



**Northwest Section Western Zone
2010 Short Course Age Group Championships
Sanction #1003-NWAG
Time Trials Sanction #1003-AGTT
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 19, 2010 | Saturday, March 20, 2010 | Sunday, March 21, 2010 |
|---|--|--|---|
| 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

Northwest Section Western Zone 2010 Short Course Age Group Championships Sanction #1003-NWAG, Time Trial Sanction #1003-AGTT Weyerhaeuser King County Aquatic Center Federal Way, Washington Hosted by StingRay Swim Club

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

MEET DIRECTOR:

Ann Baker
• jemiann@yahoo.com
• 425 293 7469

MEET REFEREE:

Teri White
• twhite@massmutual.com

ADMINISTRATIVE REFEREE:

David Warren
• warren@dblhelix.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 and 1991, 1994, 1997, 2000, and 2006 Spring National Championships, 2008 NCAA Men's Division 1 Championships, 2009 U.S. Open, 2009 Junior Nationals, and 2009 Short Course Nationals.
- 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 18, 2010: 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 19, 20 and 21, 2010: Coaches are responsible for marshaling 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 warm-ups.
- 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:** Sylvia's Swim Wear
- **Special Meet T-Shirts:** Fine Designs
- **Meet Heat Sheets:** \$7.00
- **Finals Program:** \$1.00 per session
- **Results** on PNS web site
- **Concessions:** Operates under contract with King County; neither PNS nor the host team derives any benefit.
- **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
- **RV Hookups:** Dash Point State Park, 800 562 0900 (Five miles from KCAC)
- **Camping:** KOA Seattle South Campground, 5801 S. 212th Street, Kent, 206 872 8652 (13 miles from KCAC)
- **Warm-up, other than designated times, must be arranged directly with the King County Aquatic Center, 206 296 4444.**

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 LSCs) 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:



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- 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 2010 Northwest Section Age Group Championships qualifying time in a **USA Swimming sanctioned, approved, or observed competition** between **March 11, 2009**, 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 15, 2010, 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

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 events
- There will be one heat of finals for all 11 & Older prelims/finals events. See the Order of Events for more information.
- 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).
- The national championship eligibility and technical rules protest policies apply. USA Swimming's 201.12.4 and 207.12.5 will be in effect.

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 and gender.
- The Meet Referee may adjust these events 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 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.



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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 to the Timers' Volunteer Coordinator Sharon Blomquist at sharon.blomquist@verizon.net prior to the meet.
- Lane assignments for Prelims timers will be posted on the PNS web site www.pns.org 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.
- 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 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.
- Friday and Saturday Time Trials may be limited to one hour each day.

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 others must remain in the designated spectator area or in public lobbies and are not allowed in the natatorium.
- 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.
- **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 and N3 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 Ash Milad 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 11, 2009;
- c) Make sure that the swimmer surcharge is set for \$15.00.

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 10, 2010:

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 StingRay 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 or 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:** 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.
- 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.
- Entry mailing address:
StingRay Swim Club
PO Box 1346
Snohomish, WA 98291
- Email address: jemiann@yahoo.com
- Meet entry phone number: 425-293-7469

NORTHWEST AGE GROUP SECTIONALS
MARCH 19-21, 2010
QUALIFYING PERIOD – MARCH 11, 2009 through entry deadline

