



Pacific Northwest Swimming
 2019 PNS 14&U Long Course Championship – Sanction #1908-14CH
 Time Trials Sanction #1908-14TT
 Weyerhaeuser King County Aquatic Center, Federal Way, Washington
 Hosted by Wave Aquatics

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

SCHEDULES	THURSDAY, AUGUST 1, 2019	FRIDAY – SUNDAY, AUGUST 2 - 4, 2019
Coaches' Meetings	11:30 AM	7:00 AM Friday – others will be announced as necessary Check-in and coaches' packet at Clerk of Course
Officials' Meetings	One hour before start of competition	
Warm-ups/Prelims	N/A	7:30 AM
Competition/Prelims	N/A	9:00 AM
Warm-ups/ Finals	12:00 Noon	3:30 PM
Competition/Finals	1:00 PM	4:30 PM
Positive Check-in Deadlines:	1500M Freestyle: 12:45 PM	13-14 400M IM and 400M Free: 15 minutes after start of warm-ups

MEET DIRECTOR:

Alan Cardwell
 • alancardwell@waveaquatics.org
 • 425-503-1327 (m)

MEET REFEREE:

Dick Chapman
 • dick_chapman@comcast.net

ADMINISTRATIVE REFEREE:

David Guffey
 • dguffey10@comcast.net

LOCATION AND DIRECTIONS

Weyerhaeuser King County Aquatic Center
 650 SW Campus Drive
 Federal Way, Washington

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

FACILITY

- Site of the 1990 Goodwill Games, multiple NCAA Men's Division 1 Championships, 2009 U S Open, and many USA Swimming National and Junior National Championships.
- Indoor 50-meter, 9 feet deep, 8-lane competitive pool. Omega OSB starting blocks and take-off pads with adjustable setting back plates (fins) and backstroke starting ledges.
- 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 will be available for continual warm-up and warm-down; no diving or horseplay in the diving tank at any time.
- 2500 spectator seats. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections.
- Omega electronic timing system and full-read scoreboard

- In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet. This meet may be covered by the media and/or professional photographers taking photographs, video, web casting, and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact. Photographers should have visible credentials and background checks prior to arrival on deck. With Meet Director approval, photographers may have access to the pool deck and must abide by USA Swimming and facility camera/photograph restrictions. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding.
- Deck changes are prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Shaving is not permitted anywhere in the facility.

ONSITE AMENITIES

- **Vendor:** Sylvia's Swimwear
- **Special Meet Apparel:** Fine Designs
- **Heat Sheets:** \$7.00; **Finals Program:** \$1.00 per session. Heat Sheets will also be available on Meet Mobile. **Results** on PNS web site
- **Concessions:** Operates under contract with King County; neither PNS nor the host team derive any benefit.
- **Hospitality:** Refreshments will be available for coaches and officials in the Hospitality Room. Swimmers, timers, and spectators are not allowed.
- **Parking:** Available at the Aquatic Center and in the Federal Way Little League lot. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. Carpooling strongly recommended.



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- **RV Parking:** Contact the 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's and trailers with "pop-outs" may not park in outside perimeter spaces on the west, north, or east (uphill) sides of the parking lot. Units with "pop-outs" may only park next to planter islands in the center pull-through spaces so that "pop-outs" overhang the islands.

ELIGIBILITY & ENTRY INFORMATION:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming as of the meet entry deadline. Additional information below.
- Age groups are based on the age of the swimmer as of the first day of the meet. Age groups for competition will be 10&U, 11-12, and 13-14.
- Each swimmer may enter up to six (6) individual events but no more than three (3) per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Each swimmer may participate on only one (1) relay team per relay event.
- All entries will be assumed to be LCM, unless otherwise indicated.
- NT ("no time") entries will not be allowed, except as indicated in "Bonus Swims" below.
- **Qualifying times:** With the exception of individual bonus events clearly defined as such on all entry reports, each individual and relay entry must meet the event's qualifying time. All qualifying swims must have been achieved in USA Swimming sanctioned, approved, or observed competition between April 1, 2018, and the meet entry deadline.
 - PNS AD 02-01 applies to this meet. Such entries must be clearly identified on all entry correspondence.
 - PNS Disability time standards apply to swimmers with a disability. Such entries must be clearly identified on all entry correspondence and include the swimmer's classification.
- Neither on-deck USA Swimming registration nor on-deck transfer to PNS will be permitted.
- Deck entries will not be permitted.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

