



**Northwest Section Western Zone
2009 Short Course Age Group Championships
Sanction #0903-NWAG; Time Trials Sanction #0903-NWTT
Weyerhaeuser King County Aquatic Center
Hosted by KING Aquatic Club**

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

SCHEDULES	Friday, March 27, 2009	Saturday, March 28, 2009	Sunday, March 29, 2009
Coaches Check-in & Coaches' Packet at Clerk of Course	6:30 AM The Clerk of Course will also be open for Coaches' Check-in 6:00-7:00PM Thursday.	7:00 AM	7:00 AM
Coaches' Meetings	7:05 AM	7:05 AM NWAG Coaches Meeting will be held after Prelims	7:05 AM
Relay Cards Due	6:00 PM for final relays	8:00 AM for prelim relays 6:00 PM for final relays	8:00 AM for prelim relays
13 & Over Positive Check-in Deadline	400 IM: 10:00 AM	500 Free: 11:00 AM	1650 Freestyle: 11:00 AM
Warm-ups (prelims)	7:15 AM - 7:45 AM: 13&O only in both competition pools 7:45 AM - 8:50 AM: 12&U only in south/scoreboard end pool 7:45-8:50 AM: 13&O only in north/dive tank end pool <i>Diving well with dedicated pace lane open to all swimmers</i>		
Competition--Prelims	9:00 AM	9:00 AM	9:00 AM
Dive Tank/North Pool	Girls Events. Note: 400 IM MAY be swum in both pools	Boys Events. Note: 500 Free MAY be swum in both pools.	Girls Events. Note: 1650 freestyle MAY be swum in both pools
Scoreboard/South Pool	Boys Events. Note: 400 IM MAY be swum in both pools	Girls Events. Note: 500 Free MAY be swum in both pools	Boys Events. Note: 1650 freestyle MAY be swum in both pools
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.
Time Trials Check-in	Open 9 – 11am	Open 9 – 11am	Time Permitting
Time Trials - Competition	Swim in Scoreboard end at conclusion of prelims session	Swim in Scoreboard end at conclusion of prelims session	Swim in Scoreboard end at conclusion of prelims session

NORTHWEST SECTION



AGE GROUP CHAMPIONSHIPS

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MEET DIRECTOR:

Julia Hansen

- kingmeetdirector@gmail.com
- 253-355-8451

MEET REFEREE:

Dave Warren

- warren@dblhelix.com
- 206-283-7953

ADMINISTRATIVE REFEREES:

John Wutstich

- da-wuk@hotmail.com

Linda Vicik

- vicikl@bellevueclub.com

NORTHWEST SECTION AGE GROUP CHAIRPERSON:

Ash Milad

- ashmilad@hotmail.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.

Note: In the event of inclement weather, call the King County Aquatic Center Hotline: 206-296-4444 or toll-free 1-800-325-6165, ext 64444.

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. The area between the bulkheads is closed at all times.
- 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 with dedicated pace lane will be available for continual warm-up.
- 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

WARM-UP PROCEDURES:

March 26, 2009: The pool will be available for warm-up from 6:30 PM to 8:00 PM. Swimmers must be under direct supervision of a certified coach.

March 27, 28 and 29, 2009: Coaches are responsible for marshalling their own swimmers and following the stated warm-up notes and procedures.

- Circle swim counter-clockwise only. No paddles, pull buoys, fins or kickboards.
 - 7:15-7:45 AM: 13&Over ONLY in south (scoreboard end) and north (dive tank end) pool
 - 7:45-8:50 AM: 12&Under ONLY in south (scoreboard end) pool
 - 7:45-8:50 AM: 13&Over ONLY in north (dive tank end) pool
- Dive well with dedicated pace lane open to all swimmers throughout warmups.
- 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.

