



**Northwest Section Western Zone
2008 Short Course Age Group Championships
Sanction #0803-NWAG
Time Trials Sanction #0803-NWTT
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
Hosted by StingRay Swim Club**



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

SCHEDULES	Friday, March 14, 2008	Saturday, March 15, 2008	Sunday, March 16, 2008
Coaches Check-in & Coaches' Packet at Clerk of Course Thursday – 6:00 p.m.	6:45 a.m.	6:45 a.m.	6:45 a.m.
Coaches' Meetings	7:05 a.m.	7:05 a.m. After Prelims – NWAG Coaches Meeting	7:05 a.m.
Relay Cards Due	4:00 p.m.	8:00 a.m. for AM relays 4:00 p.m. for PM relays	8:00 a.m.
13 & Older Positive Check-in Deadline	500 Freestyle: 9:00 AM Friday	400 IM: By conclusion of Friday's finals	1650 Freestyle: By conclusion of Saturday's finals
Thursday – March 13	The pool will be available for a supervised warm-up Thursday, March 13, from 6:30 PM - 8:00 PM. Certified coaches must be on deck		
Warm-ups (prelims)	7:15 AM - 7:45 AM: 13&O only in both competition pools and diving well 7:45 AM - 8:50 AM: 12&U only in south/scoreboard end pool; 13&O only in north/dive tank pool, diving well open to all swimmers		
Competition--Prelims	9:00 AM	9:00 AM	9:00 AM
Scoreboard/South Pool	Girls Events	Boys Events. 400 IM MAY be swum in both courses.	Girls Events. 1650 freestyle MAY be swum in both courses
Dive Tank/North Pool	Boys Events	Girls Events. 400 IM MAY be swum in both courses.	Boys Events. 1650 freestyle MAY be swum in both courses.
Warm-ups (finals)	No earlier than 4:00 PM; Meet Referee will announce start time by 12:30 PM each day.		
Competition--Finals	No earlier than 5:00 PM; Meet Referee will announce start time by 12:30 PM each day.		
Officials' Meeting (prelims)	8:00 AM	8:00 AM	8:00 AM
Officials' Meeting (finals)	One hour before start of competition.	One hour before start of competition.	One hour before start of competition.

MEET DIRECTORS:

Wendy Endres
• tkwendres@msn.com
• 425-293-2510

Ann Baker
• jemiann@msn.com
• 360-568-1193

MEET REFEREE:

Teri White
• twhite@massmutual.com

TIME TRIAL REFEREE:

Rick Cox
• nauticalrick@yahoo.com

ADMINISTRATIVE REFEREE:

Cliff Rousell
• psscdragons@hotmail.com

STINGRAY SWIM CLUB HEAD COACH:

Ben Olszewski
• coachben11@yahoo.com

NORTHWEST SECTION AGE GROUP CHAIRPERSON:

Jody Braden
• coachjib@comcast.net

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

- World-class aquatic facility: Site of the 1990 Goodwill Games; 1991, 1994, 1997, 2000, 2006 Spring National Championships; 2003 U.S. Open and 2008 NCAA Division I Men's Championships.
- Indoor 9-foot deep, 50 meter pool, divided into two eight-lane 25 yard courses by bulkheads.
- 2500 spectator seats -Seating areas will be cleared at the end of each day and all articles left in stands will be removed.
- Omega electronic timing system; Full-read scoreboard



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WARM-UP PROCEDURES:

- March 14-16, 2008:
 - 7:15-7:45 AM, 13&Over ONLY in all pools
 - 7:45-8:50 AM 12&Under ONLY in south (scoreboard) pool; 13&Over ONLY in north (dive well) pool; dive well open to all swimmers.
- Coaches are responsible for marshalling their own swimmers and following the stated warm-up notes and 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 ten (10) 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.

SPECIAL WARM-UP NOTES:

- The pool will be also available for a supervised warm-up Thursday, March 13, 2008 from 6:30 PM - 8:00 PM. Certified coaches must be on deck.
- Diving tank will be available for continual warm-up throughout competition.
- The area between the bulkheads is closed at all times.

