

**2020 NORTHWEST SPRING SPEEDO SECTIONALS
FEDERAL WAY, WA
MARCH 12 - 15, 2020**



Hosted by Valley Aquatics
Weyerhaeuser King County Aquatic Center
650 SW Campus Drive, Federal Way, WA 98023
Facility Phone: (206) 477-4444

OME ENTRY DEADLINE: March 4, 2020 * 11:59 PM PST

Held Under the Sanction of Pacific Northwest Swimming, Inc. and USA Swimming, Inc.
Sanction #2003-WRSS; Time Trials Sanction #2003-WRTT

Websites:

<http://www.pns.org> * www.westernzoneswimming.org * www.usaswimming.org

Facility

- Site of the 1990 Goodwill Games; 2008 and 2012 NCAA Men's Division 1 Championships; and many U.S. Open, Junior Nationals, and Nationals.
- Indoor 50-meter, 9 feet deep, 8-lane competitive pool divided into two 25-yard courses. The area between the bulkheads is closed at all times. 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.
- 2500 spectator seats. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections.
- Omega electronic timing system w/full-read scoreboard

Sanction:

This meet has been sanctioned by Pacific Northwest Swimming and current USA Swimming rules and any relevant sections of Pacific Northwest Swimming Policies will apply. All Athletes must be currently registered for 2020 with USA Swimming. Pacific Northwest Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability:

In granting this sanction and by any person's participation in the meet, it is understood and agreed that 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. It is further understood that Pacific Northwest Swimming, Inc., all meet Officials, Weyerhaeuser King County Aquatic Center, and Valley Aquatics 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 meet. Damage to the facility, when proved, will cause the offending Athlete, if unattached, or the offending Athlete's team, if attached, to be held accountable for repairs.

Meet Referee

Michael Davis
408-761-1501 (cell)
mekidadad1@yahoo.com

Admin Referee

Mary Ruddell
925-787-7586 (cell)
mary.ruddell@att.net

Meet Director

Suzanne Rychlik
253-241-4827 (cell)
swimvast@hotmail.com

MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
General Meeting	Wednesday, March 11 at 5:30 PM WKCAC banquet hall	
Officials' Meetings	One hour before the start of each session * Officials Room	
Section Business Meeting	Friday, March 13 * 15 min after end of Friday Prelims downstairs Officials room Note: Friday Time Trials, if held, will start no earlier than 45 min after the end of Prelims See p. 9 for details	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Thursday – Sunday March 12 – March 15	Warm-Up: 7:00 AM – 8:50 AM Competition: 9:00 AM	Warm-Up: 4:00 PM – 5:20 PM Competition: 5:30 PM

Supervised Warm-Ups

The 50M tank will be available for supervised warm-ups on Wednesday, March 11th from 5:00-8:00 PM. Due to NCAA diving event, the pool will not be available before 5:00 PM.

ORDER OF EVENTS

Women's Event #	Thursday * March 12, 2020	Men's Event #
1	200 Medley Relay (A)	2
3	100 Freestyle	4
5	800 Freestyle (B)	6
7	200 Breaststroke	8
9	200 Butterfly	10
11	200 Freestyle Relay (C)	12
Women's Event #	Friday * March 13, 2020	Men's Event #
13	100 Backstroke	14
15	200 Freestyle	16
17	400 Individual Medley	18
19	400 Freestyle Relay (D)	20
Women's Event #	Saturday * March 14, 2020	Men's Event #
21	200 Backstroke	22
23	400 Freestyle	24
25	100 Breaststroke	26
27	100 Butterfly	28
29	800 Freestyle Relay (D)	30
Women's Event #	Sunday * March 15, 2020	Men's Event #
31	200 Individual Medley	32
33	1500 Freestyle (B)	34
35	50 Freestyle	36
37	400 Medley Relay (D)	38

A: The 200 Medley Relay will be conducted as timed finals, **swum fastest to slowest, ALL heats** in event order at the **beginning of Prelims**. There will be a 10-min break following the conclusion of Event 2, prior to the start of the preliminary heats of Event 3.

B: The 800 and 1500 Freestyles will be conducted as timed finals, following the National Championship format, with the **fastest heat of women and the fastest heat of men swimming in Finals in event order**.

All other heats will be swum **slowest to fastest**, alternating women and men beginning at a predetermined time, so the second fastest heat of the men's event is concluded 90 minutes before the evening Finals session is scheduled to begin. Athletes may qualify for these events using any of the 800M/1000Y or 1500M/1650Y time standards.