ONSITE AMENITIES

- **Vendor:** ISWIMUSA
- **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 Subway management.
- **Hospitality:** will be available for coaches and officials in the Hospitality Room. Swimmers, timers, volunteers 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: Contact Meet Director to obtain a permit prior to meet.** A limited number of permits are available. RV's parking in lot without a permit will be asked to move or towed if necessary. RV parking is available in the north parking lot only. Dry camping--no sewer, water, or electricity.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming through a club in the Northwest Section (Alaska, Hawaii, Inland Empire, Montana,



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- Oregon, Pacific Northwest, Snake River, Wyoming) as of the meet entry deadline.
- 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 200 back, 200 breast, 200 fly, 400 IM, and 1650 Freestyle age groups will be 11-12, 13, 14, and 15-18
 - The 500 Freestyle age groups will be 11&U, 12, 13, 14, and 15-18.
 - 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 2009 Northwest Section Age Group Championships qualifying time in an **USA Swimming sanctioned, approved, or observed competition** between **March 6, 2008**, and the entry deadline.
 - A swimmer age 15-18 who has achieved an **individual** Western Region Sectional time (any course) may not enter this 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:

- All individual entry times submitted must be in USA Swimming's SWIMS database by 6:00 PM, Monday, March 23, and will be reconciled with SWIMS as part of the entry processing. Entry times not in SWIMS as of that date will be scratched without notification and entry fees will **NOT** be refunded.
- PNS AD 02-01 does not apply to this meet.
- USA Swimming rules concerning altitude adjustment will apply.
- **Converted times from one course to another may not be used.**

ENTRY FEES:

- Surcharge: \$15.00
- Individual Event: \$ 5.00
- Relay: \$10.00
- Time trials \$ 5.00 - individual event
- Time trials \$10.00 - relay event
- 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 awards:** 1st through 10th place teams
- The top three finishers of each event swum in finals (11 & Older) will be acknowledged and awarded during Finals. The 400 IM, 500 Free & 1650 Free top three finishers will be presented their awards at the start of Finals on the day the event is swum. Swimmers are asked to wear a 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
 - All 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 3 finishers will be made as indicated during Finals.
- 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:**400 IM for 11 and 12 age groups:**

- The 400 IM for 11 and 12 will be pre-seeded timed finals. No check-in is required.
- These events will be swum slowest to fastest in event order.

500 Freestyle for 12 & Under age groups:

- 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 in event order.

400 IM, 500 Freestyle, and 1650 Freestyle for 13-18 age groups:

- These events will be deck-seeded timed finals. All participating swimmers must check in with the Clerk of Course by the posted deadline in order to swim. See Scratch Procedures for more information.
- Swimmers must provide own timers 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 will be seeded and swum together fastest to slowest, combined age groups.
- The Meet Referee may adjust these events to accommodate the usage of pool of time.



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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 specific Lane Timer of the appropriate lane prior to the swim. Lane timers will verify the athletes are in the correct order in which the athletes will swim according to the lane copy relay slip. This copy must be complete and legible.

Friday & Saturday Finals:

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

Saturday Prelims:

- 400 medley 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 freestyle relays for the 10&U age group will be swum after the 12 year old age group's 200 IM.

Sunday Prelims:

- 400 freestyle 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, except as noted below.
- **Timed Finals Distance Events:** A positive check-in is required at the Clerk of Course for the 13 & Older 400 IM, 500 Freestyle and 1650 Freestyle in order to swim. Swimmers 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 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 during Prelims. Lanes without timers will go unprotected.
- Please email your schedule of timers prior to the meet to the Timers' Volunteer Coordinator Laura Petrini at lspeprini@aol.com.
- Lane assignments for Prelims timers will be posted on the PNS web site www.pns.org, on the KING website meet page at www.kingaquaticclub.com, and in the Heat Sheet.
- Timers for finals will be provided by the host team.