BONUS SWIMS:

- A swimmer entered in one or more individual events with an event qualifying time may also enter a maximum of one (1) bonus event, subject to the event limits stated above. Only one bonus event may be entered in this meet; it does not have to be an event offered on the same day as a swimmer's qualifying individual event(s).
- A bonus swim must have been achieved in USA Swimming sanctioned, approved, or observed competition or in compliance with PNS AD 02-01 during the meet qualifying window. NT ("no time") entries are not allowed except as follows:
 - A swimmer who has qualified for the 400M Freestyle may enter the 1500M Freestyle as a bonus event and may enter it as NT. If the swimmer has also entered the 400M Freestyle as a qualifying

- event, so indicate in your cover email; otherwise, eligible 400M Freestyle proof of time must be provided in your cover email
 - Bonus swims must be clearly identified in submitting entries; teams using Team Manager must designate bonus swims on the Meet Entries Screen.
- Please be advised that bonus swims may not import into Meet Manager from non-Hy-Tek products. If entries are submitted using non-Hy-Tek products, hard copies of entries must accompany submission of entries with bonus events clearly marked, or events will be scratched without notification and entry fees will not be refunded.

PROOF OF TIME:

- With the exception of alternate acceptable times complying with PNS AD 02-01, all individual entry times submitted must be in USA Swimming's SWIMS database and will be reconciled with SWIMS.
- Entry times which are neither in SWIMS nor identified as complying with PNS AD 02-01 will be scratched without notification and entry fees will not be refunded.
- Converted times may not be used.

ENTRY FEES:

- Surcharge: \$15.00
- Individual Event: \$ 7.00
- Relay Event: \$12.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** Medals 1st - 8th places, ribbons 9th - 16th places.
- **Individual high point** awards for each age group and gender, based on individual events only. High point award will be based on Hy-Tek Powerpoints.
- **Relay events:** Medals 1st - 3rd places, ribbons 4th - 16th places.
- **14&U Team trophies:** 1st - 10th place teams.
- **Scoring:** Individual events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relay events 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.
 - While there is no limit to the number of relay teams a club may enter in a relay event, no more than two relay teams per club will be awarded or may score in each event.
- **Presentation of medals** to the 1st, 2nd, and 3rd place finishers in 11-14 individual events will be made during Finals if time allows; additional information will be provided at the Coaches' Meeting. Relay and 10&U awards will not be presented. Each team is responsible for picking up swimmer and team awards at the end of the meet.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be LCM/SCM/SCY
- This is a prelim/final meet for all events except:
 - All 10&U events
 - All 11-12 400IM, 400 Freestyle, and 1500 Freestyle events.
 - All 13-14 1500 Freestyle events.
 - All relay events.



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- There will be two heats of Finals for all 11-14 prelims/finals individual events, except for the 13-14 400IM and 400 Freestyle events which will have only one heat of Finals for each event.
- See the Order of Events for more information.
- The National Championship eligibility and technical rules protest policies apply.
- All published timelines are estimates only. Events may start earlier or later.

50M Events: All individual 50M events will start at the scoreboard end of the pool.

Double Ended: At the discretion of the Meet Referee, events 100M and longer may be swum double-ended during Preliminary sessions. If double-ended, the odd heats will start at the dive tank end and the even heats will start at the scoreboard end of the pool.

