



Pacific Northwest Swimming
 2020 PN BBST March Last Chance Invite - Sanction #2003-SP08
 Snohomish Aquatic Center
 516 Maple Avenue, Snohomish, Washington
 Hosted by the Bellingham Bay Swim Team



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

SCHEDULES	SESSIONS 1 & 2	SESSIONS 3 & 4
Dates	Saturday, March 7, 2020	Sunday, March 8, 2020
Coaches' Meeting	7:45 AM – Check in at Clerk of Course.	as needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition
Warm-ups	Session 1: 8:00 AM Session 2: Immediately following conclusion of Session 1	Session 3: 8:00 AM Session 4: Immediately following conclusion of Session 3
Timed Finals	Session 1: 9:00 AM Session 2: One hour after start of warm-ups	Session 3: 9:00 AM Session 4: One hour after start of warm-ups
Deck Entry Deadlines:	Session 1: 8:15 AM Session 2: 15 minutes after start of warm-ups	Session 3: 8:15 AM Session 4: 15 minutes after start of warm-ups
Positive Check-in and Deck Entry Deadlines:	15 minutes after start of warm ups	15 minutes after start of warm ups

MEET DIRECTOR:

- Clint Carlton
 • ccarlton38@gmail.com
 • 360 630 6372

MEET REFEREE:

- Morris Arthur
 • morrishowardarthur@gmail.com

FACILITY

- 25yd X 25M pool. All ten lanes will be used during general warm-up. Lanes 1-8 will be used for competition during which time Lane 9 will be closed and Lane 10 will be available for coach supervised warm-up/cool-down. Starting end 12.5 feet deep; turning end 7.0 feet deep
- The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming.
- Over 400 spectator seats in bleachers. Only coaches, swimmers, and meet volunteers will be allowed on the pool deck.
- Automatic timing system with scoreboard readout

ONSITE AMENITIES

- **Vendor:** Snohomish Aquatic Center Swim Shop
- **Heat Sheets:** \$5.00; Results on PNS web site
- **Concessions:** Blackfish Concessions
- **Hospitality:** For coaches and officials only
- **Parking** adjacent to pool

ELIGIBILITY & ENTRY INFORMATION:

- This meet is an invitational. Teams interested in an invitation should contact the Meet Director. An invitation does not guarantee acceptance due to the four-hour rule.
- All swimmers must be registered with USA Swimming through Pacific Northwest Swimming. Neither on-deck USA Swimming registration nor any on-deck transfer 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 eight (8) individual events but not more than five (5) on any one day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- **Deck Entries:** Only swimmers who did not pre-enter the maximum number of events as stated above may deck enter and only events 200Y or shorter. 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 or team points.
 - o 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.
 - o 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.**

FEES:

- Surcharge: \$ 5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$ 4.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

AWARDS & SCORING:

- Ribbons 1st-8th places.
- No scoring.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All teams will be asked to provide timers.
- **All 50/100/200 yard individual events:** These events will be pre-seeded and swum slow-to-fast, with no penalty for a swimmer who fails to show.

- **400/500 yard individual events:** These events will be deck seeded, requiring a positive check in by the stated deadline in order to swim. While there will be 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. These events will be seeded fast-to-slow.
 - Swimmers must provide their own timers.
 - All 500 Freestyle swimmers must provide their own counter, if desired.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last 25 minutes of each warm-up period:
 - Lanes 1 & 8 – pace lanes, no diving
 - Lanes 2 & 7 - sprint lanes, dive starts, return in lanes 3 & 6
 - Lanes 4 & 5 - 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 shallow end of the pool at any time. 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.
- 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 Bellingham Bay Swim Team 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.

ENTRY SUBMITTAL INFORMATION: Entry information will be provided to all invited teams.
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**2020 BBST LAST CHANCE INVITATIONAL
ORDER OF EVENTS**

SESSION 1 – SAT A.M. 10 & UNDER Girls 11-12		
Event #	Event	Age Group
1,2	200 Free	10&U
3	200 Free	G11-12
5,6	50 Fly	10&U
7	50 Fly	G11-12
9, 10	100 Back	10&U
11	100 Back	G11-12
13, 14	50 Breast	10&U
15	50 Breast	G11-12
17	200 Fly	G11-12
19,20	100 Free	10&U
21	100 Free	G11-12
23	200 Breast	G11-12
25	400 IM	G11-12

SESSION 3 – SUN A.M. 10 & UNDER Boys 11-12		
Event #	Event	Age Group
53, 54	200 IM	10&U
56	200 IM	B11-12
57, 58	100 Fly	10 & U
60	100 Fly	B11-12
61, 62	50 Back	10&U
64	50 Back	B11-12
65, 66	100 Breast	10&U
68	100 Breast	B11-12
70	200 Back	B11-12
71, 72	50 Free	10&U
74	50 Free	B11-12
75, 76	100 IM	10&U
78	100 IM	B11-12
79**	500 Free	10&U
80	500 Free	B11-12

SESSION 2 – SAT P.M. 13&O Boys 11-12		
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26	200 Free	B11-12
27, 28	200 Free	13&O
30	50 Fly	B11-12
32	100 Back	B11-12
33, 34	100 Back	13&O
36	50 Breast	B11-12
38	200 Fly	B11-12
39,40	200 Fly	13&O
42	100 Free	B11-12
43,44	100 Free	13&O
46	200 Breast	B11-12
47,48	200 Breast	13&O
51	400 IM	B11-12
52**	400IM	13&O

SESSION 4 – SUN P.M. 13&O Girls 11-12		
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81	200 IM	G11-12
83, 84	200 IM	13&O
85	100 Fly	G11-12
87, 88	100 Fly	13&O
89	50 Back	G11-12
91	100 Breast	G11-12
93,94	100 Breast	13&O
95	200 Back	G11-12
97,98	200 Back	13&O
99	50 Free	G11-12
101, 102	50 Free	13&O
103	100 IM	G11-12
105	500 Free	G11-12
106**	500 Free	13&O

Individual event entry limits: 8 events for the weekend with maximum of 5 per day.

** Event will be mixed gender, boys & girls will swim together, awarded separately by age group

Updated 1/17/20