TIME TRIALS:

- Time Trials will be offered Friday and Saturday. Friday's events will be the Friday/Saturday/Sunday events and Saturday's events will be the Saturday/Sunday/Friday events, with the exception of the 1650 Freestyle which will only be offered on Sunday.
- The 1650 Freestyle Time Trial will be the only Time Trial offered on Sunday and will be swum at the same time as the slowest heats of the 1650 events #165/166.
- Time Trial entry will be at the Clerk of Course between 9:00AM and 11:00AM. The closing time for the 1650 Freestyle Time Trials will be announced.
- Time Trial fees must be paid at sign-up. Time Trial entry fees are \$5.00 per individual event and \$10.00 per relay event.
- Swimmers are asked to provide an accurate seed time but may enter a Time Trial as NT (no time).
- A swimmer must be pre-entered into the Meet--listed on a Master Entry Summary and Meet Surcharge paid prior to the Meet Entry deadline--to be eligible for Time Trials. Each swimmer may enter up to one (1) Time Trial per day, subject to the meet and daily event limitations.
- Swimmers may only enter events offered at this meet for their age group as of the first day of the meet.
- Swimmers must provide their own timer. Lanes with no timer go unprotected.
- Events will be swum slowest to fastest and may be swum mixed by stroke, gender, and/or age.



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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 at volunteer desk in lobby 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.
- Parents timing for their swimmer during the distance events (400 IM, 500 Free & 1650 Free) will be provided a special volunteer tag to allow access on the pool deck.
- 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.
- **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.

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 David Warren, 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 Ash Milad for the agenda.

ENTRY SUBMITTAL INFORMATION:

- Entries may be submitted on line beginning 12:00 AM, February 15, 2009 through the USA Swimming website: www.usaswimming.org/ome
- Online entries will be accepted until 11:59 PM PST March 18, 2009.
- You will be required to **pay for the online entries with Visa, Master Card, American Express or Discover.**
- Once you complete your online entry you will be sent a confirmation email. Bring all communications with you to the meet in case of problems with entries.
- You can return to your entry after you have checked out to modify entry times should they improve during the entry period. You can also add events to your entry but you **cannot delete events after you have paid for them.**
- NOTE FOR DISTANCE EVENTS: The 400 IM, 500 Freestyle, and 1650 Freestyle OME (on-line meet entry) event numbers will not match the Order of Events numbers. The special OME event numbers are for meet-entry purposes only. Event numbers in the Order of Events will be used during competition.
- Please DO NOT submit paper entry to USA Swimming or meet host.
- For help with online entry, please contact Susan Woessner at USA Swimming (719) 866-4578.