400M & 1500M Events:

- The 10&U 400 Freestyle events and the 11-12 400 IM and 400 Freestyle events will be pre-seeded timed finals events, seeded and swum slowest to fastest.
- The 13-14 400 IM and 400 Freestyle events will be prelim/finals events with only one heat of each in finals. Preliminary heats will be deck-seeded and swum slowest to fastest. See Scratch and Check-In information below.
- The 1500M Freestyle events will be deck-seeded timed finals events, seeded and swum fastest to slowest. See Scratch and Check-in information below.
- Swimmers must provide their own timers.
- 1500 Freestyle swimmers must provide their own counter, if desired.

Relays:

- All relay events will be pre-seeded timed finals events swimming in Prelims.
- Coaches are asked to turn the completed (white) original copy of the relay slip into the Clerk of Course no later than one hour before the projected start time of the relay event.
- Swimmers must take the (pink) lane copy of the relay slip with them to give to the timer in their lane so that the order of swimmers can be verified prior to the start of the heat.

SCRATCH AND CHECK-IN PROCEDURES:

- **All 10&U individual events, all 11-12 individual events 400M or shorter, all 13-14 individual events 200M or shorter, all relay events:** No check-in requirement; no penalty for failure to show.
- **13-14 400M events and all 1500M events:** Swimmers must check in with the Clerk of Course by the announced deadline 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 the next individual preliminary or timed final event in which they are entered.
- **Finals and Consolations:** Swimmers whose names are announced as qualifying for the finals or consolation heat of any prelims/finals event who fail to show will be barred from competing in the rest of the meet unless properly scratched or as noted in USA Swimming rule 207.11.6.

- **Intention to Scratch:** Once event results are announced, finalists and consolation finalists have 30 minutes to declare their intention to scratch. Swimmers declaring an intention to scratch will have until 30 minutes after the completion of their last preliminary (not timed finals) event of the session to finalize their intention to scratch. There is no penalty for scratches during this time.
 - Athletes who are seeded into an 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.

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 before the midpoint of the pool; a backstroke ledge will be available in one sprint lane at each end.
 - Lanes 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.

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 a USA Swimming member coach 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 member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. 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:

- It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that Pacific Northwest Swimming and Wave Aquatics shall



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- be free and held harmless 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.
 - All volunteers must check in prior to the start of their assigned shift for a name tag which must be displayed while on deck.
 - In order to be on deck and serve in their official capacity, all officials shall visibly display their membership credentials, including current certification(s), at all times.
 - All persons acting in any coaching capacity must be coach members of USA Swimming and must show proof of current coaching credentials when checking in for the meet.
 - In order to be on deck and serve in their official capacity, all officials shall visibly display their membership credentials, including current certification(s), at all times.
 - All persons acting in any coaching capacity must be coach members of USA Swimming and must show proof of current coaching credentials when checking in for the meet.
 - 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 WKCAC.
 - **Team Banners:** Banners must be fabric. No helium balloons or paper signs.

TIME TRIALS

- Time Trials will be held between prelims and finals each day, time permitting.
- Time Trial sign-up will be at the Clerk of Course. Each day's Time Trials entries will close at 11:00 AM. Entry fees will be \$7.00 per individual event and \$12.00 per relay event and must be paid at sign-up.
- Each eligible swimmer may enter up to two (2) Time Trials but no more than one (1) per day. A Time Trial counts as one of a swimmer's three-events-per-day entry limit.
- A swimmer must be pre-entered in the meet – listed on the Master Entry Summary and surcharge paid by the meet entry deadline – in order to enter a Time Trial event.
- Additional information will be provided at the Coaches' Meeting.

TIMERS:

- Participating teams will be assigned lanes for timing during Prelims by the Meet Director. Please email your schedule of timers to the Meet Director prior to Monday, July 29, 2019.
- 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.

OFFICIALS

- All certified officials are welcome! To facilitate planning, please complete and submit an Application to Officiate, but walk-ins are always welcome.
- Officials' meeting times are on the first page of this document.
- The dress is white shirt/blouse for prelims and finals; navy pants, shorts, or skirts (no shorts at finals); white socks; and white shoes.

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 to Officiate and notify the Meet Referee upon arrival at the venue. Additional information will be provided during Officials' Meetings.