ONSITE AMENITIES

- **Vendor:** Sylvia's Swim Shop
- **Special Meet T-Shirts:** Fine Designs
- **Meet Heat Sheets:** \$7.00
- **Finals Program:** \$1.00 per session
- **Results** on PNS web site
- **Concessions:** Subway operates under contract with King County; neither PNS nor the host team derives any benefit. Teams may pre-order - contact management.
- **Hospitality:** Refreshments will be available for coaches and officials in the Hospitality Room. Swimmers, timers, and spectators are not allowed.
- **Parking:** Available at the Aquatic Center and in the Federal Way Little League parking lot to the east. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. **Carpooling is strongly recommended.**
- **RV Parking:** Limited permits must be obtained for RV parking. RV parking is available in only the north parking lot. Dry camping--no sewer, water, or electricity. **Contact Meet Director to obtain a permit prior to meet.**

ELIGIBILITY:

- All swimmers must be registered with USA Swimming through a club in the Northwest Section (Alaska, Hawaii, Inland Empire, Montana, Oregon, Pacific Northwest, Snake River, Wyoming)
- Age groups are based on the age of the swimmer as of the first day of competition.
- Age groups for competition will be 10&under, 11, 12, 13, 14, and 15-18, with the following exceptions:
 - The 500 yard freestyle will include an 11&under age group.
 - The 200 back, 200 breast, 200 fly, 400 IM, and 1650 freestyle will include an 11-13 age group (one consolidated age group)
 - Relay age groups will be 10&under, 11-12, 13-14, and 15-18.
- Entries must meet the published qualifying times. Entries that do not meet these standards will be scratched without notification and entry fees will not be refunded.
- Swimmers must have met the 2008 Northwest Section Age Group Championships qualifying time in an **USA Swimming sanctioned, approved, or observed competition** between **March 8, 2007**, and the entry deadline. (*High school district meets must have been observed and entered into USA SWIMS – Form B request for observation.*)
- A swimmer age 15-18 who has achieved an **individual** Western Region Sectional time (any course) may not enter the meet, not even as a relay swimmer.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of six (6) individual events but no more than three (3) per day. The daily limit includes Time Trials. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- On-deck USA Swimming registration will not be permitted.
- No deck entries will be permitted.

PROOF OF TIME:

- **Meet Entry persons are reminded to set the qualifying period in Team manager to March 8, 2007 prior to processing entries.**
- All individual entry times submitted must be in USA Swimming's SWIMS database and will be reconciled with SWIMS.
- Entry times not in SWIMS will be scratched without notification and entry fees will not be refunded.
- USA Swimming rules concerning altitude adjustment will apply.
- **Converted times from one course to another may not be used.**

ENTRY FEES:

- Surcharge: \$10.00
- Individual Event: \$ 5.00
- Relay: \$10.00
- Time trials \$ 5.00



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- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** Medals 1st - 8th places.
Scoring 9-7-6-5-4-3-2-1
- **Relay events:** Medals 1st - 3rd places, ribbons 4th - 8th places.
Scoring 18-14-12-10-8-6-4-2
- **Team plaques:** 1st through 10th place teams
- The top three finishers of each event swum in finals (11 & Older) will be acknowledged and awarded at the completion of each series of events (i.e., completion of all 100 frees). The top three finishers in the distance events will be presented their awards during finals after the relays on Friday and Saturday and at the start of finals on Sunday. Swimmers are asked to wear team uniform.

MEET RULES:

- Current USA Swimming rules govern throughout the meet, including warm-ups.
- This is a prelim/final meet for all events except:
 - All 10&U events
 - All relays
 - 400 IM, 500 freestyle, 1650 freestyle
- There will be one heat of finals for all 11 & Older prelims/finals events. See the Order of Events for more information. Presentation of medals to the top three finishers will be made as indicated in the Finals Program.
- The Meet Referee reserves the right to shift heats of the distance events to alternate pools to facilitate the flow of the meet.
- Meet will be seeded YSL (short course yards/short course meters/long course meters).

DISTANCE EVENTS:

500 Freestyle for 11&under and 12:

- The 500 freestyle for 11&under and 12 will be pre-seeded timed finals.
- No check-in is required.
- These events will be swum slowest to fastest by age group in event order.
- Swimmers are to provide their own timer and counter if desired. Lanes with no timer go unprotected.

500 Freestyle for 13, 14, and 15-18:

- The 500 freestyle for 13, 14, and 15-18 will be deck-seeded timed finals. All participating swimmers must check in with the Clerk of Course by the stated deadline in order to swim. See Scratch Procedures for more information.
- Swimmers are to provide their own timer and counter if desired. Lanes with no timer go unprotected.
- The top eight for each age group will be seeded by age group and gender and swim separately in event number order. The remaining

heats which will be seeded and swum together fastest to slowest, combined age groups

- The Meet Referee may adjust the distance timed final events (400 IM and 500/1650 free to accommodate the usage of pool of time).

1650 Freestyle and 400 IM:

- The 400 IM and 1650 freestyle for 11-13, 14, and 15-18 will be deck-seeded timed finals. All participating swimmers must check in with the Clerk of Course by the posted check-in deadline in order to swim. See Scratch Procedures for more information
- The top eight for each age group will be seeded by age group and gender and swim separately in event number order. The remaining heats which will be seeded and swum together fastest to slowest, combined age group.
- Swimmers are to provide their own timer and counter if desired. Lanes with no timer go unprotected.
- The Meet Referee may adjust the distance timed final events (400 IM and 500/1650 free to accommodate the usage of pool of time).

