



Pacific Northwest Swimming
2009 WEST November Distance Meet -- Sanction #0911-SP05
Kamiak High School Pool
Mukilteo, Washington
Hosted by West Coast Aquatics

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

SCHEDULES	SUNDAY, NOVEMBER 15, 2009
Coaches' Meeting	8:45 AM - Coaches' packet at Clerk of Course.
Officials' Meetings	9:15 AM
Warm-ups	9:00 AM
Timed Finals	10:00 AM
Positive Check-in Deadline:	9:30 AM

MEET DIRECTOR:

Pam Williamson

- pamwilliamson.pmw@verizon.net
- 425-487-0875

MEET REFEREE:

Peter Keane

- pkeane@wwdb.org
- 425-745-8926

LOCATION AND DIRECTIONS

Kamiak High School Pool
10801 Harbour Pointe Blvd.
Mukilteo, Washington

Directions: From the south: Take I-5 north to exit #182. Follow signs to SR 525 and Mukilteo. Head north on SR 525 (Mukilteo Speedway) for about 5 1/2 miles to the second Harbour Pointe Blvd. Turn left. Go past the fire station and Harbour Pointe Middle School. The high school will be on your left after the curve.

From the east: Go north on I-405 until it ends. Follow SR 525 and the above directions.

From the north: Take I-5 to Highway 525 (Boeing/Mukilteo Freeway). Follow all the way to the end. At the "T" turn left onto SR 525 (Mukilteo Speedway). Take the first right onto Harbour Pointe Blvd. Go past the fire station and Harbour Pointe Middle School. The high school will be on your left after the curve.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 5.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool in the shallow end
- 400 spectator seats
- Daktronic electronic timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- **Vendor:** none
- **Heat Sheets:** none--a psych sheet will be posted at the pool
- **Results** on PNS web site
- **Concessions:** none--be sure to bring your own snacks
- **Hospitality:** limited

- **Parking** adjacent to pool

ELIGIBILITY:

- All swimmers must be registered with USA Swimming.
- Age groups are based on the age of the swimmer as of the first day of the meet. See Order of Events.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of one (1) individual event per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Whole team entries will be accepted in order received until the pre-scratch time line reaches six hours or the 12&U 1650 free pre-scratch time line reaches four hours, whichever comes first.
- 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.
- Seeding will be YLS. All entry times will be assumed to be SCY unless otherwise identified.
- All events will be deck seeded, with all heats being swum fastest to slowest, mixed girls and boys. Positive check-in prior to the check-in



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deadline is required. Swimmers must provide their own timers and counters (if desired); lanes with no timers go unprotected.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each 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.
- 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.

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, November 4, 2009:

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 West Coast 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:** 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 ltd.com/downloads/html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Complete whole team entries will be processed in the order received until the pre-scratch timeline reaches six hours or the 12&U 1650 freestyle pre-scratch timeline reaches four hours, whichever comes first.
- 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.
- Please identify all entry times as SCY, LCM, or SCM. If not otherwise identified, it is assumed that all entry times are SCY.
- 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.
- Mail entries to:
Deborah Keane
14910 66th Ave. W.
Edmonds, WA 98026
- Email entries to: *golfandswim@comcast.net*
- Meet Entry Contact/Questions: Deborah Keane, 425-745-8926



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ORDER OF EVENTS

Event 1	Mixed 13 & Over 1000 Freestyle
Event 2	Mixed 13 & Over 1650 Freestyle
Event 3	Mixed 12 & Under 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 **West Coast 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.