



Pacific Northwest Swimming  
 2019 PNS Senior Long Course Championship – Sanction #1907-PNSR  
 Time Trials Sanction 1907-SRTT  
 Weyerhaeuser King County Aquatic Center, Federal Way, Washington  
 Hosted by the Mighty Marlins Swim Club  
*Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.*

SCHEDULES	JULY 25 - 27, 2019
Coaches' Meetings	7:15 AM Thursday -- 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	7:30 AM
Competition/Prelims	9:00 AM
Warm-ups/Finals	3:30 PM
Competition/Finals	4:30 PM
Scratch Deadlines for all 50M/100M/200M Individual Events:	Thursday's events: 8:00 AM Thursday Friday's events: 30 minutes after start of Thursday's Finals session Saturday's events: 30 minutes after start of Friday's Finals session
Positive Check-in Deadlines for 400M/800M/1500M Individual Events:	Thursday – 400M IM: 8:00 AM Thursday – 800M Freestyle: 11:00 AM Friday – 400M Freestyle: 11:00 AM Saturday: -- 1500M Freestyle: 11:00 AM

**MEET DIRECTOR:**

Erin Darrah  
 • mmscmeetdirector@gmail.com  
 • 360 631 1393

**MEET REFEREE:**

Aline Bensen  
 • abensen-meetref@comcast.net

**ADMINISTRATIVE REFEREE:**

Dave Baer  
 • dlbaer53@gmail.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.

**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
- All applicable adults -- including athletes ages 18&O -- participating in or associated with this meet acknowledge that they are subject to provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and that they understand that compliance with the MAAPP policy is a precondition of participation in the conduct of this meet.
- 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.



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- 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

- **Special Meet Apparel:** Northwest Designs
- **Heat Sheets:** 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. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. Carpooling strongly recommended.
- **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 be 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. Neither on-deck USA Swimming registration nor on-deck transfer to PNS will be permitted.
- Open competition.
- 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.
- Neither NT ("no time") nor converted times are allowed for either qualifying or bonus entries.
- **Qualifying times:** With the exception of individual bonus events clearly defined as such, 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.
  - Swimmers with a disability and Para Swimming classification may enter with achievement of the appropriate PNS disability standard. Please alert meet management with a note in your cover email.
- 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 02-001 during the meet qualifying window.

#### PROOF OF TIME:

- With the exception of alternate acceptable times complying with PNS AD 02-01 and clearly identified as such, all individual entry times submitted – both qualifying and bonus -- must be in USA Swimming's SWIMS database by the meet entry deadline and will be reconciled with SWIMS.
- Entry times neither in SWIMS nor 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: \$10.00
- Relay Event: \$16.00
- 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:** Women's and Men's awards, based on individual events only and using Hy-Tek Power Points.
- **Relay events:** Medals 1st – 3rd places, ribbons 4th – 16th places.
- **Team Trophy:** First through tenth 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.
- **Note:** While there is no limit to the number of relay team a club may enter in a relay event, no more than two relay teams per club may be awarded or may score in each event.

#### 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 800M and 1500M Freestyle events.
  - All relay events.
- There will be three heats of finals (C/B/A) for all prelims/finals individual events.



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- The National Championship eligibility and technical rules protest policies apply.
- The 15-minute breaks listed in the Order of Events are the minimum breaks between same-gender events. For example, Event 3 will start no earlier than 15 minutes after the end of Event 1, and Event 4 will start no earlier than 15 minutes after the end of Event 2. Estimated event start times may be published, but, if published, are only estimates.

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

**Double Ended:** Unless otherwise announced, all individual events 100M and longer will be swum double-ended during all Preliminary sessions. The odd-numbered heats will start at the dive tank end and the even-numbered heats will start at the scoreboard end of the pool.

**SCRATCH RULES:** The USA Swimming National Championship scratch procedure and no-show rule will be used at this meet, unless otherwise specified below. These rules are described in the 2018 USA Swimming Rules (207.11.6).