RELAYS:

Relay Slips:

- The top two copies of the relay slips must be submitted to the Clerk of Course by the stated deadline.
- The Lane Copy of the relay slip must be presented to the Head Lane Timer of the appropriate lane prior to the swim to verify the order in which the athletes will swim. This copy must be complete and legible.

Friday Finals:

- 200 free relays for 11 & Older age groups will be swum at the beginning of Finals.

Saturday Prelims:

- 400 freestyle relays for 11 & Older age groups and 200 freestyle relays for the 10&U age group will be swum at the beginning of prelims.
- 200 medley relay for the 10&U age group will be swum after the 12 year old age group's 100 IM.

Saturday Finals:

- 200 medley relays for 11 & Older age groups will be swum at the beginning of finals.

Sunday Prelims:

- 400 medley relays for 11 & Older age groups will be swum at the beginning of prelims.

SCRATCH PROCEDURES:

- **All 10&U events, all 11 & Older preliminary events, all relays:** No check-in requirement; no penalty for failure to show.
- **Timed Finals Distance Events:** A positive check-in is required at the Clerk of Course for the 13 & Older 500 freestyle, the 11 & Older 400 IM, and the 11 & Older 1650 freestyle swimmers. Those not checking in for these events will automatically be scratched without penalty. Swimmers checking in for these events who fail to show for the swim



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will be disqualified from their next individual event in which they are entered.

- **Finals:** Swimmers qualifying for the finals of any prelims/finals event who fail to show will be barred from competing in the rest of the meet, unless properly scratched.
- **Intention to Scratch:** Once event results are announced, finalists and alternates have 30 minutes to scratch or declare their intention to scratch. Swimmers declaring an intention have until 30 minutes after the completion of their last **Preliminary Event (not timed finals)** to make a final decision to scratch. There is no penalty for scratches made under these conditions.
- Athletes who are seeded in a final event as a result of other athletes scratching will not themselves be penalized for a failure to properly scratch.
- Reseeding to include scratches made after the scratch deadline may occur at the discretion of the Meet Referee.

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.
- The space between the bulkheads is closed at all times.
- 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.

TIMERS:

- Participating teams will be assigned lanes for timing. Please email your schedule of timers to the prior to the meet to Wendy Endres at tkwendres@msn.com
- Lane assignments for Prelims timers will be posted on the PNS web site www.pns.org, at the pool, and included in the Heat Sheet.
- Timers for finals will be provided by the host team.

TIME TRIALS:

- Time trials will be held after the end of preliminaries Friday and Saturday. The schedule for time trials on Sunday will be held if time permits.
- Open only to swimmers registered for the meet and listed on a Master Entry Form.
- Each swimmer may swim one time trial per day. Payment due at time of deck entry.

- Time trial sign-ups will be held in the storage room next to Clerk of Course from 10:00 AM - noon for that day's time trials. Time trial sign-ups will close promptly at noon.
- Each swimmer will provide a timer and counter, if needed. Lanes with no timer go unprotected.
- Order of events will be:
- Friday: Day 1, Day 2, Day 3
- Saturday: Day 2, Day 3, Day 1
- Sunday: Day 3, Day 1, Day 2
- Events may be mixed for stroke, gender, and/or age. An accurate seed time must be provided at sign-up. Events will be swum slowest to fastest.
- The 1650 will be swum only if time allows.
- Time trials will be swum in the scoreboard pool starting as soon as possible after the conclusion of prelims.

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 credentialed athletes, coaches, officials, authorized volunteers and facility employees are allowed on deck or in the locker rooms. All volunteers must check in prior to their assigned shift for a name tag which must be displayed while on deck.
- All others must remain in the designated spectator area or in public lobbies and are not allowed in the natatorium unless timing for an event in which swimmers must provide their own timers.
- In order to be on deck and serve in their official capacity, all coaches, officials, meet directors, marshals 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.
- **Lost and Found:** Items will be left in place during the meet. After the meet, contact KCAC.
- **Team Banners:** Banners must be fabric. No helium balloons or paper signs. The size of banner must not exceed 5 feet by 8 feet.



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N2 Certification for Officials:

This meet has been designated as a training meet for N2 Officials Certification. Officials wishing to obtain or renew this level of certification must apply on the attached application form and notify Teri White, Meet Referee. Instructions for Certification will be provided during the Officials briefings.

Northwest Section Meeting Announcement:

A Northwest Section Age Group meeting will be held at the end of prelims on Saturday. Items should be submitted to Jody Braden for the agenda.

ENTRY SUBMITTAL INFORMATION:

Hy-Tek set up

1) Under "Meet Maintenance:

- a) Click on Enforce Qualifying Times
- b) Click on "Use Since Date" and enter March 8, 2007;
- c) Make sure that the swimmer surcharge is set for \$10.00.

