2008 NCAA Men's Division 1 Championships, 2009 U.S. Open, 2009 Junior Nationals, and 2009 Short Course Nationals.
- Indoor 9-foot deep, 50 meter pool, divided into two eight-lane 25 yard courses by bulkheads. The area between the bulkheads is closed at all times.
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- 2500 spectator seats
- Omega electronic timing system
- Full-read scoreboard

ONSITE AMENITIES

- **Vendor:** none
- **Heat Sheets:** will be posted
- **Results** on PNS web site
- **Concessions:** none
- **Hospitality:** none
- **Parking:** pool parking lots (front and rear). Illegally parked cars will be ticketed and towed by the Federal Way Police Dept.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through one of the following teams:
 - King Aquatic Club
 - Valley Aquatics

ENTRY INFORMATION:

- Only one event is offered: the 1650 freestyle.
- Entries will be processed by each team's coaching staff and combined by the Meet Director.
- On-deck USA Swimming registration will not be permitted. On-deck transfer to one of the participating 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 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 one of the invited teams 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: none

AWARDS AND SCORING: None

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- The 1650 freestyle will be swum fastest to slowest combined girls and boys.
- Swimmers must provide their own timer and counter, if desired. Lanes with no timer 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 & 4
 - Lanes 3 & 4, 5 & 6—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 start
- 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.



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- 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.

ORDER OF EVENTS:

1. Mixed 1650 Freestyle