ENTRY SUBMITTAL INFORMATION: Before processing your entries, click on "Enforce Qualifying Times" and "Use Since Date" filter and set "Use times Since" to April 1, 2018.

Entries will be only be accepted upon receipt of the first three of the following prior to the entry deadline, 11:59pm, Wednesday, July 24, 2019. If bringing the latter two the meet, so attest in your cover email.

1. **Entry File** from Team Manager or equivalent.
2. **Meet Entry Reports** for individual (sorted by swimmer and including proof of time information) and relay (sorted by event) events from Team Manager or equivalent.
3. **Meet Entry Fee Report** from Team Manager or equivalent.
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 Wave Aquatics.

Submittal Formats & Notes:

- **Electronic files:** email items #1, #2, and #3. Please note that bonus events may not import correctly from non-Hy-Tek products. Clubs using non-Hy-Tek products must clearly circle all bonus events on the Meet Entry Report as the host club cannot otherwise be responsible for resulting entry errors.
- **Hardcopies:** mail or hand-deliver items #4 and #5. If sending via Express mail, waive signature requirement.
- Late, incomplete, or paper entries will not be processed.
- Recheck all entries as no additional entries or corrections will be allowed after the entry deadline.
- All entry times will be assumed to be LCM unless otherwise specified.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Late, incomplete, or paper entries will not be processed.
- 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.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to Alan Cardwell, PO Box 2955, Woodinville WA 998072
- Email entries to: alancardwell@waveaquatics.org
- Entry questions: Contact the Administrative Referee

2019 PNS 14&U LONG COURSE CHAMPIONSHIPS

ORDER OF EVENTS

Thursday Prelims

Event #	Event		Age
1, 2	400 FRR	TF	11-12
3, 4	400 FRR	TF	13-14
5, 6	1500 Free	TF	11-12
7, 8	1500 Free	TF	13-14

Friday Prelims

Event #	Event		Age
9, 10	200 FRR	TF	10U
11, 12	400 IM	TF	11-12
13, 14	400 IM	P	13-14
15, 16	50 Back	TF	10U
17, 18	50 Back	P	11-12
19, 20	200 Fly	P	11-12
21, 22	200 Fly	P	13-14
23, 24	100 Free	TF	10U
25, 26	100 Free	P	11-12
27, 28	100 Free	P	13-14
29, 30	200 Breast	P	11-12
31, 32	200 Breast	P	13-14
33, 34	400 Free	TF	10U

Saturday Prelims

Event #	Event		Age
35, 36	50 Free	TF	10U
37, 38	50 Free	P	11-12
39, 40	50 Free	P	13-14
41, 42	50 Fly	TF	10U
43, 44	50 Fly	P	11-12
45, 46	200 IM	TF	10U
47, 48	200 IM	P	11-12
49, 50	200 IM	P	13-14
51, 52	100 Back	TF	10U
53, 54	100 Back	P	11-12
55, 56	100 Back	P	13-14
57, 58	100 Breast	TF	10U
59, 60	100 Breast	P	11-12
61, 62	100 Breast	P	13-14
63, 64	400 Free	TF	11-12
65, 66	400 Free	P	13-14

Sunday Prelims

Event #	Event		Age
67, 68	200 MR	TF	10U
69, 70	400 MR	TF	11-12
71, 72	400 MR	TF	13-14
73, 74	50 Breast	P	10U
75, 76	50 Breast	P	11-12
77, 78	200 Free	TF	10U
79, 80	200 Free	P	11-12
81, 82	200 Free	P	13-14
83, 84	100 Fly	TF	10U
85, 86	100 Fly	P	11-12
87, 88	100 Fly	P	13-14
89, 90	200 Back	P	11-12
91, 92	200 Back	P	13-14

Friday Finals

Event #	Event		Age
13, 14	400 IM	F	13-14
17, 18	50 Back	F	11-12
19, 20	200 Fly	F	11-12
21, 22	200 Fly	F	13-14
25, 26	100 Free	F	11-12
27, 28	100 Free	F	13-14
29, 30	200 Breast	F	11-12
31, 32	200 Breast	F	13-14

