



Pacific Northwest Swimming
800 - 1500 Freestyle -- Sanction #0806-DT03
Titlow Pool
Tacoma, Washington
Hosted by Metro Aquatics

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

SCHEDULES	SUNDAY, JUNE 8, 2008
Coaches' Meeting	1:30 PM - Check-in and coaches' packet at Clerk of Course
Officials' Meetings	2:15 PM
Warm-ups	1:30-2:20 PM
Timed Finals	2:30 PM
Positive Check-in Deadlines	800 Freestyle: 1:45 PM 1500 Freestyle: 2:30 PM

MEET DIRECTOR:

Tor Gilje

- metroentries@yahoo.com
- 253-426-3808

MEET REFEREE:

Teri White

- twhite@massmutual.com

LOCATION AND DIRECTIONS

Titlow Pool
8355 - 6th Avenue
Tacoma, Washington

Directions from Highway 16: Take Jackson Street exit. Go south on Jackson St. to 6th Ave. Turn right at light onto 6th Ave. and go all the way down the hill. Titlow Pool is on the right and the entrance to the parking lot is just past the pool.

FACILITY

- Outdoor 50 meter, 10-lane pool
- Eight lanes used for competition; one lane available for warm-up
- Starting end 10.0 feet deep; turning end 3.5 feet deep
- Limited spectator seating on deck. Additional space available in park.
- Semi-automatic timing system
- Scoreboard: one-lane readout

ONSITE AMENITIES

- **Heat Sheets:** will be posted as events are seeded
- **Results** on PNS web site
- **Concessions** available
- **Hospitality** for coaches and officials only
- **Parking:** next to pool. Do not block private driveways.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- Open competition.

ENTRY INFORMATION:

- Each swimmer may enter only one (1) event.
- 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 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)
- Individual Event: \$3.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING: None

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- A positive check-in is required at the Clerk of Course by the stated deadline in order to be seeded. Do not check in swimmers who have not yet arrived at the venue! Events will be seeded and swum fast to slow, combined girls and boys.
- Late arrivals should check in at the Clerk of Course for possible seeding. Late arrivals and deck entries will be accommodated after all seeded swimmers have swum; the addition of any additional heats will be at the Meet Referee's discretion.
- 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 warm-up period:
 - Lanes 1 & 10—pace lanes, no diving
 - Lanes 2 & 9—sprint lanes, dive starts, return in lanes 3 & 8
 - Lanes 4, 5, 6 & 7—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.



Pacific Northwest Swimming
800 - 1500 Freestyle -- Sanction #0806-DT03
Titlow Pool
Tacoma, Washington
Hosted by Metro Aquatics

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

- 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, meet directors 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

Event #1 - Mixed 800M free

Event #2 - Mixed 1500M free

ENTRY SUBMITTAL INFORMATION:

Entry Deadline: Wednesday, May 28, 2008

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 Metro Aquatics.

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:** 3 ½ inch floppy disk (double density or high density), 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.
- 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.
- Entry address information: TOR GILJE

EASTSIDE POOL
3524 E "L" ST
TACOMA WA 98404

- Email: metroentries@yahoo.com
- Contact telephone: 253-426-3808



Pacific Northwest Swimming
 800 - 1500 Freestyle -- Sanction #0806-DT03
 Titlow Pool
 Tacoma, Washington
 Hosted by Metro 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.

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 **Metro 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.