- The scratch and check-in deadline for Thursday's events will be 8:00 AM on Thursday. The scratch deadline for Friday's and Saturday's events will be half an hour after the start of the previous evening's finals.
- In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event in which such swimmer entered and has not scratched will be barred from all further individual and relay events of the day. The application of this penalty shall pertain to the order in which the events/heats are swum, not the numerical order of the events. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares – in person with the Administrative Referee – an intent to swim prior to the close of the scratch box for that succeeding day's events.

**Finals Heats of all Prelims/Finals Individual Events:** Any swimmer qualifying for a C, B, or A (bonus final, consolation final, or final) race of an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet unless properly scratched.

- **Intention to Scratch:** Once the swimmers qualifying as finalists, consolation finalists, or bonus finalists are announced, those swimmers have thirty (30) minutes to declare their intention to scratch with the Administrative Referee, and until thirty (30) minutes after the completion of their last preliminary (not timed finals) event to finalize their intention to scratch. There is no penalty for scratches during this time.
- Intentions to scratch and final/definite scratches must be made directly with the Administrative Referee, unless otherwise announced at the Coaches' Meeting.
- Athletes not announced as a finalist, consolation finalist, or bonus finalist will not be penalized for a failure to scratch during an event's 30-minute window. However, reseeding may result from scratches

during that period. Reseeding due to scratches made after the initial 30-minute window will be at the discretion of the Meet Referee.

**Timed Finals Distance Events: 800M/1500M Freestyle**

- A positive check-in by the stated deadline is required in order to swim. No penalty for a swimmer who neither checks in nor scratches, but a swimmer who checks in but fails to show will be barred from all further individual and relay events of the day. The application of this penalty shall pertain to the order in which the events/heats are swum, not the numerical order of events. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares – in person with the Administrative Referee – an intent to swim prior to the close of the scratch box for that succeeding day's events.
- Swimmers must provide their own timer and counter, if desired.
- **800M Freestyle:** The fastest heat of each event by seed time of checked-in swimmers will swim during the Finals session in event number order. All other heats will be seeded and swum fastest to slowest during the Preliminary session, alternating heats of Women/Men. The slowest heat may be seeded with combined genders at the discretion of the Meet Referee. See Order of Events for more information.
- **1500M Freestyle:** The fastest heat of each event by seed time of checked-in swimmers will swim during the Finals session in event number order. All other heats will be seeded and swum fastest to slowest during the Preliminary session, alternating heats of Women/Men. The slowest heat may be seeded with combined genders at the discretion of the Meet Referee. See Order of Events for more information.

**Relays:**

- All relay events will be pre-seeded timed finals events.
- Unless otherwise announced, all relay events will be single-ended, starting at the dive tank end of the pool.
- The fastest sixteen (16) 200M and 400 M and the fastest eight (8) 800M relays by seed time, but no more than two per club, will swim in Finals; all others will swim in Prelims. If only sixteen (16) or fewer 200M or 400M or only eight (8) or fewer 800M relay teams enter any relay event, all teams will swim in Finals.
- 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 estimated 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.
- Additional information will be provided at Thursday's Coaches' Meeting.

**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



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- 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 the Mighty Marlins Swim Club 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.
- Only athletes, coaches, officials, authorized volunteers and facility personnel are allowed on deck. All others must remain in the designated spectator area or in public lobbies and are not allowed in the natatorium unless timing for an event in which swimmers must provide their own timer.
- 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. Entry fees will be \$10.00 per individual event and \$16.00 per relay event.
- 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.
- Swimmers must provide their own timers; 800M-1500M Freestyle time trial swimmers must provide their own counter, if desired.
- Additional information will be provided at the Coaches' Meeting.

#### **OFFICIALS**

- All certified officials are welcome! To facilitate planning, please compete 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 renew or obtain this level of certification must apply on the attached application for and notify the Meet Referee. Instructions for certification will be provided during the Officials' Meetings.