| G10U | SCY | SCM | LCM | B10U | SCY | SCM | LCM |
|---------------------|------------|------------|------------|---------------------|------------|------------|------------|
| 50 FR | 30.39 | 33.99 | 34.69 | 50 FR | 30.79 | 34.39 | 35.29 |
| 100 FR | 1:07.69 | 1:15.59 | 1:16.99 | 100 FR | 1:08.49 | 1:16.49 | 1:18.79 |
| 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 | 35.79 | 39.99 | 40.79 | 50 BA | 36.59 | 40.89 | 42.09 |
| 100 BA | 1:17.29 | 1:26.29 | 1:27.39 | 100 BA | 1:19.19 | 1:28.39 | 1:31.09 |
| 50 BR | 40.79 | 45.59 | 46.49 | 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 | 1:17.19 | 1:26.19 | 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 | 2:19.49 | 2:35.69 | 2:39.39 |
| 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 | 1:13.89 | 1:22.49 | 1:24.99 |
| 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 | 1:26.59 | 1:36.69 | 1:39.59 |
| 200 BR | 2:45.89 | 3:05.19 | 3:07.49 | 200 BR | 2:53.49 | 3:13.69 | 3:20.69 |
| 50 FL | 31.79 | 35.59 | 36.19 | 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 | 2:40.69 | 2:59.29 | 3:05.89 |
| 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 | 4:08.39 | 4:37.29 | 4:40.69 | 400 FR R | 4:18.19 | 4:48.19 | 4:54.99 |
| 200 M.R. | 2:06.49 | 2:21.09 | 2:23.69 | 200 M.R. | 2:10.49 | 2:25.69 | 2:30.99 |
| 400 M.R. | 4:38.19 | 5:10.59 | 5:16.29 | 400 M.R. | 4:43.69 | 5:16.69 | 5:26.09 |

NORTHWEST AGE GROUP SECTIONALS

MARCH 19-21, 2010

QUALIFYING PERIOD – MARCH 11, 2009 through entry deadline

| G12 | SCY | SCM | LCM | B12 | SCY | SCM | LCM |
|--------------|----------|----------|----------|--------------|----------|----------|----------|
| 50 FR | 27.29 | 30.49 | 31.09 | 50 FR | 27.29 | 30.49 | 31.09 |
| 100 FR | 59.49 | 1:06.49 | 1:07.69 | 100 FR | 59.69 | 1:06.69 | 1:07.89 |
| 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 | 5:50.79 | 5:06.89 | 5:13.19 |
| 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 | 31.79 | 35.49 | 36.19 | 50 BA | 31.99 | 35.79 | 36.39 |
| 100 BA | 1:07.59 | 1:15.49 | 1:16.39 | 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 | 30.19 | 33.79 | 34.39 | 50 FL | 30.69 | 34.29 | 34.99 |
| 100 FL | 1:07.99 | 1:15.89 | 1:16.49 | 100 FL | 1:09.09 | 1:17.19 | 1:17.69 |
| 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 | 4:08.39 | 4:37.29 | 4:40.69 | 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. | 4:38.19 | 5:10.59 | 5:16.29 | 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 | 57.89 | 1:04.69 | 1:05.89 | 100 FR | 55.99 | 1:02.49 | 1:03.69 |
| 200 FR | 2:04.99 | 2:19.49 | 2:21.29 | 200 FR | 2:02.79 | 2:17.09 | 2:19.79 |
| 500/400 FR | 5:35.19 | 4:53.09 | 4:59.09 | 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 | 2:20.99 | 2:37.39 | 2:39.29 | 200 BA | 2:19.09 | 2:35.29 | 2:37.19 |
| 100 BR | 1:14.59 | 1:23.29 | 1:25.79 | 100 BR | 1:13.59 | 1:22.19 | 1:24.69 |
| 200 BR | 2:41.19 | 2:59.99 | 3:03.29 | 200 BR | 2:39.89 | 2:58.59 | 3:01.89 |
| 100 FL | 1:04.99 | 1:12.59 | 1:13.09 | 100 FL | 1:03.59 | 1:11.09 | 1:11.59 |
| 200 FL | 2:26.99 | 2:44.09 | 2:45.29 | 200 FL | 2:27.99 | 2:45.29 | 2:46.39 |
| 200 IM | 2:20.59 | 2:36.99 | 2:39.89 | 200 IM | 2:18.59 | 2:34.79 | 2:37.59 |
| 400 IM | 4:58.19 | 5:32.89 | 5:36.89 | 400 IM | 5:00.79 | 5:35.79 | 5:39.79 |
| 200 FR R | 1:45.89 | 1:58.49 | 1:59.89 | 200 FR R | 1:43.09 | 1:55.19 | 1:56.59 |
| 400 FR R | 3:51.89 | 4:18.89 | 4:22.09 | 400 FR R | 3:46.59 | 4:13.89 | 4:17.79 |
| 200 M.R. | 1:58.19 | 2:11.99 | 2:14.39 | 200 M.R. | 1:55.49 | 2:08.89 | 2:11.29 |
| 400 M.R. | 4:18.79 | 4:48.89 | 4:52.49 | 400 M.R. | 4:13.59 | 4:43.09 | 4:46.49 |