NORTHWEST AGE GROUP SECTIONALS
MARCH 27-29, 2009
QUALIFYING PERIOD – MARCH 6, 2008 – MARCH 18, 2009

G10U	SCY	SCM	LCM	B10U	SCY	SCM	LCM
50 FR	30.59	34.19	34.89	50 FR	30.79	34.39	35.29
100 FR	1:07.79	1:15.69	1:17.09	100 FR	1:08.79	1:16.79	1:19.09
200 FR	2:28.09	2:45.29	2:48.39	200 FR	2:29.49	2:46.89	2:50.79
500/400 FR	6:07.09	5:21.19	5:27.79	500/400 FR	6:16.09	5:29.09	5:40.29
50 BA	35.89	40.09	40.89	50 BA	36.59	40.89	42.09
100 BA	1:17.59	1:26.59	1:27.69	100 BA	1:19.19	1:28.39	1:31.09
50 BR	40.89	45.69	46.59	50 BR	42.09	46.99	48.39
100 BR	1:28.99	1:39.29	1:42.29	100 BR	1:30.99	1:41.59	1:45.29
50 FL	34.49	38.49	39.29	50 FL	35.29	39.39	40.59
100 FL	1:19.29	1:28.49	1:29.19	100 FL	1:22.89	1:32.59	1:33.69
100 IM	1:17.49	1:26.49	N/A	100 IM	1:18.99	1:27.79	N/A
200 IM	2:45.89	3:05.19	3:08.59	200 IM	2:50.29	3:10.09	3:16.99
200 FR R	2:12.39	2:27.79	2:29.59	200 FR R	2:13.19	2:28.69	2:32.19
200 M.R.	2:30.19	2:47.69	2:50.79	200 M.R.	2:32.39	2:50.09	2:56.29
G11	SCY	SCM	LCM	B11	SCY	SCM	LCM
50 FR	28.89	32.29	32.89	50 FR	29.19	32.59	33.59
100 FR	1:03.29	1:10.69	1:11.99	100 FR	1:04.49	1:11.99	1:14.19
200 FR	2:18.19	2:34.29	2:36.19	200 FR	2:20.29	2:36.59	2:40.29
500/400 FR	6:07.09	5:21.19	5:27.79	500/400 FR	6:16.09	5:29.09	5:40.29
1650/1500 FR	20:20.59	20:16.99	20:41.89	1650/1500 FR	20:18.09	20:14.49	20:55.89
50 BA	33.39	37.29	37.99	50 BA	34.19	38.19	39.39
100 BA	1:11.79	1:20.19	1:21.19	100 BA	1:13.99	1:22.59	1:25.09
200 BA	2:26.79	2:43.89	2:45.89	200 BA	2:28.59	2:45.89	2:50.79
50 BR	37.59	41.99	42.79	50 BR	39.59	44.19	45.59
100 BR	1:22.09	1:31.69	1:34.39	100 BR	1:27.29	1:37.49	1:40.39
200 BR	2:45.89	3:05.19	3:07.49	200 BR	2:53.49	3:13.69	3:20.69
50 FL	31.99	35.79	36.39	50 FL	33.29	37.19	38.29
100 FL	1:13.19	1:21.69	1:22.29	100 FL	1:16.49	1:25.39	1:26.49
200 FL	2:33.69	2:51.59	2:52.79	200 FL	2:36.49	2:54.69	2:57.89
100 IM	1:12.19	1:20.59	N/A	100 IM	1:14.49	1:23.19	N/A
200 IM	2:35.79	2:53.89	2:57.09	200 IM	2:41.36	3:00.09	3:06.69
400 IM	5:14.59	5:51.19	5:55.49	400 IM	5:18.69	5:55.69	6:06.39
200 FR R	1:53.29	2:06.49	2:07.99	200 FR R	1:54.79	2:08.19	2:11.19
400 FR R	4:10.39	4:39.49	4:42.89	400 FR R	4:18.19	4:48.19	4:54.99
200 M.R.	2:06.59	2:21.19	2:23.79	200 M.R.	2:10.49	2:25.69	2:30.99
400 M.R.	4:38.69	5:11.09	5:16.79	400 M.R.	4:43.69	5:16.69	5:26.09

