



Pacific Northwest Swimming  
 2011 King July Invitational--Sanction #1107-SP02  
 Weyerhaeuser King County Aquatic Center  
 Federal Way, Washington  
 Hosted by King Aquatic Club

*Held under approval of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.*

MEET SCHEDULE		DATES: JULY 14 – 17, 2011		
<b>THURSDAY</b>				
		WARM-UP	PRELIMS	FINALS
<b>Coach meeting</b>	2:45PM Check in at Clerk of Course			
<b>Positive check-in deadline - 800/1500</b>	3:00PM	3:00PM	>>>>>>>	4:00PM
<b>Officials meeting</b>	3:30PM			
<b>FRIDAY-SATURDAY-SUNDAY</b>				
(2) Two Prelim Sessions (1) One Finals Session				
		WARM-UP	PRELIMS	FINALS
<b>Coach meeting</b>	7:15AM Friday As needed Sat/Sun. Check in at Clerk of Course			
<b>Positive check-in deadline 400IM/400 free</b>	Will be announced each session			
<b>1st Prelim Session (11-14)</b>		7:30AM	8:30AM	<b>5:30PM COMBINED 11-14, 15/O FINALS</b>
<b>2nd Prelim Session (10&amp;U, 15&amp;O)</b>		Immediately following conclusion of previous session	1 hour after start of warm-up	
<b>Finals</b>		4:30PM		
<b>Officials meeting - 1<sup>st</sup> session</b>	7:45AM			
<b>Officials meeting - 2<sup>nd</sup> session</b>	15 minutes after conclusion of first prelims session			
<b>Officials meeting - FINALS</b>	4:45PM			

**MEET DIRECTOR:**  
 Julia Hansen  
 • kingmeetdirector@gmail.com  
 • 253-355-8451

**MEET REFEREE:**  
 Lisa Vetterlein  
 • lisav@badbags.com  
 • 206-725-0824

**LOCATION AND DIRECTIONS**  
 Weyerhaeuser King County Aquatic Center  
 650 SW Campus Drive  
 Federal Way, Washington

**Directions from I-5:** Take Exit 142B west on 348<sup>th</sup>; It becomes Campus Drive after crossing 1st Ave S. Pool is on the right side approximately 1 1/4 miles from I-5

- 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.
  - 50-meter, 9 feet deep, 8-lane competitive pool
  - The competition course has been certified in accordance with 104.2.2C(4). Copy of such certification is on file with USA Swimming.
  - Diving tank will be available for continual warm-up
  - 2500 spectator seats



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- Omega electronic timing system
- Full-read scoreboard

#### ONSITE AMENITIES

- **Vendor:** Sylvia's Swimwear
- **Special Meet T-Shirts:** Fine Design
- **Meet Heat Sheets:** \$7.00 Prelims/ \$1.00 Finals
- **Results** on PNS web site
- **Concessions:** operates under contract with King County; neither PNS nor the host team derive any benefit.
- **Hospitality:** Breakfast, lunch and dinner will be available for coaches and officials in the Hospitality Room. Snacks and refreshments will be available for volunteers and timers.
- **Parking:** Parking is free at the Aquatic Center. The lot adjacent to the Little League fields will be available for free parking Friday-Sunday. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. Carpooling is recommended.
- **RV Parking:** RV parking limited to 5 spaces in the north parking lot. Permits must be obtained. Contact meet Director for a permit. RV hookups are not permitted.

#### ELIGIBILITY:

- All swimmers must be registered with USA Swimming or a FINA member covered under USA Swimming's "open border" policy included in its Registration Manual.

**This is an invitational meet.** Teams must be invited to participate prior to entering swimmers. Interested coaches should contact the Meet Director to request an invitation. An invitation is no guarantee of acceptance due to the four-hour rule. Do not send in any entries without an invitation.

#### Qualifying time standards:

- **Events 50 meters:**  
Enter best-achieved time or NT
- **Events 100 meters:**  
PNS "Silver" time (either course) in the event
- **Events 200 meters and longer:** PNS "Gold" time (either course) for the event for all ages.
- Swimmers with a disability must meet the qualifying standards for this meet in compliance with PNS Policy AD 97-02
- Age groups are based on the age of the swimmer as of the first day of competition.
- Age groups for competition will be 10&U, 11 - 14, and 15&O. See Order of Events and Awards for more information.

