



Pacific Northwest Swimming
Open Water April POW Meet -- Sanction # OW12-POW04
Helene Madison Pool
Seattle, Washington

Hosted by the Cascade Swim Club – April 14, 2012

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



POW!!! It's a BLAST!!!

WHAT IS POW?

POW™ (Pool Open Water) in PNS is an open water swimming competition conducted in an indoor pool. Since 2008 open water swimming has been an Olympic medal sport, and USA Swimming is committed to supporting and expanding training and competition opportunities in this sport. PNS intends to have a full series of POW™ meets during each indoor season.

Traditional Open Water swimming is done in oceans, lakes, rivers, et cetera. In our climate this allows only a very brief season, but by developing the POW™ format we can race open water year round. Think of POW™ as “short-track open water swimming.” Basically, take out the lane lines in a large pool, set 4 turn buoys at the corners and swim laps around a rectangular course. The race is run in a counter-clockwise direction. See special rules below.

POW™ is an excellent introduction in a safe and controlled environment to the main elements of open water swimming, including mass in-water starts, pack swimming, choppy water swimming, turning around buoys, and mass wall finishes.

POW™ was developed by USA Swimming in early 2010. Since that time it has grown quickly to a very enthusiastic response from swimmers and parents. Give it a try and we think you will also say: **POW!!! IT'S A BLAST!!!**

MEET SCHEDULE

- **Coaches Meeting: 09:00**
- **Officials Meeting: 09:15**
- **Warm Up: 09:15 – 09:45**
- **Competition Start: 10:00**

MEET DIRECTOR:

Rene Folk
206-781-8497
rjdv27@comcast.net

MEET REFEREE:

Mark Jaeger
425-483-8321
officialschaircascade@hotmail.com

LOCATION AND DIRECTIONS

Helene Madison Pool
13401 Meridian Avenue N.
Seattle, Washington

Directions from I-5

Directions: From I-5 northbound, take 130th Street exit. Go west (left) on 130th to Meridian (2nd light). Go north (right) on Meridian. Pool is on left at 134th.

From I-5 southbound, take 145th Street exit. Go west (right) on 145th to Meridian (2nd light). Go south (left) on Meridian. Pool is on right at 134th.

FACILITY

- 25 yard pool, lap distance approximately 75 meters
- 300 spectator seats

ONSITE AMENITIES

- **Parking** available at the pool and in the high school parking lot. Park in marked stalls only.

ENTRY FEES:

- Individual Event: \$10.00
- Surcharge: None

- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

ENTRY INFORMATION:

- On-deck USA Swimming registration will not be permitted.
- Deck entries will be allowed on a space-available basis and only at the discretion of the Meet Referee. Deck entries will only be available from 9:15-9:45. Deck entry fees must be paid prior to the swim.
- Deck entered swimmers are required to show proof of USA Swimming athlete registration through PNS and complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**
- Swimmers from clubs that do not send a team or coach to this meet and unattached swimmers are all welcome to enter. Complete the entry form as well as possible and submit with payment by the deadline. Once at the meet report immediately to the Meet Referee for assignment to a registered coach for supervision.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming, Swim Canada, or other reciprocal national federation.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Age groups for competition will be 8 & Under, 9-10, 11-12, 13-14, and 15 & Over. Swimmers must compete in their own age group.

AWARDS AND SCORING:

- Ribbons 1st thru 6th places. Events will be swum mixed boys and girls and scored separately.

MEET RULES:

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



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OPEN WATER RULES:

- All competitors must have trimmed fingernails and may not wear jewelry of any kind including watches.

SWIMWEAR RULES:

- Only one swimsuit may be worn, which must conform to the fabric requirements of USA Swimming rules. Swimsuits may extend to the shoulder and/or ankle for both sexes (open water only).
- Goggles, a maximum of two (2) caps, nose clip and earplugs may be used.
- No armband, leg band, or taping anywhere on the body is permitted.
- Wetsuits are not allowed.

POW™ RACING RULES ARE SIMPLE!

The Start: The start will be in the water with all swimmers behind a start rope. The rope is in the water. After the starting signal, the rope is lifted so the swimmers pass under the rope.

Race Countdown: a 1-minute and 30-second warning will be given by the Starter to indicate that the swimmers should enter the pool and get into position behind the start rope. A final countdown will begin at 10 seconds.

Turn Buoys: The POW™ Race is conducted in the counter-clockwise direction. The swimmers must keep all four buoys off of their left shoulder around each turn.

The Bell Lap: As the first swimmer starts the last lap, an official will ring a bell indicating that one lap remains.

The Finish: The finish is in the water by the swimmers touching the wall. The order of finish is determined by the officials. Finishing swimmers must exit the pool immediately to make room for swimmers finishing behind them.