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**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 at least the first three of the following prior to the entry deadline, 11:59 pm, Wednesday, July 17, 2019: If bringing the latter two to 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 the Mighty Marlins Swim Club.

**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 mark all bonus events on the

accompanying 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 bonus entries must be clearly identified as such on all entry reports.
- 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.
- Relay-only swimmers must be listed on the Meet Entry Report or equivalent, and appropriate surcharges must be included with the entry.
- **Mail entries to:** Erin Darrah, 1242 State Ave, Suite 1, PMB 305, Marysville, WA 98270
- **Email entries to** [mmscmeetdirector@gmail.com](mailto:mmscmeetdirector@gmail.com)
- **Meet Entry Questions:** Administrative Referee

## 2019 Pacific Northwest Swimming Senior LC Championships Order of Events

DAY 1 (THURSDAY)			
Event #	Preliminaries	Event #	Finals
1, 2	200M Free Relay – See note #1	13, 14	800M Freestyle – See note #2
	15 minute break		15 minute break
3, 4	400M IM	1, 2	200M Free Relay – See note #1
5, 6	100M Breaststroke		15 minute break
7, 8	200M Freestyle	3, 4	400M IM
9, 10	100M Backstroke	5, 6	100M Breaststroke
	15 minute break	7, 8	200M Freestyle
11, 12	400M Medley Relay – See note #1	9, 10	100M Backstroke
	15 minute break		15 minute break
13, 14	800M Freestyle – See note #2	11, 12	400M Medley Relay – See note #1

DAY 2 (FRIDAY)			
Event #	Preliminaries	Event #	Finals
15, 16	200M Medley Relay – See note #1	15, 16	200M Medley Relay – See note #1
	15 minute break		15 minute break
17, 18	200M IM	17, 18	200M IM
19, 20	50M Freestyle	19, 20	50M Freestyle
21, 22	400M Freestyle	21, 22	400M Freestyle
23, 24	100M Butterfly	23, 24	100M Butterfly
25, 26	200M Breaststroke	25, 26	200M Breaststroke
	15 minute break		15 minute break
27, 28	800M Free Relay – See note #1	27, 28	800M Free Relay – See note #1

DAY 3 (SATURDAY)			
Event #	Preliminaries	Event #	Finals
29, 30	400M Free Relay – See Note #1	37, 38	1500M Freestyle – See note #2
	15 minute Break		15 minute Break
31, 32	200M Backstroke	31, 32	200M Backstroke
33, 34	100M Freestyle	33, 34	100M Freestyle
35, 36	200M Butterfly	35, 36	200M Butterfly
	15 minute Break		15 minute Break
37, 38	1500M Freestyle – See note #2	29, 30	400M Free Relay – See Note #1

**Note #1:** Relays are timed Finals. The fastest two heats of relays (200/400 Medley and 200/400 Freestyle) for each gender will swim in Finals. The fastest one heat of 800 Free relay will swim in Finals. Each team may only swim two relays in Finals. The remaining relays will swim in Prelims.

**Note #2:** The 800 and 1500 Freestyle is a timed finals event. The fastest heat for each gender will swim in Finals. The remaining heats will swim in Prelims.

**PACIFIC NORTHWEST LONG COURSE SENIOR CHAMPIONSHIPS**  
**JULY 25-27, 2019**  
**QUALIFYING PERIOD April 1, 2018 – July 17, 2019**