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G12	SCY	SCM	LCM	B12	SCY	SCM	LCM
50 FR	27.39	30.59	31.19	50 FR	27.49	30.69	31.29
100 FR	59.59	1:06.59	1:07.79	100 FR	59.79	1:06.79	1:07.99
200 FR	2:10.29	2:25.49	2:27.19	200 FR	2:10.89	2:26.09	2:27.89
500/400 FR	5:47.69	5:04.19	5:10.49	500/400 FR	5:50.99	5:07.09	5:13.39
1650/1500 FR	20:20.59	20:16.99	20:41.89	1650/1500 FR	20:18.09	20:14.49	20:55.89
50 BA	31.89	35.59	36.29	50 BA	31.99	35.79	36.39
100 BA	1:07.89	1:15.79	1:16.69	100 BA	1:08.79	1:16.79	1:17.79
200 BA	2:26.79	2:43.89	2:45.89	200 BA	2:28.59	2:45.89	2:50.79
50 BR	35.49	39.69	40.39	50 BR	36.09	40.29	41.09
100 BR	1:16.79	1:25.79	1:28.29	100 BR	1:19.29	1:28.49	1:31.19
200 BR	2:45.89	3:05.19	3:07.49	200 BR	2:53.49	3:13.69	3:20.69
50 FL	30.29	33.89	34.49	50 FL	30.89	34.49	35.19
100 FL	1:07.99	1:15.89	1:16.49	100 FL	1:09.29	1:17.39	1:17.89
200 FL	2:33.69	2:51.59	2:52.79	200 FL	2:36.49	2:54.69	2:57.89
100 IM	1:08.19	1:16.19	N/A	100 IM	1:09.39	1:17.49	N/A
200 IM	2:26.69	2:43.79	2:46.79	200 IM	2:28.59	2:45.89	2:48.89
400 IM	5:14.59	5:51.19	5:55.49	400 IM	5:18.69	5:55.69	6:06.39
200 FR R	1:53.29	2:06.49	2:07.99	200 FR R	1:54.79	2:08.19	2:11.19
400 FR R	4:10.39	4:39.49	4:42.89	400 FR R	4:18.19	4:48.19	4:54.99
200 M.R.	2:06.59	2:21.19	2:23.79	200 M.R.	2:10.49	2:25.69	2:30.99
400 M.R.	4:38.69	5:11.09	5:16.79	400 M.R.	4:43.69	5:16.69	5:26.09
G13	SCY	SCM	LCM	B13	SCY	SCM	LCM
50 FR	26.59	29.69	30.29	50 FR	25.79	28.79	29.39
100 FR	57.99	1:04.79	1:05.99	100 FR	55.99	1:02.49	1:03.69
200 FR	2:05.79	2:20.39	2:22.10	200 FR	2:03.09	2:17.39	2:19.90
500/400 FR	5:35.99	4:53.99	4:59.99	500/400 FR	5:30.29	4:48.99	4:54.89
1650/1500 FR	19:11.29	19:07.89	19:31.29	1650/1500 FR	19:13.19	19:09.79	19:33.29
100 BA	1:05.89	1:13.59	1:14.49	100 BA	1:04.59	1:11.79	1:12.69
200 BA	2:21.19	2:37.59	2:39.49	200 BA	2:19.09	2:35.29	2:37.19
100 BR	1:14.59	1:23.29	1:25.79	100 BR	1:13.99	1:22.59	1:25.09
200 BR	2:41.19	2:59.99	3:03.29	200 BR	2:41.29	3:00.09	3:03.39
100 FL	1:05.09	1:12.69	1:13.19	100 FL	1:04.09	1:11.59	1:12.09
200 FL	2:26.99	2:44.09	2:45.29	200 FL	2:28.79	2:46.09	2:47.29
200 IM	2:21.49	2:37.99	2:40.89	200 IM	2:19.69	2:35.99	2:38.79
400 IM	4:59.39	5:34.19	5:38.29	400 IM	5:00.79	5:35.79	5:39.79
200 FR R	1:46.29	1:58.69	2:00.09	200 FR R	1:43.59	1:55.69	1:57.09
400 FR R	3:52.29	4:19.29	4:22.49	400 FR R	3:46.59	4:13.89	4:17.79
200 M.R.	1:58.99	2:12.89	2:15.29	200 M.R.	1:56.29	2:09.79	2:12.19
400 M.R.	4:20.09	4:50.29	4:53.89	400 M.R.	4:14.89	4:44.49	4:47.99