2) Under Meet Entries Report:

- a) Under "Sort by" click on "Name" and
- b) Under "Other Options" click on "Include Proof of Time".

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, March 5, 2008:

1. COMMLINK file exported from Team Manager, if used.
2. Meet Entry Reports for individual (proof of time format 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 Name of Host Team

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 PDF 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 <http://www.hy-tekltd.com/downloads.html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Handwritten 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.
- Mail entries to:

StingRay Swim Club
PO Box 2359
Snohomish, WA 98291
jemiann@msn.com
360-568-1193

**2008 NORTHWEST SECTION AGE GROUP CHAMP TIME STANDARDS
SHORT COURSE YARDS
MARCH 14-16, 2008**

Event	G10U	G11	G12	G13	G14	G15-18
50 Free	30.19	28.99	27.39	26.59	26.09	26.29
100 Free	1:07.79	1:03.39	59.79	57.99	56.19	56.69
200 Free	2:27.79	2:17.49	2:10.69	2:05.39	2:03.29	2:02.69
500 Free	6:04.09		5:47.69	5:35.29	5:30.19	5:27.59
1650 Free		19:11.29			19:08.59	19:00.69
50 Back	35.99	33.79	31.99			
100 Back	1:17.59	1:11.79	1:07.99	1:06.39	1:05.09	1:04.69
200 Back		2:21.19			2:18.79	2:20.49
50 Breast	40.79	37.29	35.49			
100 Breast	1:28.79	1:21.69	1:16.99	1:14.89	1:13.39	1:13.29
200 Breast		2:39.69			2:36.89	2:39.09
50 Fly	34.49	31.99	30.39			
100 Fly	1:19.09	1:12.89	1:08.49	1:05.39	1:04.39	1:03.79
200 Fly		2:27.99			2:24.19	2:23.39
100 IM	1:17.29	1:11.29	1:08.29			
200 IM	2:45.99	2:34.59	2:26.99	2:21.49	2:18.79	2:19.79
400 IM		4:58.39			4:54.89	4:57.69
200 Free Relay	2:12.19	1:53.49		1:46.29		1:50.49
400 Free Relay		4:10.89		3:52.79		3:58.69
200 Medley Relay	2:29.79	2:06.79		1:58.99		2:02.89
400 Medley Relay		4:38.69		4:19.99		4:28.89

EVENT	B10U	B11	B12	B13	B14	B15-18
50 Free	30.79	29.19	27.49	25.89	24.59	23.69
100 Free	1:08.39	1:04.39	59.79	56.39	53.29	51.79
200 Free	2:29.79	2:18.99	2:10.89	2:04.29	1:57.59	1:53.29
500 Free	6:15.09		5:50.99	5:32.89	5:17.29	5:08.39
1650 Free		19:13.19			18:27.99	18:05.39
50 Back	36.59	34.19	31.99			
100 Back	1:19.19	1:13.79	1:09.59	1:05.29	1:01.59	59.19
200 Back		2:20.29			2:13.29	2:09.69
50 Breast	42.09	39.29	35.69			
100 Breast	1:31.59	1:25.89	1:19.99	1:14.19	1:10.59	1:06.89
200 Breast		2:40.19			2:36.09	2:27.19
50 Fly	35.29	33.49	30.89			
100 Fly	1:22.89	1:14.59	1:09.29	1:04.79	59.49	57.59
200 Fly		2:27.49			2:16.59	2:13.49
100 IM	1:18.59	1:13.49	1:09.59			
200 IM	2:50.79	2:39.19	2:29.79	2:20.39	2:13.09	2:08.79
400 IM		5:02.49			4:46.89	4:39.69
200 Free Relay	2:13.19	1:55.29		1:44.09		1:40.59
400 Free Relay		4:21.39		3:47.49		3:36.39
200 Medley Relay	2:32.39	2:11.19		1:56.79		1:51.19
400 Medley Relay		4:44.69		4:15.09		4:03.49