C: The 200 Freestyle Relay will be conducted as timed finals, **swum slowest to fastest, ALL heats** in event order at the **end of Finals**. There will be a 10-min break following the conclusion of Finals Event 10, prior to the start of the relays.

D: These relay events will be conducted as timed finals **with the fastest two heats of women and the fastest two heats of men swum in event order at the end of Finals**. Heats will be swum in the following order: second fastest heat, fastest heat.

All other heats will be swum at the end of preliminaries, alternating women's and men's heats, **fastest to slowest**.



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2020 USA Swimming Speedo Championship Series Northwest Spring Sectional Time Standards						
March 12 - 15, 2020 * King County Aquatic Center * Federal Way, WA						
Women				Men		
SCY	SCM	LCM	EVENTS	SCY	SCM	LCM
24.62	27.41	28.19	50 Free	21.97	24.28	25.41
53.29	58.66	1:00.99	100 Free	47.86	52.82	55.45
1:55.63	2:07.40	2:12.32	200 Free	1:44.68	1:55.95	2:01.35
5:13.13	4:30.36	4:43.21	400/500 Free	4:48.26	4:09.40	4:22.32
10:52.09	9:27.77	9:48.19	800/1000 Free	10:10.58	8:54.20	9:19.51
18:19.78	18:07.90	18:54.49	1500/1650 Free	17:03.19	16:44.18	17:32.04
58.99	1:05.68	1:08.75	100 Back	53.48	59.44	1:03.59
2:07.80	2:22.92	2:28.61	200 Back	1:57.51	2:11.82	2:19.76
1:07.37	1:14.10	1:19.54	100 Breast	59.79	1:05.29	1:12.24
2:27.29	2:41.96	2:53.67	200 Breast	2:11.19	2:23.78	2:38.06
58.25	1:03.98	1:06.33	100 Fly	52.09	58.05	59.84
2:11.77	2:26.01	2:32.74	200 Fly	1:57.40	2:10.59	2:17.64
2:10.35	2:23.87	2:31.13	200 Ind. Medley	1:57.48	2:09.91	2:17.41
4:39.34	5:08.00	5:21.68	400 Ind. Medley	4:12.08	4:39.38	4:56.53
1:44.69	1:56.89	1:59.29	200 Free Relay	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 Free Relay	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 Free Relay	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 Medley Relay	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 Medley Relay	3:47.49	4:15.75	4:23.39



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Meet Format

- **Meet format** will be LCM Prelims (8 lanes) and LCM Finals (8 lanes). One championship heat and three consolation heats will compete in Finals, except as noted in the Order of Events, p.2 of this Announcement. The "D" Final will be conducted as an 18&U Only heat.
- **Order of seeding** will be Long Course Meters (LCM), Short Course Meters (SCM), Short Course Yards (SCY).
Bonus events will be seeded after the above, in the same order: BLCM-BSCM-BSCY.
- **Preliminary Heats of Individual Events and Timed Finals Events will be seeded and swum FASTEST to SLOWEST**, except as noted in the Order of Events, p.2 of this Announcement.
- **Circle-Seeding:** Top 3 heats of **preliminary** individual events 200M or less, and top 2 heats of **preliminary** individual events of 400M or more, will be circle-seeded, with the **fastest Athlete in heat 3** for events 200M or less, and **in heat 2** for events of 400M or more, respectively.
- **Finals Heats of Individual Events will be swum SLOWEST to FASTEST:** Bonus D, Bonus C, Consolation, Championship.
- **Finals Ready Room** A Finals Ready Room will be used to parade the Championship heat of Individual Finals events. The fastest seeded heat of the 800 and 1500 Freestyles events swimming in Finals will also be paraded. Athletes must report to the Ready Room no later than five minutes prior to their event. All other Individual Finals heats, and all relays will report directly to the starting blocks.
- Athletes may qualify for and enter the 800 and/or 1500 Freestyles using any of the 800M/1000Y or 1500M/1650Y time standards.
- Relay teams entered in the 400 Freestyle Relay, the 800 Freestyle Relay, and 400 Medley Relay wishing to swim in preliminary heats rather than finals heats need to notify Admin Referee of this intent by the stated scratch deadline for that day's events.
- Swimmers entered in the 800 and 1500 Freestyles wishing to swim in preliminary heats rather than the finals heat need to declare this intention upon time of positive check-in for these events.