NORTHWEST AGE GROUP SECTIONALS
MARCH 27-29, 2009
QUALIFYING PERIOD – MARCH 6, 2008 – MARCH 18, 2009

G14	SCY	SCM	LCM	B14	SCY	SCM	LCM
50 FR	26.19	29.29	29.89	50 FR	24.59	27.49	27.99
100 FR	56.49	1:03.09	1:04.29	100 FR	53.29	59.49	1:00.59
200 FR	2:02.89	2:17.15	2:18.89	200 FR	1:57.29	2:10.99	2:12.49
500/400 FR	5:29.19	4:48.09	4:53.89	500/400 FR	5:17.29	4:37.59	4:43.29
1650/1500 FR	18:58.59	18:55.49	19:18.69	1650/1500 FR	18:24.19	18:20.89	18:43.39
100 BA	1:04.69	1:12.20	1:13.09	100 BA	1:01.59	1:08.79	1:09.59
200 BA	2:18.79	2:34.90	2:36.79	200 BA	2:13.29	2:28.79	2:30.59
100 BR	1:13.19	1:21.69	1:24.19	100 BR	1:10.39	1:18.59	1:20.99
200 BR	2:36.89	2:55.10	2:58.39	200 BR	2:35.39	2:53.49	2:56.69
100 FL	1:04.19	1:11.69	1:12.19	100 FL	59.49	1:06.49	1:06.89
200 FL	2:24.09	2:40.89	2:42.09	200 FL	2:16.59	2:32.49	2:33.59
200 IM	2:18.79	2:34.99	2:37.79	200 IM	2:13.09	2:28.59	2:31.29
400 IM	4:54.59	5:28.79	5:32.79	400 IM	4:46.89	5:20.19	5:24.09
200 FR R	1:46.29	1:58.69	2:00.09	200 FR R	1:43.59	1:55.69	1:57.09
400 FR R	3:52.29	4:19.29	4:22.49	400 FR R	3:46.59	4:13.89	4:17.79
200 M.R.	1:58.99	2:12.89	2:15.29	200 M.R.	1:56.29	2:09.79	2:12.19
400 M.R.	4:20.09	4:50.29	4:53.89	400 M.R.	4:14.89	4:44.49	4:47.99
G15-18	SCY	SCM	LCM	B15-18	SCY	SCM	LCM
50 FR	26.09	29.19	29.69	50 FR	23.69	26.49	26.99
100 FR	56.59	1:03.19	1:04.39	100 FR	51.59	57.59	58.69
200 FR	2:02.69	2:16.99	2:18.59	200 FR	1:53.19	2:06.39	2:07.89
500/400 FR	5:27.59	4:46.69	4:52.49	500/400 FR	5:08.39	4:29.89	4:35.39
1650/1500 FR	18:56.99	18:53.59	19:16.79	1650/1500 FR	18:02.69	17:59.49	18:21.49
100 BA	1:04.29	1:11.79	1:12.69	100 BA	58.99	1:05.89	1:06.69
200 BA	2:19.79	2:36.09	2:37.99	200 BA	2:09.19	2:24.19	2:25.99
100 BR	1:12.79	1:21.29	1:23.69	100 BR	1:06.79	1:14.59	1:16.79
200 BR	2:37.99	2:56.39	2:59.59	200 BR	2:27.19	2:44.29	2:47.29
100 FL	1:03.39	1:10.79	1:11.29	100 FL	57.59	1:04.29	1:04.79
200 FL	2:23.39	2:40.09	2:41.19	200 FL	2:13.49	2:28.99	2:30.09
200 IM	2:19.79	2:36.09	2:38.89	200 IM	2:08.49	2:23.49	2:26.09
400 IM	4:57.69	5:32.29	5:38.39	400 IM	4:39.29	5:11.79	5:15.59
200 FR R	1:50.19	2:02.99	2:04.49	200 FR R	1:40.59	1:52.29	1:53.69
400 FR R	3:58.49	4:26.19	4:29.39	400 FR R	3:36.69	4:01.89	4:04.79
200 M.R.	2:02.89	2:17.19	2:19.69	200 M.R.	1:51.19	2:04.19	2:06.39
400 M.R.	4:27.79	4:58.89	5:02.59	400 M.R.	4:03.49	4:31.79	4:35.09