**2008 NORTHWEST SECTION AGE GROUP CHAMP TIME STANDARDS
LONG COURSE METERS
MARCH 14-16, 2008**

Event	G10U	G11	G12	G13	G14	G15-18
50 Free	34.39	32.99	31.29	30.39	29.79	29.99
100 Free	1:16.89	1:11.99	1:07.99	1:05.99	1:03.99	1:04.59
200 Free	2:47.29	2:35.89	2:28.29	2:22.39	2:20.09	2:19.39
400 Free	5:24.99		5:10.39	4:59.29	4:54.69	4:52.39
1500 Free	19:34.39				19:31.59	19:23.59
50 Back	40.59	38.19	36.19			
100 Back	1:27.39	1:20.89	1:16.69	1:14.89	1:13.49	1:13.09
200 Back	2:39.19				2:36.49	2:38.39
50 Breast	46.29	42.39	40.39			
100 Breast	1:40.59	1:32.69	1:27.49	1:25.19	1:23.49	1:23.39
200 Breast	3:01.29				2:58.19	3:00.59
50 Fly	38.99	36.29	34.49			
100 Fly	1:29.19	1:22.39	1:17.49	1:13.99	1:12.89	1:12.29
200 Fly	2:47.09				2:42.89	2:41.99
200 IM	3:07.49	2:54.79	2:46.39	2:40.29	2:37.29	2:38.39
400 IM	5:37.69				5:33.79	5:36.89
200 Free Relay	2:29.99	2:09.19		2:01.19		2:05.89
400 Free Relay	4:44.89			4:24.89		4:31.39
200 Medley Relay	2:49.49	2:23.99		2:15.29		2:19.69
400 Medley Relay	5:15.79			4:54.99		5:04.89

EVENT	B10U	B11	B12	B13	B14	B15-18
50 Free	34.99	33.29	31.39	29.59	28.09	27.19
100 Free	1:17.59	1:13.09	1:07.99	1:04.19	1:00.79	59.09
200 Free	2:49.49	2:37.49	2:28.49	2:21.19	2:13.79	2:08.99
400 Free	5:34.79		5:13.29	4:57.19	4:43.19	4:35.29
1500 Free	19:36.29				18:50.19	18:27.09
50 Back	41.29	38.59	36.19			
100 Back	1:29.19	1:23.19	1:18.49	1:13.69	1:09.59	1:06.99
200 Back	2:38.19				2:30.39	2:26.39
50 Breast	47.79	44.69	40.69			
100 Breast	1:43.69	1:37.39	1:30.79	1:24.39	1:20.39	1:16.29
200 Breast	3:01.89				2:57.29	2:47.39
50 Fly	39.89	37.89	34.99			
100 Fly	1:33.49	1:24.19	1:18.39	1:13.39	1:07.49	1:05.39
200 Fly	2:46.59				2:34.49	2:30.99
200 IM	3:12.79	2:59.99	2:49.49	2:39.09	2:30.99	2:26.19
400 IM	5:42.19				5:24.89	5:16.89
200 Free Relay	2:31.09	2:11.19		1:58.79		1:54.89
400 Free Relay	4:56.59			4:18.99		4:06.59
200 Medley Relay	2:52.39	2:28.89		2:12.89		2:06.69
400 Medley Relay	5:22.49			4:49.59		4:36.69

**2008 NORTHWEST SECTION AGE GROUP CHAMP TIME STANDARDS
SHORT COURSE METERS
MARCH 14-16, 2008**

Event	G10U	G11	G12	G13	G14	G15-18
50 Free	33.59	32.19	30.49	29.59	28.99	29.19
100 Free	1:15.29	1:10.39	1:06.39	1:04.39	1:03.39	1:02.99
200 Free	2:43.59	2:32.19	2:25.09	2:19.19	2:16.89	2:16.19
400 Free	5:18.59		5:03.99	4:52.89	4:48.29	4:45.99
1500 Free	19:10.39				19:07.59	18:59.59
50 Back	39.99	37.59	35.59			
100 Back	1:26.19	1:19.69	1:15.49	1:13.69	1:12.29	1:11.89
200 Back	2:36.79				2:34.09	2:35.99
50 Breast	45.29	41.39	39.39			
100 Breast	1:38.59	1:30.69	1:25.49	1:23.19	1:21.49	1:21.39
200 Breast	2:57.29				2:54.19	2:56.59
50 Fly	38.29	35.59	33.79			
100 Fly	1:27.79	1:20.99	1:16.09	1:12.59	1:11.49	1:10.89
200 Fly	2:44.29				2:40.09	2:39.19
100 IM	1:25.79	1:19.19	1:15.89			
200 IM	3:04.29	2:51.59	2:43.19	2:37.09	2:34.09	2:35.19
400 IM	5:31.29				5:27.39	5:30.49
200 Free Relay	2:26.79	2:05.99		1:57.79		2:02.69
400 Free Relay	4:38.49		4:18.49		4:24.99	
200 Medley Relay	2:46.29	2:20.79		2:12.09		2:16.49
400 Medley Relay	5:09.39		4:48.59		4:58.49	