Rules

- Current USA Swimming rules will govern this meet. Any relevant sections of Pacific Northwest Swimming Policies & Procedures Manual will also apply. Current Pacific Northwest Swimming Safety Guidelines and Warm Up procedures will be in effect at this meet.
- **The age of the Athlete will be his/her age as of March 12, 2020, the first day of competition.**
- All Athletes entered in the meet must be under the supervision of a USA Swimming member Coach during warm-up, competition, and warm-down. Any Athlete without a Coach in attendance must report to the Meet Director or Meet Referee who may assist an Athlete in making supervision arrangements, but it is the Athlete's responsibility to make these arrangements prior to the start of the meet and to so notify the Meet Referee.
- Any Athlete entered in the meet must be certified by a USA Swimming Member Coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke 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 Athlete or the Athlete's legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.
- It shall be the Athletes' and Coaches' responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.
- Athletes and Coaches are responsible for being familiar with this meet's scratch rules and check-in procedures.
- Deck changes are prohibited.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- Photography is not allowed behind the blocks during the start of a race or relay exchange.
- 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.
- All Athletes entered in the competition must comply with current USA Swimming rules regarding swimwear. All applicable adults 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 addition, all 18&O athletes must be current in their Athlete Protection Training (APT) in order to swim.

Restrictions

- **This is a CLOSED-DECK meet. Only Athletes, Coaches, Officials, and assigned meet volunteers will be permitted on the competition deck.**
- Tobacco products of any kind, vaping, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- Shaving is not permitted anywhere in the facility.
- Service animals only are allowed in the facility.

Broadcast Statement

Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use and may not be broadcast, published, disseminated or used for any commercial purpose without the prior consent of USA Swimming.

Photography and Videos

Photographers and/or videographers may be present on deck at this meet. Parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their Athletes made are required to contact the Meet Director prior to the start of warm-ups on Thursday morning. **Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.**



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Eligibility

This meet is open to all Athletes who:

1. Are year-round members of USA Swimming. **There will be no on-deck USA Swimming registration.**
2. Are currently registered with a USA Swimming LSC within the Northwest/Region 12 Section of the Western Zone (Alaska, Inland Empire, Hawaii, Montana, Oregon, Pacific Northwest, Snake River, and Wyoming) as of the day meet entries close.
3. Are currently registered with a USA Swimming LSC within the Four Corners Section (Arizona, Colorado, New Mexico, Utah) of the Western Zone and who reserved a place in the Federal Way meet prior to February 1, 2020.

Event registration link: <https://www.eventbrite.com/e/2020-speedo-sectionals-at-federal-way-wa-tickets-72272199093>

4. On-deck transfer into an eligible LSC is not allowed.

5. Have met the appropriate 2020 qualifying times in competition between December 1, 2018, and the entry deadline, March 4, 2020.
6. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions.

Entry times not in the SWIMS database must be proven to the Administrative Referee or designated representative prior to the scratch deadline for the event. Failure to provide such proof of time prior to that deadline will result in the Athlete being removed from the event. It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times are in SWIMS. **Proof of relay entry times is not required.**

7. Athletes with a disability who have achieved Can-Am qualifying time standards during the qualifying period for this meet may enter up to four (4) individual events for which the Can-Am time standard has been achieved. Each Athlete has the option of swimming a half distance for any event entered. Athletes with disabilities may also participate in the Time Trials on the same basis.

For informational and planning purposes, an initial psych sheet and unofficial preliminary timeline will be sent out within 48 hours of the close of regular entries.

The psych sheet will contain markings to indicate times requiring proof as noted under #6, above.

The initial psych sheet and unofficial preliminary timeline will be posted on the websites listed on p.1 of this Meet Announcement and will be emailed to the primary Coach of record listed in the OME entries.

Entries

All entries must be submitted online through USA Swimming's Online Meet Entry system – www.usaswimming.org/ome between 12:00 AM PST, February 1, 2020, and 11:59 PM PST, March 4, 2020.

