



Pacific Northwest Swimming  
 2020 PN February Divisionals, Division 1  
 Sanction #2002-FDC01  
 Helene Madison Pool



13401 Meridian Avenue North, Seattle, Washington  
 Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

SCHEDULES	SESSION 1	SESSIONS 2, 3, 4	SESSIONS 5, 6, 7
Dates	Friday, February 28, 2020	Saturday, February 29, 2020	Sunday, March 1, 2020
Coaches' Meetings	3:45 PM – All coaches are reminded to check in at the Clerk of Course .	Will be announced if needed	Will be announced if needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of each session's competition	45 minutes before start of each session's competition
Warm-ups	4:00 PM	Session 2: 8:00 AM Sessions 3 & 4: Immediately following conclusion of previous session	Session 5: 8:00 AM Sessions 6 & 7: Immediately following conclusion of previous session
Timed Finals	5:00 PM	Session 2: 9:00 AM Sessions 3 & 4: One hour after start of warm-ups	Session 5: 9:00 AM Sessions 6 & 7: One hour after start of warm-ups
Positive Check-in Deadlines:	400 IM: 4:15 PM 500 Free: 4:30 PM	Will be announced	Will be announced

**MEET DIRECTORS:**

- David Orr  
 • coachdavidorr@gmail.com  
 • 818 640 5897

- Willie Bell  
 • mrwilliebell@gmail.com

**MEET REFEREE:**

- Charlie Poggemann  
 • parrotheadnw@gmail.com

**FACILITY**

- 25 yard, 6-lane competitive pool
- Starting end 12.5 feet deep; turning end 4.5 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool: adjacent to main pool separated by bulkhead
- 300 spectator seats
- Colorado timing system; scoreboard w/single-lane readout
- Heat Sheets posted at venue and on Meet Mobile; Results on Meet Mobile & PNS web page
- Concessions available all day in the lobby
- Hospitality for coaches and officials only
- Parking: Adjacent to pool.

**TEAMS:**

- Cascade Swim Club
- Olympic Cascade Aquatics
- PRO Swimming

**ELIGIBILITY & ENTRY INFORMATION:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through one of the teams listed above. PNS swimmers not registered through a PNS-member club must request

permission from PNS Program Operations to enter this meet. Neither on-deck USA Swimming registration nor on-deck transfer to a listed team will be permitted.

- Age groups are based on the age of the swimmer as of the first day of the meet.
- Each swimmer may enter up to six (6) individual events, but no more than three (3) per day. Entries exceeding these limits will be scratched without notification, and entry fees for exceeding this entry count limitation will not be refunded.
- **Deck Entries:** Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards, team points, or advancement to any Finals session.
  - Only a swimmer who did not pre-enter the maximum number of individual events may deck enter one or more additional individual events, subject to deck entry parameters and meet/session limits.
  - Event eligibility is required for swimmers ages 11&O (Deck Pass!)
  - Deck entered swimmers who are not already in the meet are required to show proof of USA Swimming athlete registration through PNS and an eligible team and complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.
  - No deck entry will be considered complete without payment of all appropriate entry fees.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

**ENTRY FEES:**

- Surcharge: \$5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Timed Finals Individual Event: \$4.00 (Sessions 1, 3, 6)
- Prelims/Finals Individual Event: \$6.00 (Sessions 2, 5)
- Except as indicated under "Meet Rules" below, no refunds or credits will be given for events entered but not swum and no event swapping.
- All fees must accompany entries.

**MEET RULES:**

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.

**SPECIAL INFORMATION AND RULES FOR SESSION 1:** Both events will be deck-seeded Timed Finals events requiring a positive check-in by the announced deadline in order to swim. While there is no penalty for a swimmer who checks in but fails to show, coaches are asked not to check in any swimmer not present. Any late arrival should check in with the Meet Referee for a possible heat/lane assignment.

- Except as indicated below, these events will be seeded fast-to-slow and swum mixed girls and boys, but awarded separately.
- Swimmers must provide their own timers.
- 500 Freestyle swimmers must provide their own counter, if desired.