EVENT	B10U	B11	B12	B13	B14	B15-18
50 Free	34.19	32.49	30.59	28.79	27.29	26.39
100 Free	1:15.99	1:11.49	1:06.39	1:02.59	59.19	57.49
200 Free	2:46.29	2:34.29	2:25.29	2:17.99	2:10.59	2:05.79
400 Free	5:28.39		5:06.89	4:50.79	4:36.79	4:28.89
1500 Free	19:12.59				18:26.19	18:03.09
50 Back	40.69	37.99	35.59			
100 Back	1:27.99	1:21.99	1:17.29	1:12.49	1:08.39	1:05.79
200 Back	2:35.79				2:27.99	2:23.99
50 Breast	46.79	43.69	39.69			
100 Breast	1:41.69	1:35.39	1:28.79	1:22.39	1:18.39	1:14.29
200 Breast	2:57.89				2:53.29	2:43.39
50 Fly	39.19	37.19	34.29			
100 Fly	1:32.09	1:22.79	1:16.99	1:11.99	1:06.09	1:03.99
200 Fly	2:43.79				2:31.69	2:28.19
100 IM	1:27.29	1:21.59	1:17.29			
200 IM	3:09.59	2:56.79	2:46.29	2:35.89	2:27.79	2:22.99
400 IM	5:35.79				5:18.49	5:10.49
200 Free Relay	2:27.89	2:07.99		1:55.59		1:51.69
400 Free Relay	4:50.19		4:12.59		4:03.89	
200 Medley Relay	2:49.19	2:25.69		2:09.69		2:03.49
400 Medley Relay	5:16.09		4:43.19		4:30.29	

NORTHWEST SECTION



AGE GROUP CHAMPIONSHIPS

**Northwest Section - Western Zone
Short Course Age Group Championships
Weyerhaeuser King County Aquatics Center
Federal Way, Washington
hosted by StingRay Swim Club**



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

Friday, March 14, 2008 - Prelims - 9:00 a.m.

Scoreboard End		
Event #	Age Group	Event
7	10 Under	50 Back
9	11 Years	50 Back
11	12 Years	50 Back
13	11-13 Years	200 Back
15	14 Years	200 Back
17	15-18 Years	200 Back
19	10 Under	50 Free
21	11 Years	50 Free
23	12 Years	50 Free
25	13 Years	50 Free
27	14 Years	50 Free
29	15-18 Years	50 Free
31	10 Under	200 I.M.
33	11 Years	200 I.M.
35	12 Years	200 I.M.
37	13 Years	200 I.M.
39	14 Years	200 I.M.
41	15-18 Years	200 I.M.
43	11 and Under	500 Free
45	12 Years	500 Free
47	13 Years	500 Free
	14 Years	500 Free
	15-18 Years	500 Free

Dive Tank End		
Event #	Age Group	Event
8	10 Under	50 Back
10	11 Years	50 Back
12	12 Years	50 Back
14	11-13 Years	200 Back
16	14 Years	200 Back
18	15-18 Years	200 Back
20	10 Under	50 Free
22	11 Years	50 Free
24	12 Years	50 Free
26	13 Years	50 Free
28	14 Years	50 Free
30	15-18 Years	50 Free
32	10 Under	200 I.M.
34	11 Years	200 I.M.
36	12 Years	200 I.M.
38	13 Years	200 I.M.
40	14 Years	200 I.M.
42	15-18 Years	200 I.M.
44	11 and Under	500 Free
46	12 Years	500 Free
48	13 Years	500 Free
	14 Years	500 Free
	15-18 Years	500 Free

Friday - March 14, 2008 – Finals no earlier than 5:00 p.m.

Event #	Age Group	Event	
1,2	11-12	200 Free Relay	All Heats
3,4	13-14	200 Free Relay	All Heats
5,6	15-18	200 Free Relay	All Heats
Award Presentation to top three place finishers in events 43-48 (500 free)			
9,10	11 Years	50 Back	Top 8
11,12	12 Years	50 Back	Top 8
13,14	11-13 Years	200 Back	Top 8
15,16	14 Years	200 Back	Top 8
17,18	15-18	200 Back	Top 8
Award Presentation to top three place finishers in events 9-18 (50/200 Back)			
21,22	11 Years	50 Free	Top 8
23,24	12 Years	50 Free	Top 8
25,26	13 Years	50 Free	Top 8
27,28	14 Years	50 Free	Top 8
29,30	15-18	50 Free	Top 8
Award Presentation to top three place finishers in events 21-30 (50 free)			
33,34	11 Years	200 I.M.	Top 8
35,36	12 Years	200 I.M.	Top 8
37,38	13 Years	200 I.M.	Top 8
39,40	14 Years	200 I.M.	Top 8
41,42	15-18	200 I.M.	Top 8
Award Presentation to top three place finishers in events 33-42 (200 i.m.)			

NORTHWEST SECTION



AGE GROUP CHAMPIONSHIPS

**Northwest Section - Western Zone
Short Course Age Group Championships
Weyerhaeuser King County Aquatics Center
Federal Way, Washington
hosted by StingRay Swim Club**



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

Saturday - March 15, 2008 – Prelims 9:00 a.m.