- With the submission of entries, the Coach/team representative attests that all Athletes entered are registered with USA Swimming.
- You must pay for the online entries with Visa, MasterCard, American Express, or Discover **OR** chose the OME option to pay by check.
- If paying by check, complete the Master Entry Summary Form, p. 12 of this Announcement, include your check made payable to Valley Aquatics and send to:

VAST Meet Entries – 2020 Speedo Sectionals
27435 Maple Ridge Way SE
Maple Valley, WA 98038

***Payments for OME entries made by check must be received by Monday, March 9th ***

- Once you complete your online entry, you will be sent a confirmation email. Bring it and all communications with you to the meet in case of any entry problems. When entering an individual time not yet in SWIMS, please try to ensure that the missing data is downloaded into SWIMS as soon as possible.
- Please note that OME will not update entry times as new results are entered into SWIMS. You can return to your entry after you have checked out to modify entry times should they improve during the entry period or to add events to your entry, but you cannot delete events after you have paid for them. **All entry modifications must be made before the entry deadline.**
- Check all entries before paying for them! Enter each one with an accurate time achieved in the proper course; converted times will not be accepted.
- If you have **trouble using OME**, please contact **Macie McNichols** at USASwimming:
mmcnichols@usaswimming.org * (719) 866-3506
- If you have an **entry question**, please email **Meet Director Suzanne Rychlik @ swimvast@hotmail.com**



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Event Limit

Each entered Athlete may participate in up to six (6) individual events total for the meet (not including Time Trials), and up to five (5) relays, but no more than three (3) individual events per day including Time Trials. All Athletes, including relay-only Athletes, are limited to three (3) Time Trials during the course of the meet.

There is no limit to the number of relays a club may enter, but only the top two (2) relay teams per club can score in each event and will appear in the top 24 results in each relay event.

Bonus Events

Athletes may enter up to two bonus events for each qualified individual event, with a maximum total of two bonus events, not to exceed six (6) individual events total for the meet (not including Time Trials), as follows:

Qualified	Bonus	Total
One (1) qualified event	Two (2) bonus event	Three (3) total events
Two (2) qualified events	Two (2) bonus events	Four (4) total events
Three (3) qualified events	Two (2) bonus events	Five (5) total events
Four (4) qualified events	Two (2) bonus events	Six (6) total events
Five (5) qualified events	One (1) bonus event	Six (6) total events
Six (6) qualified events	No bonus events	Six (6) total events
There are no qualifying times for bonus events. NT entries will not be accepted.		

Meet Surcharge \$35.00 surcharge per Athlete

Meet Entry Fees \$16.00 per individual event entry
 \$36.00 per relay entry

Entry Deadline **Entries for qualifying swims must be received by 11:59 PM PST, March 4, 2020.**
 After March 4, 2020, updating times for existing entries is not permitted.

Late Entries Late entries will be accepted via the Email Entry Form, p. 13 of this Announcement, until 11:59 PM, Sunday, March 8, 2020, and are subject to the late entry fees listed below:

- **Late Entry Surcharge** \$35.00 surcharge per swimmer
- **Late Entry Fees** \$32.00 per individual event - late entry
 \$72.00 per relay - late entry

First-Time Individual Event Qualifiers

Athletes who achieve a **first-time individual qualifying standard** from Thursday, March 5, 2020, through Sunday, March 8, 2020, may enter, but only on the Email Entry Form, p. 13 of this Announcement.

- New qualifying individual entries will be accepted via the Email Entry Form, p.13 of this Announcement, until 11:59 PM, Sunday, March 8, 2020, and may not be used to improve the seed time of a previously submitted entry.
- Updating bonus swim seed times after the March 4 deadline will not be permitted. However, an Athlete who achieves a first-time qualifying time in an event he/she had previously entered as a bonus swim may treat the bonus swim as a qualifying swim in order to allow for an additional bonus swim. Adding bonus swims for qualifying times achieved after the March 4 deadline is permitted using the Email Entry Form, p.13 of this Announcement.

Meet Entry Questions

Questions concerning meet entries should be directed to **Meet Director Suzanne Rychlik @ swimvast@hotmail.com**



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Registration & Team Check-In / Clerk of Course

All Athletes, Coaches, and Officials participating in this competition must be currently registered for 2020 with USA Swimming.

- All Athletes, Coaches, and Officials should be prepared to present their USA Swimming ID Card or Deck Pass as proof of their registration to the Meet Referee, the Meet Director, or their designee at any time. Photo ID may also be requested.
- All Athletes, Coaches, and Officials will receive a meet-specific credential, which will serve as a deck pass, and is to be displayed in order to access the competition deck and team areas.

Wednesday, March 11

The Registration Desk will be located in the lobby and will open at 4:00 PM. Registration will remain open through the end of Supervised Warm-Ups, at 8:00 pm.

