



Pacific Northwest Swimming
2009 Bainbridge November Distance Time Trial -- Sanction #0911-SP12
Ray Williamson Memorial Pool
Bainbridge Island, Washington
Hosted by the Bainbridge Island Swim Club
Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

| SCHEDULES | SUNDAY, NOVEMBER 8, 2009 |
|---------------------|---|
| Coaches' Meeting | will be announced |
| Officials' Meetings | at start of warm-ups |
| Warm-ups | Immediately following conclusion of Session 2 of BISC November Pentathlon |
| Timed Finals | 30 minutes after the start of warm-ups |

MEET DIRECTOR:

- Robbie Sinopole
• sinopoles@yahoo.com
• 360-697-1878

MEET REFEREE:

- Joe Hebert
• jblthebert@msn.com
• 206-842-1233

LOCATION AND DIRECTIONS

Ray Williamson Memorial Pool
Madison Avenue
Bainbridge Island, Washington
(206) 842-2302

Directions: From Seattle: Take the Bainbridge ferry from Colman dock in downtown Seattle. After arriving on the island, take Hwy 305 from the ferry landing to High School Rd, the second light from the landing, and turn left. Go one block to the traffic circle at Madison Ave and turn right. Go about one block to the access road on the left, and turn into the pool parking lot.

From the Kitsap area: Take Hwy 305 south from Poulsbo to Bainbridge Island. After arriving on the island, take Hwy 305 to High School Rd, the fourth light. Turn right onto High School Rd. Go one block to the traffic circle at Madison Ave and turn right. Go about one block to the access road on the left, and turn into the pool parking lot.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 3.5 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool: continuous lane in Don Nakata Pool
- 300 spectator seats
- Colorado electronic timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- **Vendor:** NW Swim - may close by end of Pentathlon
- **Heat Sheets:** will be posted
- **Results** on PNS web site
- **Concessions** may close by end of Pentathlon
- **Hospitality** for coaches and officials only
- **Parking** lots east and west of venue

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- This time trial is open to those swimmers entered in the 2009 Bainbridge Island Swim Club November Pentathlon who will be 11 years old or older as of the 2009 PNS 14&U Champs.
- Open competition.

ENTRY INFORMATION:

- Only one event will be offered: the 1650 Freestyle.
- There are no time standards for this meet. All entry times should be SCY (yards). NT (no time) entries are allowed.
- On-deck USA Swimming registration will not be permitted.
- All entries will be deck entries. Deck entries will close at the beginning of warm-ups. Deck entry fees must be paid prior to the swim.
- Deck entered swimmers 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
- Individual Event: \$3.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS: none

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- The 1650 will be swim fastest to slowest, mixed girls and boys.
- Swimmers must provide their own timer(s) and counter, if desired. Lanes with no timer go unprotected.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last 10 minutes of 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.



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- 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 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.

**BISC NOVEMBER 1650:
Event #1 - Mixed 1650 Freestyle**



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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 \$5.00 | \$ |
| INDIVIDUAL EVENTS: | | X \$3.00 | \$ |
| | | TOTAL: | \$ |

Make one check payable to **Bainbridge Island 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.