#### ENTRY INFORMATION:

- Each swimmer may enter up to ten (10) individual events but no more three (3) each per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Complete whole team entries will be processed in the order received until any preliminary session reaches the four-hour limit. Once one

session has filled, partial-team entries will be accepted in the order received until the remaining sessions have filled. Teams will be notified if not all entries can be accepted.

- All entry times should be LCM (long course meters). Converted times are not allowed. If times other than LCM are submitted, please identify them as either SCY (short course yards), otherwise it will be assumed that all entry times are LCM.
- On-deck USA Swimming or other athlete registration will not be permitted.
- Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for awards or advancement to finals sessions. Deck entry fees must be paid prior to the swim.
- Deck entered swimmers who are not already in the meet are required to show proof of appropriate athlete registration and complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

#### ENTRY FEES:

- Surcharge: \$15.00
- Individual Event: \$ 4.00
- Deck entry surcharge (not previously entered in meet) \$30.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

#### AWARDS AND SCORING:

- Scoring 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1  
**800 & 1500** scored as one age group, 11&O, per gender.  
**All other events** scored per age group and per gender as follows:  
10&U events scored as 8&U and 9-10, 11-14 events scored 11-12 and 13-14, 15&O events scored 15&O
- Awards in Individual events: Ribbons 1st – 8th places.
- Team awards: 1st – 3rd highest scoring teams.

#### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be LCM, SCY (NT only accepted in 50M)
- At the discretion of the meet referee, events may be double ended.
- All 50M events will start at the Scoreboard end of the pool.

**10&U:** All 10&U events will be timed finals swum slowest to fastest, mixed girls and boys. No check-in requirement. No penalty for failure to show.

**11&O:** See Scratch Information for more information.

- **Preliminary/finals events:** All 11-14 and 15&O preliminary/final events will be swum slowest to fastest, mixed girls and boys. Finals will consist of the top 2 heats of girls and top 2 heats of boys for each age group: 11-12, 13-14, and 15&O, total 12 heats each event at finals and will be swum in event order.



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• **Timed finals events:**

**All 400 Free 400 IM events** are timed finals and will be swum slow to fast, mixed girls and boys. At the discretion of the meet referee, may be limited to eight (8) heats total comprised of the fastest thirty-two (32) girls times and the fastest thirty-two (32) boys times. Swimmers must provide their own timer. Lanes with no timers go unprotected.

**All events 800 meters or longer** will be swim fast to slow, mixed girls and boys. At the discretion of the meet referee may be limited to eight (8) heats total comprised of the fastest thirty-two (32) girls times and the fastest thirty-two (32) boys times. Swimmers must provide their own timer and counter (if desired). Lanes with no timers go unprotected.

**SCRATCH PROCEDURES FOR 11&O SWIMMERS:**

**Timed Finals Distance Events:** A positive check-in by the announced deadline is required at the Clerk of Course for all individual events 400 meters or longer in order to swim. Swimmers not checking in will be scratched without penalty. Swimmers who check in but who do not swim will be disqualified from the next individual event in which they are entered.

**Preliminary Heats of Prelims/Finals Events:** There is no check-in requirement or penalty for failure to show in any preliminary heat.

**Finals Heats of Prelims/Finals Events:**

- Swimmers qualifying for the finals of any prelims/finals event that 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.
- Teams intending to scratch all Sunday finals are asked to notify the Meet Referee by the conclusion of Saturday's finals.