- Current Coaching credentials from a Coach listed on a team's Summary Entry Form must be shown in order to obtain a team's packet. **Coaches must visibly display their meet credentials whenever on deck.**

Thursday - Sunday, March 12 - 15

Registration will be located at Clerk of Course, by the dive tank end of the pool.

- Clerk of Course will open at 15 min prior to the start of warm-ups each day and will remain open through the conclusion of each session's competition.
- Current Coaching credentials from a Coach listed on a team's Summary Entry Form must be shown in order to obtain a team's packet. **Coaches must visibly display their meet credentials whenever on deck.**

General Meeting

A General Meeting will be held on Wednesday, March 11, 2020, at 5:30 PM in the banquet hall adjacent to the aquatic center.

Teams must have a Coach or team representative in attendance.

Coaches not in attendance are responsible for obtaining the information covered in the General Meeting.

Scratch Procedures

The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet.

These rules are described in the current USA Swimming Rule 207.11.6 in the current Rulebook.

Positive Check In / Scratch Deadline for Thursday's Events:

The Scratch Box will close 30 minutes after the conclusion of the Wednesday's General Meeting.

- The Scratch Box will be located at the Registration Desk prior to the General Meeting. It will be available at the General Meeting and then at the Administration Desk for the duration of the meet.
- Scratches prior to the seeding of preliminary heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box. Scratch cards will be available at the Administration Desk.

Athletes are considered checked in for all of Thursday's individual events except the 800 Freestyle events unless scratched.

- *Athletes entered in Thursday's 800 Freestyle must positively check-in. Failure to positively check-in will mean the athletes will not swim in the event.*
- In addition to physical check-in, **email check-in** will be accepted for the **800 Freestyle events only**, and the above **deadline applies**. Check-in may be done by **emailing the Admin Referee, Mary Ruddell, mary.ruddell@att.net**

Athletes are considered checked in for all other individual events except the 1500 Freestyle events unless scratched.

- *Athletes entered in Sunday's 1500 Freestyle must positively check-in. Failure to positively check-in will mean the athletes will not swim in the event.*
- Seeded 1500 Freestyle heat sheets will be published at the end of Saturday's finals.

ALL RELAYS will follow the same scratch procedures as individual events.

Scratches for relays are due to the Admin Referee prior to the scratch deadline for that day's events. Relay entry forms for the submission of names will be available at the Clerk Of Course. Please list the competing relay swimmers with first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk Of Course no later than one (1) hour prior to the start of the relays. However, relay order may be changed up to the time of the swim at the blocks.



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CHECK-IN & SCRATCH SCHEDULE SUMMARY		
EVENTS	ACTION REQUIRED	DEADLINE
Thursday Individual Events	Scratch	30 min after conclusion of General Meeting
Thursday Relays	Scratch	
Thursday 800 Freestyle	Positive check-in or scratch	
Friday Individual Events	Scratch	6:00 PM Thursday
Friday Relays	Scratch	
Saturday Individual Events	Scratch	6:00 PM Friday
Saturday Relays	Scratch	
Sunday individual Events	Scratch	6:00 PM Saturday
Sunday 1500 Freestyle	Positive check-in or scratch	
Sunday Relays	Scratch	
All Relays	Submit relay names and order to Admin Desk	No later than one hour before scheduled start of relays
	Changes to relay order	At the blocks
Announced finalists for championship and console heats	Declaration of intention to scratch to Admin Referee	Within 30 minutes of announcement or scoreboard scroll of qualifiers

Meet Time Line

If the projected length of a preliminary session exceeds 4½ hours, the Meet Referee, in consultation with the meet host and the Western Region Section Officers, reserves the right to adjust. All adjustments will be announced at the General Meeting.

If the projected length of Thursday’s 800 Freestyle timed finals event, and Sunday’s 1500 Freestyle preliminary events do not allow for the Finals session to start as originally scheduled, the Meet Referee, in consultation with the meet host and the Western Region Section Officers, reserves the right to adjust. All adjustments will be announced at the General Meeting.

Warm-Ups

The Meet Referee reserves the right to modify warm-ups as determined to be in the best interest of the safety of the Athletes and the conduct of the meet.

Scoring

Scoring will be on a twenty-four (24) place basis.

Achieved times swum in Finals/Timed Finals must meet the event’s time standard to score.

