



Pacific Northwest Swimming
 Sponsored by the Greater Seattle Swim Association
 in cooperation with the Seattle Department of Parks and Recreation
91st Annual Senior Seattle Open - Sanction #1007-SP02
Colman Pool, Seattle Washington
Hosted by Cascade Swim Club

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3
Dates	Thursday, July 8, 2010	Friday, July 9, 2010	Saturday, July 10, 2010
Coaches' Meeting	One hour before start of competition - Check-in and coaches' packet at Clerk of Course.	as needed	as needed
Officials' Meetings	30 minutes before start of competition	30 minutes before start of competition	30 minutes before start of competition
Warm-ups	10:00 AM	10:00AM	10:00 AM
Timed Finals	11:00 AM	11:00 AM	11:00 AM
Positive Check-in Deadlines	To Be Announced During Warm-Up		To Be Announced During Warm-Up

MEET DIRECTOR:

Rene Folk
 • rjdv27@comcast.net
 • 206-781-8497

MEET REFEREE:

Mark Jaeger
 • officialschaircascade@hotmail.com
 • 425-483-8321

LOCATION AND DIRECTIONS

Colman Pool - Lincoln Park
 8603 Fauntleroy Way SW
 Seattle, Washington
 206 684 7494

Directions: From I-5 or Highway 99: Take the West Seattle Bridge to Alaska Way and Fauntleroy. Follow Fauntleroy to Lincoln Park (on right). Park in either north or south lot and head west to the water through the park to the beach.

FACILITY

- Outdoor, 50 meter, 8-lane competitive pool
- Starting end 12.5 feet deep; turning end 3.5 feet deep
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- No warm-up pool available. At least two warm-up breaks between events will be made available each day by the Meet Referee.
- 400 spectator seats on deck. Ample additional space in adjacent park.
- Colorado timing system
- Scoreboard: one-lane readout

ONSITE AMENITIES

- Heat Sheets: \$5.00
- Results on PNS web site

- **Concessions:** available all day--pancake breakfast, BBQ & Yakisoba lunch
- **Hospitality** for coaches and officials
- **Parking:** Lincoln Park parking lots. Do not disobey signs if parking on Fauntleroy or on residential streets; SPD tickets and tows. Handicapped persons may arrange special access to the pool through the Meet Director.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming.
- Swimmers age 14& under must have met the listed long course meters (LCM) qualifying time in USA Swimming sanctioned, approved, or observed competition. Times achieved in compliance with PNS AD 02-01 may also be used.
- The individual event qualifying time standards are waived for all swimmers age 15&over. Those swimmers may enter any event as "NT" (no time).
- All entry times must be LCM (long course meters). Converted times are not allowed.
- Open competition.

ENTRY INFORMATION:

- Each swimmer may enter up to four (4) individual events per day plus relays. 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 the order received until the 2,500th splash has been processed.
- 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 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.



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- All USA Swimming registration numbers will be verified with the PNS registration database.

ENTRY FEES:

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

AWARDS AND SCORING:

- **Individual and relay events:** Medals 1st -3rd places.
- No scoring.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- **Relays:** Coaches are asked to give completed relay slips to Clerk of Course by the announced deadline. Swimmers must take the lane copy with them to give to the Head Lane Timer in their lane to verify the order of swimmers participating.
- **800/1500 Freestyle events:** These events will be deck-seeded and swum fastest to slowest, alternating women and men. A positive check-in with the Clerk of Course by the posted deadline is required in order to swim. Swimmers not checking in will be scratched without penalty. Swimmers who check in but who do not swim will be disqualified from the next individual event in which they are entered. Swimmers must provide own timers 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 & 6
 - Lanes 4 & 5—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.
- 200 meter relay starts from the shallow end of the pool will be in the water. Pool depth does not allow for dive starts.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals with the approval of the meet referee 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 in the official's and staff work area. All others must remain in the designated spectator area or in public lobbies 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.
- GSSA member clubs are asked to provide timers and officials. Lane assignments for timing will be in the heat sheet.

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, **Wednesday, June 30, 2010:**

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 Cascade Swim Club.

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.



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

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.
- Relay-only swimmers must be listed on the Meet Entry Report or equivalent, and appropriate surcharges must be included with the entry.
- 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: Karin Fosberg - majeau@hotmail.com

Mail hard copies and check to:

Cascade Swim Club
P.O. Box 77043
Seattle, WA 98177



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ORDER OF EVENTS
Thursday, July 8, 2010

		WOMEN**	MEN**
1, 2	200 Free Relay	NT	NT
3, 4	200 Breaststroke	3:08.00	2:52.00
5, 6	200 Freestyle	2:26.00	2:14.00
7, 8	100 Butterfly	1:14.00	1:07.00
9, 10	200 IM	2:44.00	2:32.00
11, 12	800 Free Relay	NT	NT
13*, 14*	800 Freestyle	10:14.00	9:30.00

*Deck Seeded; Swim fastest to slowest, alternating women and men; check-in by 1:00 p.m. or as designated by meet referee; please provide timer and counter. See Meet Rules for more information.

Friday, July 9, 2010

15, 16	200 Medley Relay	NT	NT
17, 18	400 IM	5:37.00	5:21.00
19, 20	50 Freestyle	31.00	28.00
21, 22	100 Breaststroke	1:31.00	1:23.00
23, 24	100 Backstroke	1:19.00	1:12.00
25, 26	400 Free Relay	NT	NT
27, 28	400 Freestyle	4:58.00	4:43.00

Saturday, July 10, 2010

29, 30	400 Medley Relay	NT	NT
31, 32	200 Backstroke	2:47.00	2:36.00
33, 34	100 Freestyle	1:07.50	1:01.50
35, 36	200 Butterfly	2:49.00	2:35.00
37*, 38*	1500 Freestyle	19:39.00	18:30.00

*Deck Seeded; Swim fastest to slowest, alternating women and men; check-in by announced deadline. Swimmers must provide own timer and counter, if desired. Lanes with no timer go unprotected. See Meet Rules for more information.

**See "Eligibility" section above for more information about qualifying time standards.



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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	\$
RELAYS:		X \$10.00	\$
		TOTAL:	\$

Make one check payable to **Cascade 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.