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
  - Lanes 1 & 8—pace lanes, no diving
  - Lanes 2 & 7—sprint lanes, dive starts, return in lanes 3 & 6
  - Lanes 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 five (5) minutes prior to the start of competition.
- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

**SAFETY:**

- No diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool.
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation. No diving over persons in the water.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.
- Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
- All participating swimmers must be under the supervision of USA Swimming member coach or of a FINA member coach covered by USA Swimming's "open border" policy and may not enter the water at any time unless under the supervision of said coach. The Meet Director or Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- Any swimmer entered in the meet must be certified by a USA Swimming coach or by a FINA member coach covered by USA Swimming's "open border" policy as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**OTHER NOTES:**

- In granting this sanction it is understood and agreed that PNS and USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- Only authorized volunteers and working personnel can be in the natatorium. All others must remain in the designated spectator area or in public lobbies and are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet.
- In order to be on deck and serve in their official capacity, all coaches, officials and any other person required by sanction to be members of USA Swimming or of a FINA member covered by USA Swimming's "open border" policy shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming or of a FINA member covered by USA Swimming's "open border" policy.
- 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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**OFFICIALS:**

- We welcome and appreciate the help of certified officials from other clubs, including FINA certified officials as covered by USA Swimming's "open border" policy (meet will be run under current USA swimming rules).
- The uniform will be white over navy. Long pants or skirts (no shorts) for finals.

**TIMERS:**

- All teams are asked to provide timers for Friday, Saturday, and Sunday preliminary sessions. Lane assignments will be based on the number of entered swimmers, emailed to visiting teams, and posted on the meet host web site.
- The host team will provide timers for Friday, Saturday, and Sunday evenings' finals sessions.

**ENTRY SUBMITTAL INFORMATION:**

**Entries for invited teams will only be accepted upon receipt of all of the following prior to the entry deadline, July 6, 2011:**

1. **COMMLINK file** exported from Team Manager, if used.
2. **Meet Entry Reports** for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager—preferred—or equivalent hardcopy.
3. **Meet Entry Fee Report** from Team Manager—preferred—or equivalent hardcopy.
4. **Master Entry Summary Form**—Completed and hand-signed hardcopy only (original, emailed or faxed); typed signatures will not be accepted
5. **Meet Entry Fees**—US\$ dollars only, one check payable to: KING Boosters Association

**Submittal Formats:**

- **Electronic files:** email attachments—preferred—or disk. If emailing the COMMLINK file, include items #2 and #3 above in Word for Windows format in your email. Items #4 and #5 must still be received by the entry deadline.
- **Hardcopies:** mail, hand-deliver, or fax. If sending via express mail, waive signature requirement.
- **Disk:** CD or DVD, which should be mailed or delivered in a protective envelope
- To ensure correct entries, teams that do not have Team Manager or equivalent software can use Hy-Tek Lite to complete and submit entries for this meet. It is available at <http://www.hy-tek ltd.com/downloads.html> at no charge.

**Submittal Notes:**

- Late or incomplete entries will not be processed.
- Complete whole team entries will be processed in order received until any session reaches the four-hour limit.
- 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 (if USA Swimming registered), events entered, and entry time for each.
- Recheck all entries as no additional entries or corrections will be accepted after the entry deadline (except deck entries)
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.

- Mail entries to:

KING Meet Director  
C/o Julia Hansen  
10608 130<sup>th</sup> Ave E  
Puyallup, WA  
98374

- Email entries to: [kingmeetchief@gmail.com](mailto:kingmeetchief@gmail.com)
- Meet Entry contact/questions: Julia Hansen

# KING July Invitational July 14 - 17, 2011

THURSDAY			Finals 4:00 PM		
Event #	Event	Age Group	Event #	Event	Age Group
1	800 Free	11 & Over	2	1500 Free	11 & Over

FRIDAY			Session 1 Prelims 8:30 AM		
Event #	Event	Age Group	Event #	Event	Age Group
3	200 IM	11-14	9	50 Fly	11-14
5	50 Free	11-14	11	50 Breast	11-14
7	50 Back	11-14	13	100 Free	11-14

FRIDAY			Session 2 Prelims 1 hour after the conclusion of session 1		
Event #	Event	Age Group	Event #	Event	Age Group
4	200 IM	15 & Over	10	50 fly	15 & Over
105	200 IM	10 & Under	111	50 fly	10 & Under
6	50 Free	15 & Over	12	50 Breast	15 & Over
107	50 Free	10 & Under	113	50 Breast	10 & Under
8	50 Back	15 & Over	14	100 Free	15 & Over
109	50 Back	10 & Under	115	100 Free	10 & Under