- **Individual events:** 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- **Relays:** 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

Awards

- Medals: top eight (8) individual and top three (3) relay places.
- Trophies/Plaques for team awards: First through Third places for Women, Men, and Combined. Team scoring will include both individual and relay events to 24 places each. Both women and men must score for a team to be eligible for a combined scoring team award.
- Individual High Point Awards: Top-scoring Woman and Top-scoring Man (individual events only)



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TIME TRIALS

Time Trials on Friday, March 13 (if available) will start no earlier than 45 minutes after the end of Prelims, to allow for Coaches to attend the Section Business meeting. The Section Business meeting will start 15 minutes after the end of Friday’s Prelims.

- Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- Time Trials will be held under a separate sanction of Pacific Northwest Swimming
- Athletes must be entered in the meet and have paid the Athlete surcharge to swim in Time Trials.
- Each time trial swum will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) per day. All Athletes including relay-only Athletes are limited to three (3) time trials total during the course of the meet.
- Time Trials will be deck-entered at the Clerk of Course. Time Trials entries will close when the maximum allowable time has been reached or one hour before the scheduled end of that day’s preliminaries, whichever comes first.
- **Time Trial Entry Fees: \$17.00 per individual event \$39.00 per relayevent**
- Time Trials shall be swum in the order listed on p.2 of this Announcement, with the following exceptions:
 - The 800 and 1500 Freestyle Events will only be offered on one day. The Meet Referee will determine the day based on the size of the meet and available time and will announce the day at the General Meeting.

Order of Time Trial Events
Day 1: Day 1 events except 800, Day 2 events, Day 3 events, Day 4 except 1500
Day 2: Day 2 events, Day 3 events, Day 4 except 1500, Day 1 events except 800
Day 3: Day 3 events, Day 4 events except 1500, Day 1 events except 800, Day 2 events
Day 4: Day 4 events except 1500, Day 1 events except 800, Day 2 events, Day 3 events

Timers

- Swimmers/clubs are responsible for providing their own timers (2) and lap counters, if desired, for Thursday’s 800 and Sunday’s 1500 Freestyle events **and for all Time Trial events.**
- Teams will be assigned lanes for the preliminary sessions based on the number of swimmers entered. Timing assignments will be e-mailed to the Head Coach listed on a team’s Summary Entry Form, will be posted on the websites listed on p. 1 of this Announcement once entries have been processed.

Section Business Meeting

The Section’s Business Meeting will be held on Friday, March 13, 2020, 15 minutes after the end of Friday’s Prelims.

Time Trials on Friday, March 13, 2020 (if available) will start no earlier than 45 minutes after the end of Prelims, to allow for Coaches to attend the Section Business meeting.

Questions and agenda items should be sent to Section Chair, Jody Braden: Coachjib@comcast.net.

Travel Fund

A portion of the meet entry fees from this meet are used to fund a travel reimbursement to eligible swimmers and Coaches. Athletes who participate in this meet and also participated in the 2019 Toyota U.S. Open or the 2019 Speedo Winter Junior National Championships are eligible for a travel reimbursement. The amount of the reimbursement will be determined based upon total entry fees for this meet and the number of swimmers who qualify and attend. Application for reimbursement must be made by submitting the attached form, p. 14 of this Announcement, within fifteen (15) days following the conclusion of this meet; **final deadline for submission: March 31.**



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Officials

- Officials' Meetings will be one hour before each day's sessions. All certified Officials are welcome. If you will be attending this meet, please return the attached Application to Officiate, p. 15 of this Announcement, to assist with meet planning.
- **To be considered for an assigned position, your application must be received by the Meet Referee February 15, 2020.**
- 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 the Meet Referee upon arrival at the meet. Instructions for certification will be provided during Officials' Meetings. Walk-on Officials are also welcome to attend and work this meet.
- The uniform for Officials for the meet will be a white polo shirt and khaki shorts, skirt or pants. Shorts may be worn only during Preliminary sessions; long pants or skirts for Finals, please. White, closed toe shoes and white socks complete the uniform.

Social Events

A Coaches and Officials Social will be held on Friday, March 13, 2020, after the conclusion of Finals. Details will be announced.

Hospitality

A Hospitality Room will be provided by for Coaches and Officials only; Athletes are not permitted in the Hospitality room.

Concessions

Concessions will be available throughout the competition and are operated by the vendors at KCAC. . Neither the host team, the host LSC, nor the Western Zone receive any benefit.