Saturday Finals

Event #	Event		Age
65, 66	400 Free	F	13-14
37, 38	50 Free	F	11-12
39, 40	50 Free	F	13-14
43, 44	50 Fly	F	11-12
47, 48	200 IM	F	11-12
49, 50	200 IM	F	13-14
53, 54	100 Back	F	11-12
55, 56	100 Back	F	13-14
59, 60	100 Back	F	11-12
61, 62	100 Breast	F	13-14

Sunday Finals

Event #	Event		Age
75, 76	50 Breast	F	11-12
79, 80	200 Free	F	11-12
81, 82	200 Free	F	13-14
85, 86	100 Fly	F	11-12
87, 88	100 Fly	F	13-14
89, 90	200 Back	F	11-12
91, 92	200 Back	F	13-14

- Swimmers must have achieved a 14 and under PNS Championship time standard to compete in each even; Exception: Each swimmer is allowed one bonus swim up to the meet event limit of six.
- Swimmers may compete in a maximum of three events per day.
- All ten and under events are Timed Final.
- Individual events (11-12, 13-14) are prelim/final (Top 16 in finals).
- For 11-12 swimmers, the 400 Free, 400 IM, and 1500 Free are Timed Final.
- For 13-14 swimmers, the 400 Free and 400 IM are prelim/final (Top 8 in Finals). The 1500 Free in Timed Final.
- No deck entries.
- Time trials will be held if time permits.