NORTHWEST AGE GROUP SECTIONALS

MARCH 19-21, 2010

QUALIFYING PERIOD – MARCH 11, 2009 through entry deadline

| G14 | SCY | SCM | LCM | B14 | SCY | SCM | LCM |
|---------------------|------------|------------|------------|---------------------|------------|------------|------------|
| 50 FR | 26.19 | 29.29 | 29.89 | 50 FR | 24.49 | 27.39 | 27.89 |
| 100 FR | 56.49 | 1:03.09 | 1:04.29 | 100 FR | 53.19 | 59.39 | 1:00.49 |
| 200 FR | 2:02.79 | 2:17.09 | 2:18.79 | 200 FR | 1:56.59 | 2:09.19 | 2:11.59 |
| 500/400 FR | 5:29.19 | 4:48.09 | 4:53.89 | 500/400 FR | 5:15.59 | 4:35.79 | 4:31.79 |
| 1650/1500 FR | 18:58.59 | 18:55.49 | 19:18.69 | 1650/1500 FR | 18:16.09 | 18:12.89 | 18:35.39 |
| 100 BA | 1:04.69 | 1:12.20 | 1:13.09 | 100 BA | 1:01.29 | 1:08.59 | 1:09.39 |
| 200 BA | 2:18.79 | 2:34.90 | 2:36.79 | 200 BA | 2:12.39 | 2:27.79 | 2:29.59 |
| 100 BR | 1:13.19 | 1:21.69 | 1:24.19 | 100 BR | 1:10.09 | 1:18.29 | 1:20.69 |
| 200 BR | 2:36.89 | 2:55.10 | 2:58.39 | 200 BR | 2:34.39 | 2:52.39 | 2:55.59 |
| 100 FL | 1:03.39 | 1:10.79 | 1:11.29 | 100 FL | 59.49 | 1:06.49 | 1:06.89 |
| 200 FL | 2:23.69 | 2:40.49 | 2:41.69 | 200 FL | 2:16.59 | 2:32.49 | 2:33.59 |
| 200 IM | 2:18.69 | 2:34.89 | 2:37.69 | 200 IM | 2:11.79 | 2:27.19 | 2:29.89 |
| 400 IM | 4:54.59 | 5:28.79 | 5:32.79 | 400 IM | 4:43.59 | 5:16.89 | 5:20.89 |
| 200 FR R | 1:45.89 | 1:58.49 | 1:59.89 | 200 FR R | 1:43.09 | 1:55.19 | 1:56.59 |
| 400 FR R | 3:51.89 | 4:18.89 | 4:22.09 | 400 FR R | 3:46.59 | 4:13.89 | 4:17.79 |
| 200 M.R. | 1:58.19 | 2:11.99 | 2:14.39 | 200 M.R. | 1:55.49 | 2:08.89 | 2:11.29 |
| 400 M.R. | 4:18.79 | 4:48.89 | 4:52.49 | 400 M.R. | 4:13.59 | 4:43.09 | 4:46.49 |
| | | | | | | | |
| G15-18 | SCY | SCM | LCM | B15-18 | SCY | SCM | LCM |
| 50 FR | 26.09 | 29.19 | 29.69 | 50 FR | 23.59 | 26.39 | 26.89 |
| 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 | 2:19.69 | 2:35.99 | 2:38.79 | 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 |

**2010 NORTHWEST SECTION WESTERN ZONE AGE GROUP CHAMPIONSHIPS
ORDER OF EVENTS**

FRIDAY, MARCH 19, 2010

| 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 | 400 IM | 11-12 | 46 |
| 47 | 400 IM | 13 | 48 |
| | 400 IM | 14 | |
| | 400 IM | 15-18 | |

| Finals - no earlier than 5:00 p.m. | | | |
|---|---------------|------------------|----------------|
| Event # | Event | Age Group | Event # |
| 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 |
| 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 |
| 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 |
| 49 | 200 med relay | 11-12 | 50 |
| 51 | 200 med relay | 13-14 | 52 |
| 53 | 200 med relay | 15-18 | 54 |