Heat Sheets

Paper copies of heat sheets will be available in the lobby: \$3.00 – prelims /\$2.00 – finals
Electronic heat sheets will be available through Meet Mobile™: \$15.00 for all sessions.

Meet Information & Results:

Meet Information and post-meet results will be posted to the websites listed on p.1 of this Announcement.

Parking at the Facility

- Free public parking is available adjacent to the Aquatic Center and overflow is available in the little league lot.
- BUSES will be able to drop off in front of the Aquatic Center, and park nearby in the little league lot.
- **NO RV Overnight Parking Allowed.**

MARRIOTT IS A PROUD SPONSOR OF USA SWIMMING

Local Hotels/Motels: See listing posted on www.pns.org

RVs and Motor Homes: There is **NO OVERNIGHT PARKING** in the parking lots adjacent to the Aquatic Center.



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MEET ENTRY SUMMARY FORM

OME ENTRY DEADLINE: March 4, 2020 * 11:59 PM PST

If paying OME Entries by check, complete the Master Entry Summary Form and include it with your check made payable to Valley Aquatics and send to:

**Valley Aquatics-Senior Sectionals
27435 Maple Ridge Way SE
Maple Valley, WA 98038**

****Payments for OME entries made by check must be received by Monday, March 9, 2020****

TEAM NAME: _____ CLUB CODE: _____

CONTACT NAME: _____ PHONE #: _____

E-MAIL ADDRESS: _____

TEAM ADDRESS: _____

COACH (ES) ATTENDING MEET:

Name _____ Cell #: _____

Name _____ Cell #: _____

Name _____ Cell #: _____

The following statement must be signed by a Coach or team representative:

I have read the meet information and attest that all swimmers entered are 2020 year-round members of USA Swimming.

Signature: _____ Date: _____

ENTRY SUMMARY * Print a copy of the OME Master Entry Summary and include it with your payment – thank you!



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E-MAIL ENTRY FORM

Email to:

Meet Director Suzanne Rychlik

swimvast@hotmail.com

by the deadlines listed below

TEAM NAME: _____ CLUB CODE: _____

COACH NAME: _____ PHONE #: _____

COACH'S USA ID#: _____ EMAIL ADDRESS: _____

HOME ADDRESS: _____

City

State

Zip

QUALIFICATION PERIOD FOR NEW QUALIFYING SWIMS: Thursday, March 5, 2020 – Sunday, March 8, 2020

E-MAIL ENTRY DEADLINE FOR NEW QUALIFYING SWIMS: Sunday, March 8, 2020 – 11:59 PM PDT

LATE ENTRY DEADLINE VIA EMAIL: Sunday, March 8, 2020 – 11:59 PM PDT



NEW QUALIFYING SWIMS Athletes achieving the qualifying time standards for the first time from Thursday, March 5, 2020 through Sunday, March 8, 2020. These e-mail entries must be received no later than 11:59 p.m. PDT on Sunday, March 8, 2020, and may not be used to improve the seed time of a previously submitted entry.



LATE ENTRIES Athletes achieving the qualifying time standards that were not entered previous to the OME deadline and will be charged twice the entry fees. These e-mail entries must be received no later than 11:59 p.m. PDT on Sunday, March 8, 2020, and may not be used to improve the seed time of a previously submitted entry.

We have entered the following events on this e-mail entry form:

NEW QUALIFIERS

Women: Individual Events _____ x \$16.00 = _____

Men: Individual Events _____ x \$16.00 = _____

Relays: # of Relays _____ x \$36.00 = _____

Surcharge: # of Athletes _____ x \$35.00 = _____

Total Entry Fee: \$ _____

LATE ENTRIES:

Women: Individual Events _____ x \$32.00 = _____

Men: Individual Events _____ x \$32.00 = _____

Relays: # of Relays _____ x \$72.00 = _____

Surcharge: # of Athletes _____ x \$35.00 = _____

Total Entry Fee: \$ _____

Emailed entries must be paid with check or cash on Wednesday, March 11, 2020 at the Registration Desk.

The undersigned Coach or team representative of all swimmers listed on this entry form hereby certifies that all times stated on this entry form are true and correct.