PACIFIC NORTHWEST LONG COURSE 14&U CHAMPIONSHIPS

AUGUST 2-4, 2019

QUALIFYING PERIOD APRIL 1, 2018 – July 24, 2019

G14	G13	G12	G11	G10	LCM	B10	B11	B12	B13	B14
:29.59	:29.99	:31.09	:32.89	:35.19	50 Free	:35.39	:32.99	:30.79	:28.69	:27.39
1:04.09	1:05.49	1:08.39	1:12.79	1:18.29	100 Free	1:19.29	1:13.29	1:07.69	1:02.49	:59.79
2:19.69	2:23.89	2:31.59	2:41.29	2:53.19	200 Free	2:56.19	2:42.09	2:28.69	2:17.99	2:11.19
4:57.09	5:05.79	5:23.19	5:39.29	5:57.39	400 Free	5:53.59	5:45.19	5:19.09	4:54.09	4:42.39
20:19.29	21:24.59	22:47.49			1500 Free	22:45.89			20:42.39	19:25.39
		:36.49	:38.79	:41.49	50 Back	:42.19	:39.39	:36.59		
1:13.09	1:15.49	1:18.59	1:25.09	1:30.49	100 Back	1:32.09	1:24.99	1:19.19	1:13.09	1:09.29
2:38.09	2:42.39	2:50.09	3:03.09		200 Back		3:08.49	2:50.69	2:38.19	2:29.79
		:41.09	:43.99	:47.79	50 Breast	:49.09	:45.09	:40.89		
1:23.79	1:26.29	1:29.59	1:35.59	1:43.79	100 Breast	1:45.89	1:38.79	1:29.79	1:21.99	1:17.09
3:00.89	3:06.99	3:13.89	3:27.19		200 Breast		3:41.99	3:13.69	2:57.99	2:48.99
		:34.09	:36.69	:39.89	50 Fly	:40.49	:36.99	:33.99		
1:10.89	1:13.29	1:18.79	1:26.79	1:35.29	100 Fly	1:39.19	1:26.79	1:17.99	1:10.59	1:06.19
2:41.49	2:50.29	3:10.69			200 Fly		3:16.69		2:46.79	2:31.59
2:37.29	2:42.39	2:49.59	2:59.89	3:16.09	200 IM	3:18.29	3:00.89	2:46.79	2:34.69	2:27.29
5:37.49	5:53.79	6:05.19			400 IM		6:07.09		5:35.89	5:18.99
				2:50.69	200 FRR	2:43.59				
4:29.09		4:52.09			400 FRR		5:02.19		4:18.89	
				3:00.09	200 MR	3:05.89				
4:56.49		5:35.89			400 MR		5:42.39		4:52.19	
G14	G13	G12	G11	G10	SCY	B10	B11	B12	B13	B14
:25.59	:26.69	:27.99	:29.29	:32.09	50 Free	:32.09	:29.59	:27.69	:25.69	:24.29
:55.69	:58.19	1:01.09	1:03.89	1:11.79	100 Free	1:11.79	1:06.09	1:00.79	:55.79	:52.69
2:01.69	2:06.99	2:13.59	2:20.09	2:43.69	200 Free	2:42.79	2:25.39	2:13.09	2:02.69	1:55.99
5:31.99	5:42.39	6:07.49	6:16.29	7:46.09	400 Free	7:21.69	6:26.69	6:05.69	5:37.49	5:21.79
20:07.69	20:50.99	22:25.89			1500 Free	22:57.19			20:44.49	20:03.19
		:32.39	:33.79	:37.19	50 Back	:38.09	:35.79	:32.29		
1:03.29	1:05.19	1:09.49	1:13.19	1:23.59	100 Back	1:24.29	1:16.69	1:09.49	1:02.49	:59.39
2:16.99	2:19.79	2:31.29	2:42.09		200 Back		2:51.59	2:30.69	2:19.69	2:10.19
		:36.69	:38.39	:43.39	50 Breast	:43.69	:40.09	:36.49		
1:12.19	1:13.59	1:19.49	1:23.99	1:34.19	100 Breast	1:36.89	1:26.89	1:18.99	1:12.09	1:09.29
2:36.39	2:41.79	2:50.99	3:08.29		200 Breast		3:15.09	2:51.69	2:36.19	2:30.59
		:30.59	:31.79	:35.99	50 Fly	:36.59	:33.19	:30.49		
1:02.69	1:05.29	1:09.89	1:13.89	1:29.69	100 Fly	1:29.79	1:19.29	1:09.49	1:02.59	:59.89
2:24.29	2:28.49	2:40.69			200 Fly		2:41.59		2:27.69	2:17.99
2:17.89	2:22.09	2:30.79	2:39.69	3:03.49	200 IM	3:09.29	2:44.49	2:29.49	2:19.09	2:10.19
4:59.99	5:00.69	5:24.59			400 IM		5:27.49		5:02.69	4:42.19
				2:14.29	200 FRR	2:16.19				
3:51.89		4:13.09			400 FRR		4:14.49		3:42.39	
				2:31.99	200 MR	2:34.39				
4:18.09		4:43.89			400 MR		4:44.59		4:06.39	
G14	G13	G12	G11	G10	SCM	B10	B11	B12	B13	B14
:28.59	:28.99	:30.59	:32.39	:34.69	50 Free	:34.39	:31.99	:29.79	:27.69	:26.39
1:02.09	1:03.49	1:06.39	1:10.79	1:16.29	100 Free	1:17.29	:11.29	1:05.69	1:00.49	:57.79
2:15.69	2:19.89	2:27.59	2:37.29	2:49.19	200 Free	2:52.19	2:38.09	2:24.69	2:13.99	2:07.19
4:49.09	4:57.79	5:15.39	5:31.29	6:20.99	400 Free	6:35.69	5:37.19	5:11.09	4:46.09	4:34.39
19:49.29	20:57.59	22:17.49			1500 Free	22:15.89			20:12.39	18:55.39
		:35.49	:37.79	:40.49	50 Back	:41.19	:38.39	:35.59		
1:11.09	1:13.49	1:16.59	1:23.09	1:28.49	100 Back	1:30.09	1:22.99	1:17.19	1:11.09	1:07.29
2:34.09	2:38.39	2:46.09	2:59.09		200 Back		3:04.49	2:46.69	2:34.19	2:25.79
		:40.09	:42.99	:46.79	50 Breast	:48.09	:44.09	:39.89		
1:21.79	1:24.29	1:27.59	1:33.59	1:41.79	100 Breast	1:43.89	1:36.79	1:27.79	1:19.99	1:15.09
2:56.89	3:02.99	3:09.89	3:23.19		200 Breast		3:37.99	3:09.69	2:53.99	2:44.99
		:33.09	:35.69	:38.89	50 Fly	:39.49	:35.99	:32.99		
1:08.89	:11.29	1:16.79	1:24.79	1:33.29	100 Fly	1:37.19	1:24.79	1:15.99	1:08.59	1:04.19
2:37.49	2:46.29	3:06.69			200 Fly			3:12.69	2:42.79	2:27.59
2:33.29	2:38.39	2:45.59	3:12.09	3:12.09	200 IM	3:14.29	2:56.89	2:42.79	2:30.69	2:23.29
5:29.49	5:45.79	5:57.19			400 IM			5:59.09	5:28.89	5:10.89
				2:46.69	200 FRR	2:39.59				
4:21.09		4:48.09			400 FRR		4:56.19		4:10.89	
				2:56.09	200 MR	3:01.89				
4:48.49		5:27.89			400 MR		5:34.39		4:44.19	