WOMEN			2019	MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
:25.09	:28.29	:29.29	<b>50 Free</b>	:26.39	:25.39	:22.49
:54.69	1:01.49	1:03.49	<b>100 Free</b>	:57.49	:55.49	:49.09
1:58.99	2:13.39	2:17.39	<b>200 Free</b>	2:05.29	2:01.29	1:47.19
5:20.69	4:46.29	4:54.29	<b>400 Free</b>	4:32.89	4:24.89	4:52.89
11:04.29	9:50.59	10:06.59	<b>800 Free</b>	9:20.99	9:04.99	10:11.09
18:37.19	18:59.69	19:29.69	<b>1500 Free</b>	18:07.39	17:37.39	16:58.99
1:01.09	1:11.09	1:13.09	<b>100 Back</b>	1:06.89	1:04.89	:55.09
2:14.29	2:35.29	2:39.29	<b>200 Back</b>	2:26.79	2:22.79	2:00.29
1:10.19	1:22.09	1:24.09	<b>100 Breast</b>	1:15.29	1:13.29	1:01.99
2:30.99	2:58.79	3:02.79	<b>200 Breast</b>	2:46.09	2:42.09	2:15.39
1:00.49	1:08.59	1:10.59	<b>100 Fly</b>	1:02.79	1:00.79	:53.89
2:14.49	2:41.39	2:45.39	<b>200 Fly</b>	2:27.79	2:23.79	1:59.99
2:13.69	2:33.19	2:37.19	<b>200 IM</b>	2:22.69	2:18.69	2:00.69
4:44.29	5:27.49	5:35.49	<b>400IM</b>	5:08.09	5:00.09	4:17.69
1:44.09	1:54.49	1:58.49	<b>200 FRR</b>	1:49.09	1:45.09	1:35.59
3:49.79	4:12.69	4:20.69	<b>400 FRR</b>	3:58.89	3:50.89	3:29.99
8:16.89	9:06.49	9:22.49	<b>800 FRR</b>	8:45.39	8:29.39	7:43.09
1:57.09	2:08.79	2:12.79	<b>200 MR</b>	2:00.59	1:56.59	1:45.99
4:12.19	4:37.39	4:45.39	<b>400 MR</b>	4:22.19	4:14.19	3:51.09



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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>\$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$10.00</b>	<b>\$</b>
<b>RELAY EVENTS:</b>		<b>X \$16.00</b>	<b>\$</b>
<b>SUBTOTAL</b>			<b>\$</b>
<b>LESS OUTREACH VOUCHERS:</b>			<b>(\$ )</b>
		<b>TOTAL:</b>	<b>\$</b>

Make one check payable to the **Mighty Marlins 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.



**2019 PNS SENIOR LONG COURSE CHAMPS**  
**Weyerhaeuser King County Aquatic Center**  
**July 25-27, 2019**

**APPLICATION TO OFFICIATE**

You are hereby invited to officiate at the 2019 Pacific Northwest Swimming Senior 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-day period. Prelims will start at 9:00 AM, and the Finals start times will be announced each day. A mandatory official briefing session will be held one hour prior to each session.

This meet has been designated as a training meet for N2 National Championship Officials Certification. The dress is white shirt/blouse for prelims and finals; navy pants, shorts, or skirts (no shorts at finals); white socks; and white shoes. Officials desiring an assigned position must submit their application no later than July 1, 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: \_\_\_\_\_

\_\_\_\_\_ Yes, I will be able to work all sessions.

I will work the following sessions:

Thursday \_\_\_\_\_prelims \_\_\_\_\_finals

Friday \_\_\_\_\_prelims \_\_\_\_\_finals

Saturday \_\_\_\_\_prelims \_\_\_\_\_finals

Key position(s) desired: \_\_\_\_\_  
(Deck Ref, Starter, Assistant Admin Ref, Chief Judge, Stroke & Turn)

**To apply for N2 observation or evaluation please contact Meet Referee Aline Bensen for application form.**

USA Swimming non-athlete registration expiration: \_\_\_\_\_

Athlete Protection Training expiration: \_\_\_\_\_

Background Check expiration: \_\_\_\_\_

Current certifications:	Position Certified	Expiration
PNS	_____	_____
N2	_____	_____
N3	_____	_____

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

**Please return this form to Meet Referee Aline Bensen -- ABensen-meetref@comcast.net -- by July 1.**  
Again, all officials are welcome, even if you don't apply in advance.