Northwest Section Age Group Championship March 27-29, 2009

Friday - March 27, 2009

Dive Tank	Prelims - 9:00 a.m.		Scoreboard
Event #	Event	Age Group	Event #
1	100 Back	10 & Under	2
3	100 Back	11	4
5	100 Back	12	6
7	100 Back	13	8
9	100 Back	14	10
11	100 Back	15-18	12
13	200 Fly	11-12	14
15	200 Fly	13	16
17	200 Fly	14	18
19	200 Fly	15-18	20
21	50 Free	10 & Under	22
23	50 Free	11	24
25	50 Free	12	26
27	50 Free	13	28
29	50 Free	14	30
31	50 Free	15-18	32
33	100 Breast	10 & Under	34
35	100 Breast	11	36
37	100 Breast	12	38
39	100 Breast	13	40
41	100 Breast	14	42
43	100 Breast	15-18	44
45	400IM	11-12	46
Top 8 13-18 swim in age group, 11-12 seeded by time only			
47*	400IM	13	48*
	400IM	14	
	400IM	15-18	

Finals no earlier than 5:00pm			
Event #	Event	Age Group	Event #
Awards Presentation Events 45-48			
3	100 Back	11	4
5	100 Back	12	6
7	100 Back	13	8
9	100 Back	14	10
11	100 Back	15-18	12
Awards Presentation Events 3-12			
13	200 Fly	11-12	14
15	200 Fly	13	16
17	200 Fly	14	18
19	200 Fly	15-18	20
Awards Presentation Events 13-20			
23	50 Free	11	24
25	50 Free	12	26
27	50 Free	13	28
29	50 Free	14	30
31	50 Free	15-18	32
Awards Presentation Events 23-32			
35	100 Breast	11	36
37	100 Breast	12	38
39	100 Breast	13	40
41	100 Breast	14	42
43	100 Breast	15-18	44
Awards Presentation Events 35-44			
49	200 Med Relay	11-12	50
51	200 Med Relay	13-14	52
53	200 Med Relay	15-18	54

Northwest Section Age Group Championship March 27-29, 2009

Saturday - March 28, 2009

Scoreboard		Prelims - 9:00 a.m.		Dive Tank	
Event #	Event	Age Group	Event #	Event #	Event #
55	200 Med Relay	10 & Under	56		
57	400 Med Relay	11-12	58		
59	400 Med Relay	13-14	60		
61	400 Med Relay	15-18	62		
63	50 Fly	10 & Under	64		
65	50 Fly	11	66		
67	50 Fly	12	68		
69	200 Breast	11-12	70		
71	200 Breast	13	72		
73	200 Breast	14	74		
75	200 Breast	15-18	76		
77	50 Back	10 & Under	78		
79	50 Back	11	80		
81	50 Back	12	82		
83	100 Free	10 & Under	84		
85	100 Free	11	86		
87	100 Free	12	88		
89	100 Free	13	90		
91	100 Free	14	92		
93	100 Free	15-18	94		
95	200 I.M.	10 & Under	96		
97	200 I.M.	11	98		
99	200 I.M.	12	100		
101	200 I.M.	13	102		
103	200 I.M.	14	104		
105	200 I.M.	15-18	106		
107	200 Free Relay	10 & Under	108		
Top 8 13-18 swim in age group, 11-12 seeded by time only					
109	500 Free	11& under	110		
111	500 Free	12	112		
113*	500 Free	13	114*		
	500 Free	14			
	500 Free	15-18			