**Qualifying times:** All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition or in compliance with PNS AD 02-01. NT ("no time") entries are not permitted for any entries into this session.

**Dequalifying Times:** Except as noted below, swimmers ages 11&O may not enter any event in which they have achieved a 2020 Northwest Region Age Group Champ (NWAG) qualifying time (any course) since December 1, 2018. The 15-18 NWAG times apply to all 15&O swimmers.

- Swimmers ages 11&O who age up by first day of the 2020 NWAG meet may enter any event for which they are not eligible to compete in that meet, but will not be eligible for this meet's awards or scoring.

**Awards and Scoring:**

- Ribbons: 1st-8th places by age group (10&U, 11-12, 13-14, 15&O) and gender
- Scoring: 9-7-6-5-4-3-2-1.

**Special Note:** Should the session's pre-scratch timeline exceed three hours; heats will be limited as follows to the fastest swimmers (by seed time) who check in by the announced deadline. Entry fees for checked-in swimmers unable to swim due to timeline constraints will be refunded.

- 400 IM: Two (2) heats each of girls and boys in the 15&O, 13-14, and 11-12 age groups.
- 500 Free: One (1) heat of each of 9-10 girls and boys and two (2) heats each of girls and boys for 15&O, 13-14, and 11-12 age groups.
- Should fewer than the maximum number of swimmers of any gender not sign in, the available lane(s) will be made available to the next-fastest swimmer(s) by seed time of the other gender.
- Awards and scoring note: The 10&U 500 free would only be awarded and scored to the number of swimmers in the sole heat.
- Only a swimmer who is scratched from the 400 IM and/or 500 Free under these conditions will be allowed to deck-enter a replacement event, subject to the daily and total event entry limitations and all other deck-entry provisions including the inability to advance to Finals.
- Priority will be given to swimmers who entered the meet by the meet entry deadline; deck-entered swimmers may only be seeded in available unassigned lanes.

**SPECIAL INFORMATION AND RULES FOR SESSIONS 3 AND 6:**

All events will be Timed Finals events.

- All 25Y, 50Y, and 100Y events will be pre-seeded with no penalty for a swimmer who fails to show.
- Should timeline constraints so necessitate, 200Y events may be deck-seeded requiring a positive check-in with the Clerk of Course by the announced deadline in order to swim. If so, teams will be notified by

Wednesday, February 26, and additional information will be provided at the Coaches' Meeting(s). While there is no penalty for a swimmer who checks in but fails to show, coaches are asked not to check in swimmers not present; any late arrival should check in with the Meet Referee for possible heat/lane assignment.

- The 8&U 25-yard events will start from the bulkhead.

**Qualifying and de-qualifying times:** There are no qualifying or de-qualifying times for 10&U swimmers.

**Awards and Scoring:**

- **Ribbons:** 1st thru 8th for individual events in each awards age group (8&U, 9-10).
- **Scoring:** 9-7-6-5-4-3-2-1.

**SPECIAL INFORMATION AND RULES FOR 11&O PRELIMS/FINALS SESSIONS 2, 4, 5, 7:** All events will be Prelims/ Finals events.

- All 50Y and 100Y events will be pre-seeded with no penalty for a swimmer who fails to show.
- Should timeline constraints so necessitate, preliminary heats of 200Y events may be deck-seeded requiring a positive check-in with the Clerk of Course by the announced deadline in order to swim. If so, teams will be notified by Wednesday, February 26, and additional information will be provided at the Coaches' Meeting(s). While there is no penalty for a swimmer who checks in but fails to show, coaches are asked not to check in swimmers not present; any late arrival should check in with the Meet Referee for a possible heat/lane assignment.

**Qualifying times:** There are no event qualifying times. NT ("no time") entries are acceptable.

**Dequalifying Times:** Except as noted below, swimmers may not enter any event in which they have achieved a 2020 Northwest Region Age Group Champ (NWAG) qualifying time (any course) since December 1, 2018. The 15-18 NWAG times apply to all 15&O swimmers.