Coach Signature: _____

Athlete Information

Print Name _____ Age _____

Team Name _____

Female _____ Male _____ USAS Registration # _____

Swimmer previously entered in meet? Yes _____ No _____

Event # _____ Event _____ Time _____ Date Achieved _____

Event # _____ Event _____ Time _____ Date Achieved _____

Event # _____ Event _____ Time _____ Date Achieved _____

Event # _____ Event _____ Time _____ Date Achieved _____

Event # _____ Event _____ Time _____ Date Achieved _____

Event # _____ Event _____ Time _____ Date Achieved _____

(Duplicate this form as necessary)



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REIMBURSEMENT REQUEST

***** THIS FORM IS DUE NO LATER THAN MARCH 31, 2020 *****

PLEASE PRINT LEGIBLY

Coach's Name: _____ Phone: _____

Email Address: _____ Date of Request: _____

Coach's Signature: _____

Full Team Name: _____ LSC: _____

Mailing Address for Reimbursement Check (this must be the address of the club as payments are only made to the club):

Street or P.O. Box _____

City, State, Zip _____

USA SWIMMING CHAMPIONSHIP MEET FOR WHICH REIMBURSEMENT IS REQUESTED -- CIRCLE ONE:

*Athletes must attend both the 2020 Federal Way Section Meet -AND- 2019 Toyota US Open or 2019 Speedo Winter Junior Nationals
 (Please complete a separate form for US Open and Juniors)*

2019 Toyota US Open

2019 Speedo Winter Junior Nationals

Dates of USA Swimming Championship Meet: _____ Location: _____

Did Coach Attend Championship Meet? Yes No Name of Attending Coach: _____

Swimmer's Name (Last, First)	Age	Event(s) Competed At Sectionals	Event(s) Competed At Nationals/Juniors (circle 1)

Please send completed form within 15 days of the end of the Championship Meet for which reimbursement is requested to:

Bruce Stratton, Treasurer
 2017 S. Roosevelt St.
 Boise, ID 83705
 (208) 869-6350
 Email: brucewstratton@gmail.com

DEADLINE: March 31, 2020



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APPLICATION TO OFFICIATE

Applicant must be a member of USA Swimming and an LSC certified Official.

(PLEASE TYPE OR PRINT CLEARLY)

Name: _____ LSC: _____

Address: _____ Cell Phone: _____

City, State, Zip: _____

E-mail Address: _____

Current LSC Certifications: _____

Current N2 Certifications and Expiration: _____

Current N3 Certifications and Expiration: _____

Years/Months at Highest Level: _____

ALL APPLICANTS MUST ATTEND MANDATORY OFFICIALS BRIEFINGS BEFORE EACH SESSION

WHICH BEGIN ONE HOUR PRIOR TO THE START OF EACH SESSION.

Uniform is white polo and khaki pants/skirt with white shoes and socks.

Khaki shorts may be worn during prelims only.

I will serve at all sessions: Yes ___ No ___

I can't serve all sessions. My choices for individual sessions are checked below:

Thursday 3/12	Prelims _____	Finals _____
Friday 3/13	Prelims _____	Finals _____
Saturday 3/14	Prelims _____	Finals _____
Sunday 3/15	Prelims _____	Finals _____

Shirt Size: _____ (S, M, L, XL, XXL, etc./ Men's / Women's*)

*This is for Host planning and is not guaranteed – while we endeavor to provide women's sizes we cannot promise their availability

APPLICATION FOR ASSIGNED POSITION: If you would like to be considered for an assigned position, please check the appropriate box below. If applying for more than one position, please indicate preference (1,2,3).

Preference will be given to those who agree to work all sessions.

Assignment request: _____ Deck Referee _____ Starter _____ Chief Judge _____ Asst. Admin. Referee

If you are not applying for an Assigned Position, please check here: _____ Stroke & Turn Only

APPLICATION FOR EVALUATION: If you would like to be observed/evaluated during the meet, complete the following:

I request Evaluation as follows: ___ For Advancement to N2 ___ For Advancement to N3
 ___ For Recertification ___ For Education

_____ Referee _____ Starter _____ Chief Judge _____ Admin Referee _____ Stroke & Turn

Most Recent Evaluation & Evaluator:

This application must be received by the Meet Referee no later than February 15 for the applicant to be considered for specific assigned positions (Deck Referee, Starter, Chief Judge, Asst. Admin. Referee).

Applications for other deck positions will be accepted at any time.

Every effort will be made to provide a meet shirt in the requested size to those Officials who apply by the February 15 deadline. Meet shirts may not be available to Officials whose apply after the February 15 deadline.

Email your application to the Meet Referee, Mike Davis mekidad1@yahoo.com