Scoreboard End		
Event #	Age Group	Event
50	10 and Under	200 Free Relay
52	11-12 Years	400Free Relay
54	13-14 Years	400 Free Relay
56	15-18 Years	400 Free Relay
64	10 Under	50 Fly
66	11 Years	50 Fly
68	12 Years	50 Fly
70	11-13 Years	200 Fly
72	14 Years	200 Fly
74	15-18 Years	200 Fly
76	10 Under	100 Breast
78	11 Years	100 Breast
80	12 Years	100 Breast
82	13 Years	100 Breast
84	14 Years	100 Breast
86	15-18 Years	100 Breast
88	10 Under	200 Free
90	11 Years	200 Free
92	12 Years	200 Free
94	13 Years	200 Free
96	14 Years	200 Free
98	15-18 Years	200 Free
100	10 Under	100 I.M
102	11 Years	100 I.M
104	12 Years	100 I.M
106	10 Under	200 Med Relay
108	11-13 Years	400 I.M.
	14 Years	400 I.M.
	15-18 Years	400 I.M.

Dive Tank End		
Event #	Age Group	Event
49	10 and Under	200 Free Relay
51	11-12 Years	400 Free Relay
53	13-14 Years	400 Free Relay
55	15-18 Years	400 Free Relay
63	10 Under	50 Fly
65	11 Years	50 Fly
67	12 Years	50 Fly
69	11-13 Years	200 Fly
71	14 Years	200 Fly
73	15-18 Years	200 Fly
75	10 Under	100 Breast
77	11 Years	100 Breast
79	12 Years	100 Breast
81	13 Years	100 Breast
83	14 Years	100 Breast
85	15-18 Years	100 Breast
87	10 Under	200 Free
89	11 Years	200 Free
91	12 Years	200 Free
93	13 Years	200 Free
95	14 Years	200 Free
97	15-18 Years	200 Free
99	10 Under	100 I.M
101	11 Years	100 I.M
103	12 Years	100 I.M
105	10 Under	200 Med Relay
107	11-13 Years	400 I.M.
	14 Years	400 I.M.
	15-18 Years	400 I.M.

Saturday - March 15, 2008 – Finals no earlier than 5:00 p.m.

Event #	Age Group	Event	
57,58	11-12	200 Medley Relay	All Heats
59,60	13-14	200 Medley Relay	All Heats
61,62	15-18	200 Medley Relay	All Heats
Award Presentation to top three place finishers in events 107-108 (400 I.M.)			
65,66	11 Years	50 Fly	Top 8
67,68	12 Years	50 Fly	Top 8
69,70	11-13	200 Fly	Top 8
71,72	14 Years	200 Fly	Top 8
73,74	15-18	200 Fly	Top 8
Award Presentation to top three place finishers in events 65-74 (50/200 fly)			
77,78	11 Years	100 Breast	Top 8
79,80	12 Years	100 Breast	Top 8
81,82	13 Years	100 Breast	Top 8
83,84	14 Years	100 Breast	Top 8
85,86	15-18	100 Breast	Top 8
Award Presentation to top three place finishers in events 77-86 (100 breast)			
89,90	11 Years	200 Free	Top 8
91,92	12 Years	200 Free	Top 8
93,94	13 Years	200 Free	Top 8
95,96	14 Years	200 Free	Top 8
97,98	15-18	200 Free	Top 8
101,102	11 Years	100 I.M.	Top 8
103,104	12 Years	100 I.M.	Top 8
Award Presentation to top three place finishers in events 89-98 and 101-104 (200 free and 100 I.M.)			



**Northwest Section - Western Zone
Short Course Age Group Championships
Weyerhaeuser King County Aquatics Center
Federal Way, Washington
hosted by StingRay Swim Club**



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

Sunday - March 16, 2008 – Prelims 9:00 a.m

Scoreboard End		
Event #	Age Group	Event
109	11-12 Years	400 Med Relay
111	13-14 Years	400 Med Relay
113	15-18 Years	400 Med Relay
115	10 Under	50 Breast
117	11 Years	50 Breast
119	12 Years	50 Breast
121	11-13 Years	200 Breast
123	14 Years	200 Breast
125	15-18 Years	200 Breast
127	10 Under	100 Fly
129	11 Years	100 Fly
131	12 Years	100 Fly
133	13 Years	100 Fly
135	14 Years	100 Fly
137	15-18 Years	100 Fly
139	10 Under	100 Back
141	11 Years	100 Back
143	12 Years	100 Back
145	13 Years	100 Back
147	14 Years	100 Back
149	15-18 Years	100 Back
151	10 Under	100 Free
153	11 Years	100 Free
155	12 Years	100 Free
157	13 Years	100 Free
159	14 Years	100 Free
161	15-18 Years	100 Free
163	11-13 Years	1650 Free
	14 Years	1650 Free
	15-18 Years	1650 Free