FRIDAY			FINALS 5:30PM		
Event #	Event	Age Group	Event #	Event	Age Group
3	200 IM	11-12, 13-14	9	50 fly	11-12, 13-14
4	200 IM	15 & Over	10	50 fly	15 & Over
5	50 Free	11-12, 13-14	11	50 Breast	11-12, 13-14
6	50 Free	15 & Over	12	50 Breast	15 & Over
7	50 Back	11-12, 13-14	13	100 Free	11-12, 13-14
8	50 Back	15 & Over	14	100 Free	15 & Over

# KING July Invitational July 14 - 17, 2011

SATURDAY			Session 1 Prelims 8:30 AM		
Event #	Event	Age Group	Event #	Event	Age Group
15	200 Breast	11-14	19	200 Fly	11-14
17	100 Back	11-14	21	400 Free	11-14

SATURDAY			Session 2 Prelims 1 hour after the conclusion of session 1		
Event #	Event	Age Group	Event #	Event	Age Group
16	200 Breast	15 & Over	20	200 Fly	15 & Over
117	400 Free	10 & Under	121	100 Free	10 & Over
18	100 Back	15 & Over	22	400 Free	15 & Over
119	100 Back	10 & Under			

SATURDAY			FINALS 5:30PM		
Event #	Event	Age Group	Event #	Event	Age Group
15	200 Breast	11-12, 13-14	18	100 Back	15 & Over
16	200 Breast	15 & Over	19	200 Fly	11-12, 13-14
17	100 Back	11-12, 13-14	20	200 Fly	15 & Over

SUNDAY			Session 1 Prelims 8:30 AM		
Event #	Event	Age Group	Event #	Event	Age Group
23	200 Free	11-14	29	100 Fly	11-14
25	100 Breast	11-14	31	400 IM	11-14
27	200 Back	11-14			

SUNDAY			Session 2 Prelims 1 hour after the conclusion of session 1		
Event #	Event	Age Group	Event #	Event	Age Group
24	200 Free	15 & Over	28	200 Back	15 & Over
125	200 Free	10 & Under	30	100 Fly	15 & Over
26	100 Breast	15 & Over	131	100 Fly	10 & Under
127	100 Breast	10 & Under	32	400 IM	15 & Over

SUNDAY			FINALS 5:30PM		
Event #	Event	Age Group	Event #	Event	Age Group
23	200 Free	11-12, 13-14	27	200 Back	11-12, 13-14
24	200 Free	15 & Over	28	200 Back	15 & Over
25	100 Breast	11-12, 13-14	29	100 Fly	11-12, 13-14
26	100 Breast	15 & Over	30	100 Fly	15 & Over



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**MASTER ENTRY SUMMARY**

**Please complete this form and send with your entries (disk or hard copy). Failure to submit this form will delay your entry processing and may result in your entries being rejected.**

<b>TEAM NAME:</b>			
<b>TEAM CODE:</b>		<b>LSC CODE:</b>	
<b>COACH:</b>		<b>HOME PHONE:</b>	
<b>EMAIL ADDRESS:</b>		<b>OFFICE PHONE:</b>	
<b>TEAM MAIL ADDRESS:</b>		<b>CELL PHONE:</b>	
<b>CITY, STATE, ZIP:</b>		<b>POOL PHONE:</b>	
<b>ENTRY INFORMATION PREPARED BY:</b>		<b>PHONE:</b>	

**MEET ENTRY FEES ENCLOSED:**

<b>SURCHARGE:</b>		<b>X \$15.00</b>	<b>US\$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$ 4.00</b>	<b>US\$</b>
		<b>TOTAL:</b>	<b>US\$</b>

Make one check in US dollars payable to **King Aquatic Club Boosters**.

**THE FOLLOWING STATEMENT MUST BE SIGNED:**

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc., or of a FINA member covered under USA Swimming's "open border" policy.

\_\_\_\_\_  
 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.



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<b>CITY, STATE, ZIP:</b>		<b>POOL PHONE:</b>	
<b>ENTRY INFORMATION PREPARED BY:</b>		<b>PHONE:</b>	

**MEET ENTRY FEES ENCLOSED:**

<b>SURCHARGE:</b>		<b>X \$15.00</b>	<b>US \$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$ 4.00</b>	<b>US \$</b>
		<b>TOTAL:</b>	<b>US \$</b>

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