- Swimmers ages 11&O who age up by first day of the 2020 NWAG meet may enter any event for which they are not eligible to compete in that meet, but may not advance to Finals in this meet.
- The 13&O 50 back, 50 breast, 50 fly, and 100 IM dequalifying times are listed on page 3.

**Awards and Scoring:**

- Individual events: Medals 1st-6th places; ribbons 7th-12th places.
- Scoring: 16-13-12-11-10-9-7-5-4-3-2-1

**Scratch information and Session Rules:**

- **Prelims:** Except as indicated above, no check-in required and no penalty for failure to show.
- **Finals:** These are preliminary/finals sessions, with two 6-lane heats of each age group (11-12, 13-14, 15&O) of each event in Finals. Once event results are announced, finalists and consolation finalists have 30 minutes to declare their intention to swim. Swimmers declaring an intention to swim will have until 30 minutes after the completion of their last preliminary event of the session to finalize their intention to swim.
- Swimmers who check in but fail to show will be disqualified from the next individual event in which they are entered. Swimmers who do not check in will be scratched without penalty.
- Reseeding after the 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 & 6—pace lanes, no diving
  - Lanes 2 & 7—sprint lanes, dive starts, return in lanes 3 & 4
  - Lanes 3 & 4—general warm-up, no diving
- Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closed promptly five (5) minutes prior to the start of competition.
- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

**SAFETY INFORMATION:**

- 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.
- 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. 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.
- 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 of the swimmer’s legal guardian to ensure compliance with this requirement.
- Only authorized volunteers and working personnel can be on deck. All others must remain in the designated spectator area and are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet.
- In order to be on deck and serve in their official capacity, all 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.
- 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.
- 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.
- 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 Cascade 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.

**2020 PN FEBRUARY DIVISIONALS**

**Additional de-qualification times for 13&O swimmers**

G150	G14	G13	SCY	B13	B14	B150
:29.49	:31.09	:31.49	50 Back	:30.59	:28.79	:27.19
:35.59	:36.49	:37.09	50 Breast	:35.29	:34.89	:31.19
:29.19	:29.99	:30.69	50 Fly	:29.79	:28.69	:26.49
1:02.39	1:11.69	1:07.49	100 IM	1:07.69	1:06.39	:56.59

G150	G14	G13	LCM	B13	B14	B150
:33.49	:35.29	:35.69	50 Back	:34.69	:32.69	:30.99
:40.19	:41.19	:41.89	50 Breast	:39.89	:39.39	:35.39
:33.19	:33.99	:34.79	50 Fly	:33.79	:32.59	:30.19

G150	G14	G13	SCM	B13	B14	B150
:32.49	:34.29	:34.69	50 Back	:33.69	:31.69	:29.99
:39.19	:40.19	:40.89	50 Breast	:38.89	:38.39	:34.39
:32.19	:32.99	:33.79	50 Fly	:32.79	:31.59	:29.19
1:12.69	1:22.89	1:21.59	100 IM	1:21.79	1:17.09	1:02.29

**ENTRY SUBMITTAL INFORMATION:** Entries will be only be accepted by email upon receipt of the first three of the following by the entry deadline, February 19, 2020. Please bring the latter two to the meet.

1. **Entry File** from Team Manager or equivalent.
2. **Meet Entry Reports** for individual (sorted by swimmer) 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 Cascade Swim Club.

**Submittal Formats and Notes:**

- Electronic files: email items #1, #2, and #3.
- Hardcopies: hand-deliver items #4 and #5.
- Late, incomplete, or paper entries may not be processed.
- Email entries to: *coachdavidorr@gmail.com*

## 2020 FEBRUARY DIVISIONAL ORDER OF EVENTS

### SESSION 1 (FRIDAY P.M.)

1	400 IM	Mixed 11&O Open	2	500 Free	Mixed 9&O Open
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### SESSION 2 (PRELIMS) SAT A.M.