Finals no earlier than 5:00pm			
Event #	Event	Age Group	Event #
Awards Presentation Events 109-114			
65	50 Fly	11	66
67	50 Fly	12	68
69	200 Breast	11-12	70
71	200 Breast	13	72
73	200 Breast	14	74
75	200 Breast	15-18	76
Awards Presentation Events 65-76			
79	50 Back	11	80
81	50 Back	12	82
85	100 Free	11	86
87	100 Free	12	88
89	100 Free	13	90
91	100 Free	14	92
93	100 Free	15-18	94
Awards Presentation Events 79-80 & 85-94			
97	200 I.M.	11	98
99	200 I.M.	12	100
101	200 I.M.	13	102
103	200 I.M.	14	104
105	200 I.M.	15-18	106
Awards Presentation Events 97-106			
115	200 Free Relay	11-12	116
117	200 Free Relay	13-14	118
119	200 Free Relay	15-18	120

Northwest Section Age Group Championship March 27-29, 2009

Sunday - March 29, 2009

Dive Tank		Prelims - 9:00 a.m.		Scoreboard	
Event #	Event	Age Group	Event #	Event #	Event #
121	400 Free Relay	11-12	122		
123	400 Free Relay	13-14	124		
125	400 Free Relay	15-18	126		
127	50 Breast	10 & Under	128		
129	50 Breast	11	130		
131	50 Breast	12	132		
133	200 Back	11-12	134		
135	200 Back	13	136		
137	200 Back	14	138		
139	200 Back	15-18	140		
141	100 Fly	10 & Under	142		
143	100 Fly	11	144		
145	100 Fly	12	146		
147	100 Fly	13	148		
149	100 Fly	14	150		
151	100 Fly	15-18	152		
153	200 Free	10 & Under	154		
155	200 Free	11	156		
157	200 Free	12	158		
159	200 Free	13	160		
161	200 Free	14	162		
163	200 Free	15-18	164		
165	100 I.M.	10 & Under	166		
167	100 I.M.	11	168		
169	100 I.M.	12	170		
Top 8 13-18 swim in age group, 11-12 seeded by time only					
171	1650 Free	11-12	172		
173*	1650 Free	13	174*		
	1650 Free	14			
	1650 Free	15-18			

Finals no earlier than 5:00pm			
Event #	Event	Age Group	Event #
Awards Presentation Events 171-174			
129	50 Breast	11	130
131	50 Breast	12	132
133	200 Back	11-12	134
135	200 Back	13	136
137	200 Back	14	138
139	200 Back	15-18	140
Awards Presentation Events 129-140			
143	100 Fly	11	144
145	100 Fly	12	146
147	100 Fly	13	148
149	100 Fly	14	150
151	100 Fly	15-18	152
Awards Presentation Events 143-152			
155	200 Free	11	156
157	200 Free	12	158
159	200 Free	13	160
161	200 Free	14	162
163	200 Free	15-18	164
Awards Presentation Events 155-164			
167	100 I.M.	11	168
169	100 I.M.	12	170
Awards Presentation Events 167-170 Team Awards & Individual High Points			

**2009 NORTHWEST SECTION WESTERN ZONE
SHORT COURSE AGE GROUP CHAMPIONSHIPS
Weyerhaeuser King County Aquatic Center
March 27-29, 2009**

APPLICATION TO OFFICIATE

You are hereby invited to officiate at the 2009 Northwest Section Western Zone Short Course Age Group Championships to be held at the Weyerhaeuser King County Aquatic Center in Federal Way, Washington. The meet will be conducted over a three day period. Each day's Prelims will start at 9:00 AM, and the Finals start times will be announced daily. A mandatory officials briefing session will be held one hour prior to each session.

This meet has been designated as a training meet for N2 National Championship 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. Officials desiring an assigned position must submit their application no later than Wednesday, March 18. Preference will be given to those who agree to work all sessions. All others planning to attend the meet are also encouraged to return an application. The Meet Referee will be David Warren.

Name: _____ LSC: _____

Address: _____ Team: _____

City, State, Zip: _____ Phone: _____

Email: _____

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:

David Warren
2537 - 9th Ave W
Seattle WA 98119
W 206 543 0945; H 206 283 7953
Email: warren@dbhelix.com

Please circle polo shirt size:

Small
Medium
Large
X-Large