Pacific Northwest Swimming
 2019 PNS 14&U Long Course Championship – Sanction #1908-14CH
 Time Trials Sanction #1908-14TT
 Weyerhaeuser King County Aquatic Center, Federal Way, Washington
 Hosted by Wave Aquatics

Held under 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 \$ 7.00	\$
RELAY EVENTS:		X \$12.00	\$
SUBTOTAL			\$
LESS OUTREACH VOUCHERS:			(\$)
		TOTAL:	\$

Make one check payable to **Wave Aquatics**.

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc.

Signature of Coach or Team Representative

Date

Phone Number

Important Note: Upon processing of the pre-meet exception report, PNS will register as a full-year USA Swimming athlete member any swimmer not then registered. PNS shall require the club or responsible party to pay an amount equal to the current full-year USA Swimming athlete registration fee, including the PNS surcharge, plus a \$15.00 fine for each athlete who is registered from the pre-meet exception report. The fines are due prior to the entry deadline of the next meet entered by the team being fined or within 15 business days after the receipt of the fine statement, whichever occurs first. See PNS AD 97-08 for additional information.

2019 PNS 14&U LONG COURSE CHAMPS
Weyerhaeuser King County Aquatic Center
August 1 – 4, 2019

APPLICATION TO OFFICIATE

You are hereby invited to officiate at the 2019 Pacific Northwest Swimming 14&U Long Course Champs to be held at the Weyerhaeuser King County Aquatic Center in Federal Way, Washington. The meet will be conducted over a three and a half-day period. Thursday's Timed Finals will start at 1:00 PM; all other days' Prelims will start at 9:00 AM and their Finals start times will be announced each day. A mandatory officials briefing session will be held one hour prior to each session: i.e. Noon Thursday, 8:00 AM Fri/Sat/Sun, etc.

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 July 18, 2019. Preference will be given to those who agree to work all sessions. All other officials planning to attend the meet are also welcome!

Name: _____ LSC: _____

Address: _____ Team: _____

City, State, Zip: _____ Phone: _____

Email: _____

_____ I will be able to work all sessions

OR I will only be able to work the following sessions:

Thursday _____ timed finals

Friday _____ prelims _____ finals

Saturday _____ prelims _____ finals

Sunday _____ prelims _____ finals

Key position(s) desired: _____

(Deck Ref, Starter, Assistant Admin Ref, Chief Judge, Stroke & Turn)

Current certifications:	Position Certified	Expiration	Request for Observation
PNS	_____	_____	
N2	_____	_____	_____ (include position)
N3	_____	_____	

USA Swimming requirements:	Expiration
Non-athlete registration	_____
Athlete protection training	_____
Background check	_____

Shirt size (unisex): S M L XL XXL XXXL

Please return this form by July 18, 2019 to Meet Referee Dick Chapman (dick_chapman@comcast.net)

Again, all officials are welcome and encouraged to help, even if you don't apply in advance.