Event #	Event	Age Group
3, 4	50 Fly	11 and over @
5, 6	200 IM	11 and over @
7, 8	100 Back	11 and over @
9, 10	50 Breast	11 and over @
11, 12	200 Fly	11 and over @
13, 14	100 Free	11 and over @
15, 16	200 Breast	11 and over @

### SESSION 5 (PRELIMS) SUN A.M.

Event #	Event	Age Group
37, 38	50 Back	11 and over @
39, 40	200 Free	11 and over @
41, 42	100 Fly	11 and over @
43, 44	200 Back	11 and over @
45, 46	100 Breast	11 and over @
47, 48	50 Free	11 and over @
49, 50	100 IM	11 and over @

### SESSION 3 – TIMED FINALS

Event #	Event	Age Group
17, 18	50 Fly	9-10
19, 20	25 Fly	8U
21, 22	200 IM	9-10
23, 24	100 IM	8U
25, 26	100 Back	9-10
27, 28	50 Back	8U
29,30	50 Breast	9-10
31, 32	25 Breast	8U
33, 34	100 Free	9-10
35, 36	50 Free	8U

### SESSION 6 – TIMED FINALS

Event #	Event	Age Group
51, 52	50 Back	9-10
53, 54	25 Back	8U
55, 56	200 Free	9-10
57, 58	100 Free	8U
59, 60	100 Fly	9-10
61, 62	50 Fly	8U
63, 64	100 Breast	9-10
65, 66	50 Breast	8U
67, 68	50 Free	9-10
69, 70	25 Free	8U
71, 72	100IM	9-10

### SESSION 4 (TOP 12 FINALS) SAT P.M.

Event #	Event	Age Group
3, 4	50 Fly	11-12, 13-14, 15&O
5, 6	200 IM	11-12, 13-14, 15&O
7, 8	100 Back	11-12, 13-14, 15&O
9, 10	50 Breast	11-12, 13-14, 15&O
11, 12	200 Fly	11-12, 13-14, 15&O
13, 14	100 Free	11-12, 13-14, 15&O
15, 16	200 Breast	11-12, 13-14, 15&O

### SESSION 7 (TOP 12 FINALS) SUN P.M.

Event #	Event	Age Group
37, 38	50 Back	11-12, 13-14, 15&O
39, 40	200 Free	11-12, 13-14, 15&O
41, 42	100 Fly	11-12, 13-14, 15&O
43, 44	200 Back	11-12, 13-14, 15&O
45, 46	100 Breast	11-12, 13-14, 15&O
47, 48	50 Free	11-12, 13-14, 15&O
49, 50	100 IM	11-12, 13-14, 15&O

There are no de-qualifying times for 10&U Swimmers.

@ 11 and over – Prelims in the AM with de-qualifying times of Age Group Regionals. The 11&O swimmers do not have any qualifying times – only De-qualifying times.

Swimmers may only swim 6 events at the meet with a limit of 3 events per day.

“Mixed Events” will be swum combined by gender and age groups, seeded fast to slow. Awards will be broken out by gender and age group 9-10, 11-12, 13-14, 15&O.

NT's are not allowed in the 400 IM or 500 Free. If the Friday session is over 2.5 hours in length the following guidelines will be used.

400 IM will have 2 heats for 11-12, 13-14 and 15&O's.

500 Fr will have 1 heat for 10&U's, 2 heats of 11-12, 13-14 and 15&O.



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**MASTER ENTRY SUMMARY**

Please complete this form and send with your entries (email or bring hard copy to meet).  
 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 \$5.00</b>	<b>\$</b>
<b>TIMED FINALS EVENTS</b>		<b>X \$4.00</b>	<b>\$</b>
<b>PRELIMS/FINALS EVENTS</b>		<b>X \$ 6.00</b>	<b>\$</b>
		<b>SUBTOTAL</b>	
<b>LESS OUTREACH VOUCHERS:</b>			<b>(\$ )</b>
		<b>TOTAL:</b>	<b>\$</b>

Make one check payable to **Cascade 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.