



Pacific Northwest Swimming
 2016 PN VAST Summer Sprints -- Sanction #1606-SP02
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by Valley Aquatics

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

| SCHEDULES | SESSION 1 | SESSION 2 | SESSION 3 |
|-----------------------------|----------------------------------------|-----------------------------------------------|-----------------------------------------------|
| Dates | June 5, 2016 | June 5, 2016 | June 5, 2016 |
| Coaches' Meeting | 7:45 AM | If needed | If needed |
| Officials' Meetings | 45 minutes before start of competition | 45 minutes before start of competition | 45 minutes before start of competition |
| Warm-ups | 7:45 AM | Immediately following conclusion of Session 1 | Immediately following conclusion of Session 2 |
| Timed Finals | 8:30 AM | 45 minutes after start of warm-ups | 45 minutes after start of warm-ups |
| Positive Check-in Deadline: | 8:00 AM | 45 minutes before start of session | 45 minutes before start of session |

MEET DIRECTOR:

Suzanne Rychlik
 • swimvast@hotmail.com

MEET REFEREE:

Mike Murphy
 • swimoff1@gmail.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:

- Site of the 1990 Goodwill Games, multiple NCAA Men's Division 1 Championships, 2009 U S Open, and many USA Swimming National and Junior National Championships.
- Indoor 50-meter, 9 feet deep, 8-lane competitive pool
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Diving tank will be available for continual warm-up and warm-down. No diving or horseplay at any time during this meet.
- 2500 spectator seats Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections.
- Omega electronic timing system w/full-read scoreboard
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Changing in or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Shaving is not permitted anywhere in the facility.

ONSITE AMENITIES:

- **Vendor:** Northwest Swim Shop
- **Heat Sheets:** \$3.00
- **Results** on PNS web site
- **Concessions:** Under contract with King County; neither PNS nor the host team derive any benefit
- **Hospitality** for coaches and officials only
- **Parking:** pool parking lots (front and rear). Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles.

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 meet date.
- Age groups for competition will be 10&U, 9-12, 11-12, and 13&O.. See Meet Rules and Order of Events

ENTRY INFORMATION:

- Each swimmer may enter up to three (3) events. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Entry times will be assumed to be LCM unless otherwise indicated. NT (no time) entries are allowed.
- Complete whole-team entries will be processed in the order received until Session 1 or 2 reaches the four-hour limit or the total elapsed time reaches the facility rental limit.
- Once all entries have been processed, should the combined estimated time-line be four hours or less, sessions will be combined. Entering teams will be notified of the resulting schedule no later than noon, Friday, May 27, and affected 11&O swimmers may withdraw from the meet with a full refund.
- 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.



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- 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: \$10.00
- Deck entry surcharge (swimmer not previously entered in meet): \$20.00
- Individual Event: \$5.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

INDIVIDUAL EVENT AWARDS: Ribbons 1st – 8th places.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All events will be seeded and swum mixed girls and boys, but will be awarded separately. Seeding will be LCM/SCY/SCM.
- All events will be deck-seeded, requiring a positive check-in with the Clerk of Course by the stated deadline is required in order to swim. Do not check in any swimmer who is not present; late arrivals should see the Meet Referee for possible seeding.

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 & 6
 - 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 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 facility. Deck Marshals have the authority to remove any swimmer, coach, parent, spectator 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 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.

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 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: Entries will open at noon, Wednesday, April 13, 2016. Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, Wednesday, May 25, 2016:

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 Valley Aquatics. Meet entry fees should arrive to the meet host three weeks following the confirmation of your team entries or before the meet entry deadline, whichever is sooner. Any team that feels this will cause a financial hardship should contact the Meet Director to make arrangements.

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.



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Submittal Notes:

- Late, incomplete, or paper entries will not be processed.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- It is assumed that all entry times are LCM unless otherwise specified.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.

- Mail entries to: 27435 Maple Ridge Way SE, Maple Valley WA 98038
- Email entries to: swimvast@hotmail.com
- Meet Entry Contact/Questions: Meet Director

ORDER OF EVENTS

Session #1:

- 1) 10 & under mixed 50 Free**
- 2) 10 & under mixed 50 breast**
- 3) 10 & under mixed 50 back**
- 4) 10 & under mixed 50 fly**
- 5) 10 & under mixed 100 Free**

Session #2

- 6) 11-12 mixed 50 Free**
- 7) 11-12 mixed 50 breast**
- 8) 11-12 mixed 50 back**
- 9) 11-12 mixed 50 fly**
- 10) 11-12 mixed 100 free**
- 11) 11-12 mixed 200 IM**

Session #3

- 12) 13 & over mixed 50 Free**
- 13) 13 & over mixed 50 breast**
- 14) 13 & over mixed 50 back**
- 15) 13 & over mixed 50 Fly**
- 16) 13 & over mixed 100 Free**
- 17) 13 & over mixed 200 IM**
- 18) 13 & over mixed 100 breast**
- 19) 13 & over mixed 100 back**
- 20) 13 & over mixed 100 Fly**



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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 \$10.00 | \$ |
| INDIVIDUAL EVENTS: | | X \$ 5.00 | \$ |
| | | SUBTOTAL: | \$ |
| LESS OUTREACH VOUCHERS: | | | (\$) |
| | | TOTAL: | \$ |

Make one check payable to **Valley 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.