Dive Tank End		
Event #	Age Group	Event
110	11-12 Years	400 Med Relay
112	13-14 Years	400 Med Relay
114	15-18 Years	400 Med Relay
116	10 Under	50 Breast
118	11 Years	50 Breast
120	12 Years	50 Breast
122	11-13 Years	200 Breast
124	14 Years	200 Breast
126	15-18 Years	200 Breast
128	10 Under	100 Fly
130	11 Years	100 Fly
132	12 Years	100 Fly
134	13 Years	100 Fly
136	14 Years	100 Fly
138	15-18 Years	100 Fly
140	10 Under	100 Back
142	11 Years	100 Back
144	12 Years	100 Back
146	13 Years	100 Back
148	14 Years	100 Back
150	15-18 Years	100 Back
152	10 Under	100 Free
154	11 Years	100 Free
156	12 Years	100 Free
158	13 Years	100 Free
160	14 Years	100 Free
162	15-18 Years	100 Free
164	11-13 Years	1650 Free
	14 Years	1650 Free
	15-18 Years	1650 Free

Sunday - March 16, 2008 – Finals no earlier than 4:00 p.m.

Event #	Age Group	Event	
Award Presentation to top three place finishers in events 163-164 (1650 free)			
117,118	11 Years	50 Breast	Top 8
119,120	12 Years	50 Breast	Top 8
121,122	11-13	200 Breast	Top 8
123,124	14 Years	200 Breast	Top 8
125,126	15-18	200 Breast	Top 8
Award Presentation to top three place finishers in events 117-126 (50/200 breast)			
129,130	11 Years	100 Fly	Top 8
131,132	12 Years	100 Fly	Top 8
133,134	13 Years	100 Fly	Top 8
135,136	14 Years	100 Fly	Top 8
137,138	15-18	100 Fly	Top 8
Award Presentation to top three place finishers in events 129-138 (100 fly)			
141,142	11 Years	100 Back	Top 8
143,144	12 Years	100 Back	Top 8
145,146	13 Years	100 Back	Top 8
147,148	14 Years	100 Back	Top 8
149,150	15-18	100 Back	Top 8
Award Presentation to top three place finishers in events 141-150 (100 back)			
153,154	11 Years	100 Free	Top 8
155,156	12 Years	100 Free	Top 8
157,158	13 Years	100 Free	Top 8
159,160	14 Years	100 Free	Top 8
161,162	15-18	100 Free	Top 8
Award Presentation to top three place finishers in events 153-162 (100 free)			
Individual High Point Awards Team Awards			



**Northwest Section - Western Zone
Short Course Age Group Championships
Weyerhaeuser King County Aquatics Center
Federal Way, Washington
hosted by StingRay Swim Club**



Held under the 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 \$10.00	\$
INDIVIDUAL EVENTS:		X \$ 5.00	\$
RELAY:		X \$10.00	\$
TOTAL:			\$

Make one check payable to **SSC**

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

PRINT NAMES OF COACHES SCHEDULED TO BE IN ATTENDANCE:

NORTHWEST SECTION WESTERN ZONE

2008 Short Course Age Group Championships

Hosted by Stingray Swim Club
Weyerhaeuser King County Aquatic Center
March 14-16, 2008

APPLICATION TO OFFICIATE

The meet will be conducted over a 3 day period with Prelims starting at 9:00 a.m. and Finals at 5:30 p.m. A mandatory officials briefing session will be held one hour prior to each session. This Short Course Championship has been designated as a training meet for N2 National Officials Certification.

The dress is white shirt/blouse for prelims and finals; NAVY pants, shorts, or skirts (no shorts at finals); white socks; and white shoes. For officials desiring an assigned position, applications must be received no later than March 10, 2008 (preference will be given to those who agree to work all sessions).

Name: _____ LSC: _____
Address: _____ Team: _____
City, State, Zip: _____ Phone: _____
E-Mail: _____

I will work at all sessions: _____ I can't work at all sessions. I will be able to work:

Friday	Prelims _____	Finals _____
Saturday	Prelims _____	Finals _____
Sunday	Prelims _____	Finals _____

Key position(s) desired (i.e. chief judge, starter, deck referee) _____

CURRENT CERTIFICATION

LSC	Position Certified: _____	Expiration: _____
N2	Position Certified: _____	Expiration: _____
N3	Position Certified: _____	Expiration: _____

PLEASE RETURN THIS INVITATION TO:

Teri White, Meet Referee
11016 66th Ave. Ct. NW
Gig Harbor, WA 98332

Email: TWhite@MassMutual.com

Please circle polo shirt size:

Small
Medium
Large
X-Large