SATURDAY, MARCH 20, 2010

| Scoreboard | <u>Prelims 9:00 a.m.</u> | | Dive Tank |
|------------|--------------------------|------------|-----------|
| Event # | Event | Age Group | 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 IM | 10 & Under | 96 |
| 97 | 200 IM | 11 | 98 |
| 99 | 200 IM | 12 | 100 |
| 101 | 200 IM | 13 | 102 |
| 103 | 200 IM | 14 | 104 |
| 105 | 200 IM | 15-18 | 106 |
| 107 | 200 free relay | 10 & Under | 108 |
| 109 | 500 free | 11 & Under | 110 |
| 111 | 500 free | 12 | 112 |
| 113 | 500 free | 13 | 114 |
| | 500 free | 14 | |
| | 500 free | 15-18 | |

| <u>Finals - no earlier than 5:00 p.m.</u> | | | |
|---|----------------|-----------|---------|
| Event # | Event | Age Group | Event # |
| 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 |
| 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 |
| 97 | 200 IM | 11 | 98 |
| 99 | 200 IM | 12 | 100 |
| 101 | 200 IM | 13 | 102 |
| 103 | 200 IM | 14 | 104 |
| 105 | 200 IM | 15-18 | 106 |
| 115 | 200 free relay | 11-12 | 116 |
| 117 | 200 free relay | 13-14 | 118 |
| 119 | 200 free relay | 15-18 | 120 |

SUNDAY, MARCH 21, 2010

| Dive Tank | Prelims 9:00 a.m. | | Scoreboard |
|------------------|--------------------------|------------------|-------------------|
| Event # | Event | Age Group | 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 IM | 10 & Under | 166 |
| 167 | 100 IM | 11 | 168 |
| 169 | 100 IM | 12 | 170 |
| 171 | 1650 free | 11-12 | 172 |
| 173 | 1650 free | 13 | 174 |
| | 1650 free | 14 | |
| | 1650 free | 15-18 | |

| Finals - no earlier than 5:00 p.m. | | | |
|---|--------------|------------------|----------------|
| Event # | Event | Age Group | Event # |
| 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 |
| 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 |
| 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 |
| 167 | 100 IM | 11 | 168 |
| 169 | 100 IM | 12 | 170 |



**Northwest Section Western Zone
2010 Short Course Age Group Championships
Sanction #1003-NWAG, Time Trial Sanction #1003-AGTT
Weyerhaeuser King County Aquatic 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 \$15.00 | \$ |
| INDIVIDUAL EVENTS: | | X \$ 5.00 | \$ |
| RELAY: | | X \$10.00 | \$ |
| | | TOTAL: | \$ |

Make one check payable to **StingRay 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.

2010 NORTHWEST SECTION WESTERN ZONE AGE GROUP CHAMPIONSHIPS

Hosted by StingRay Swim Club

Weyerhaeuser King County Aquatic Center, Federal Way, Washington

March 19-21, 2010

APPLICATION TO OFFICIATE

You are hereby invited to officiate at the 2010 NORTHWEST SECTION WESTERN ZONE 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 with the Prelims starting at 9:00 a.m. and Finals no earlier than 5:00 p.m. A mandatory officials briefing session will be held one hour prior to each session. The Northwest Section Age Group Championship has been designated as a training meet for N2 and N3 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 February 21, 2010 (preference will be given to those who agree to work all sessions). All others planning to attend the meet are encouraged to return their application by March 8, 2010. The Meet Referee will be Teri White.

Name: _____ LSC: _____

Address: _____ Team: _____

City, State, Zip: _____ Phone: _____

E-Mail: _____

I will work at all sessions: _____

I can't work 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

S&T CJ Starter Ref Admin

LSC Position Certified: _____ Expiration: _____

N2 Position Certified: _____ Expiration: _____

N3 Position Certified: _____ Expiration: _____

PLEASE RETURN THIS INVITATION TO:

Teri White
11016 66th Ave Ct N
Gig Harbor, WA 98332

Email: twhite@massmutual.com

Please circle polo shirt size:

Small
Medium
Large
X-Large
XX-Large