Disqualifications: Swimmers can be disqualified for making intentional contact, obstruction or interference with another swimmer. Such unsportsmanlike conduct is judged by the officials who are located at the turn buoys and by the Referee. A warning may be given by a whistle. At the first rule infraction, the official will show a yellow flag to the swimmer. For the second infraction (or the first infraction of certain rules), swimmers are shown a red flag and will be required to immediately leave the pool. Please see 701.5 in the 2012 USA Swimming rules for a complete list of red flag and yellow flag infractions.

WARM-UP PROCEDURES:

- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.
- A 30 minute general warm-up will be available to all swimmers prior to the meet, from 9:15-9:45
- Following each heat, after all swimmers have exited the pool, the pool will be opened for a 3 minute cool-down for that heat's swimmers only.

CHECK-IN & BULLPEN:

- All swimmers must report to the Clerk of Course at least 15 minutes before the start of their heat. Swimmers will undergo fingernail, jewelry, and swimwear inspection; get marked with their number; and be checked in. Once checked in, swimmers will not be allowed to leave the Clerk of Course or Bullpen areas until their races. No parents or spectators are allowed in these areas. Check in and bullpen areas will only be open to swimmers in the next 2 upcoming heats, as announced by the announcer.

SAFETY:

- No diving from the blocks or sides of pool at any time.
- Jumping into the pool is not allowed.
- Marshals will be assigned to supervise the warm-up. 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.
- Swimmers who participate without their USA Swimming certified coach present must notify the Meet Referee prior to warm-up. The swimmer will be assigned to a coach and may not enter the water at any time unless supervised by said coach.

OTHER NOTES:

- In granting this sanction it is understood and agreed that PNS and 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.
- 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. Once deck entries have closed (9:45) the Clerk of Course and bullpen areas are off limits to all parents and spectators.
- In order to be on deck and serve in their official capacity, all coaches, officials and any other person required by sanction to be members of USA Swimming shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming, Swim Canada, or other reciprocal national federation.
- 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.



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ENTRY SUBMITTAL INFORMATION

Entry Deadline: April 3, 2012

Entries will only be accepted upon receipt of all of the following prior to the entry deadline:

- 1. COMMLINK File:** exported from **Team Manager**, if used.
- 2. Meet Entry Reports:** for individual events (sorted by swimmer) from Team Manager (preferred) or equivalent hardcopy.
- 3. Meet Entry Fee Report:** from Team Manager (preferred) or equivalent hardcopy.
- 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:

- **Electronic files:** email attachments—preferred—or disk. If emailing the COMMLINK file, include items #2 and #3 above in Word for Windows format in your email. Items #4 and #5 must still be received by the entry deadline.
- **Hardcopies:** mail, hand-deliver, or fax. If sending via express mail, waive signature requirement.
- To ensure correct entries, teams that do not have Team Manager or equivalent software can use Hy-Tek Lite to complete and submit entries for this meet. It is available at <http://www.hy-tek.com/downloads.html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Meet Entry Report or equivalent hardcopy must include full name of club, and, for each swimmer, first and last names, actual age as of the first day of the meet, gender, USA Swimming permanent 14-character identification number, events entered, and entry time for each.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to:

mmlayzer@q.com

or

7263 28th Avenue NE
Seattle, WA 98115



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ORDER OF EVENTS:

Please note: All events will be swum mixed boys and girls and scored separately. Nominal race distances are figured as the approximate pool circumference (~75m) times the number of laps. Actual distance swum in each race will be about 2/3 to 3/4 the nominal distance (e.g. a 300m race will actually be only 200m or so.). Because of this, times achieved are not official and can only be used for comparison with other times from this meet. Times achieved at a POW meet cannot be used for records, entry times for subsequent meets, or any other purpose. Official results of this meet will show places but not times. There will be an entry limit for each heat, shown below. If entry numbers require it, a second heat may be added in any event. Entries may be cut off in any event where we reach two full heats. Heats may be combined and swum together at the discretion of the meet referee provided that the heat entry limit of the oldest age group involved is not exceeded.

<u>Event #</u>	<u>Age Group</u>	<u>Heat Entry Limit</u>	<u>Number of Laps</u>	<u>Nominal Distance</u>
1	8 & Under	20	4	300m
2	9 – 10	20	8	600m
3	11 – 12	15	12	900m
4	13 – 14	15	16	1200m
5	15 & Over	15	20	1500m

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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.

TEAM NAME:			
TEAM CODE:		LSC CODE:	
COACH:		HOME PHONE:	
EMAIL ADDRESS:		OFFICE PHONE:	
TEAM MAIL ADDRESS:		CELL PHONE:	
CITY, STATE, ZIP:		POOL PHONE:	
ENTRY INFORMATION PREPARED BY:		PHONE:	

MEET ENTRY FEES ENCLOSED:

INDIVIDUAL EVENTS:		X \$10.00	\$
		TOTAL:	\$

Make one check payable to **CSC**

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.