



Pacific Northwest Swimming
2019 North Cascades Summer Swimming League Championship
Sanction #1908-1901
Marysville-Pilchuck High School Pool, Marysville, Washington
Hosted by the Mighty Marlins Swim Club
Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

SCHEDULES	SATURDAY AUGUST 10, 2019
Coaches' Meeting	7:45 am - Coaches' packet at Clerk of Course.
Officials' Meetings	8:15 am
Warm-ups	8:00 am
Timed Finals	9:00 am

MEET DIRECTOR:

Erin Darrah

- mmscmeetdirector@gmail.com
- 360-631-1393

MEET REFEREE:

Alan Pohl

- pohl2pohl@gmail.com

LOCATION AND DIRECTIONS

Marysville-Pilchuck High School Pool
5611 – 108th St NE
Marysville, Washington

Directions: From northbound I-5: Take the 88th St exit east. Turn north on 51st Ave. Go to 108th St. and turn east. The school is on the north side of 108th.

From southbound I-5: Take the 116th St exit east. Turn south on State Ave. Turn east on 100th. Go to 51st Ave and turn north. Go to 108th St and turn east. The school is on the north side of 108th.

From SR 9: Turn west on 108th St. Continue to the high school, which will be on the north side of 108th.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 9.5 feet deep; turning end 5.5 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool in adjacent shallow area
- 200 spectator seats
- IST timing system; scoreboard w/6-lane readout
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- 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.

ONSITE AMENITIES

- **Vendors:** Swim 2000
- **Heat Sheets:** \$3.00; **Results:** PNS website
- **Concessions** available throughout the meet
- **Hospitality** for coaches and officials only
- **Parking** multiple school parking lots

TEAMS:

- Mighty Marlins Swim Club
- Bellingham Bay Swim Team
- Gold's Aquatic Club
- North Whidbey Aquatic Club
- South Snohomish County Dolphins
- Storm Aquatics
- Thunderbird Aquatic Club
- Wave Aquatics
- West Coast Aquatics

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through an above listed club. On-deck USA Swimming registration will not be permitted. On-deck transfer into a participating club will not be permitted.
- Age groups are based on the age of the swimmer as of the meet date.
- **De-qualifying times for 9&O swimmers only:**
 - Any swimmer who has achieved a PNS "Gold" time in either a USA Swimming sanctioned, approved, or observed meet or in a NCSL meet is not eligible to compete in that event and may not swim a relay leg in that stroke/distance.
 - Any swimmer eligible to compete in one or more individual events at either PNS Long Course Championships, even if that swimmer chooses not to compete in any of those meets.
 - There are no dequalifying times for 8&U swimmers

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of three (3) individual and two (2) relay events. 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 individual events as stated above may deck enter events up to that limit but only in open lanes and only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards or team points.
 - Deck entered swimmers who are not already in the meet are required to show proof of USA Swimming athlete registration through PNS and an above-listed 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.**



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ENTRY FEES:

- Surcharge: \$5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$4.00
- Relay Event: \$12.00
- 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 – 3rd places, Ribbons: 4th – 6th places for individual events in each awards age group
- **Relay events:** Ribbons 1st – 3rd places for relay events in each awards age group

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Events will be seeded SCY/SCM/LCM.
- Relays: Each relay team may be either single-gender or mixed, but mixed relays may only be composed of two girls and two boys.
- All 8&U 25-yard events will start in the water at the bulkhead end of the pool.

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 & 5—sprint lanes, dive starts
 - 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:

- 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.
- 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.
- 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 Marysville 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 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.

ENTRY SUBMITTAL INFORMATION: Entries will be only be accepted upon receipt of at least the first three of the following prior to the entry deadline, July 31, 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 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 and Notes:

- **Electronic files:** email items #1, #2, and #3.
- **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.
- Relay-only swimmers must be listed on the Meet Entry Report or equivalent, and appropriate surcharges must be included with the entry.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- All entry times will be assumed to be SCY (short course yards), unless otherwise specified.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.



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• Mail entries to:
Erin Darrah
3329 264th St NE
Arlington WA 98223

• Email entries to: mmscmeetdirector@gmail.com
• Meet Entry Contact/Questions: Meet Director

Order of Events

1	Open	Girls	100 yard Free	25	10 & U	Girls	50 Fly
2	Open	Boys	100 yard Free	26	10 & U	Boys	50 Fly
3	8 & U	*****	100 yard Med. Relay	27	11-12	Girls	50 Fly
4	10 & U	*****	100 yard Med. Relay	28	11-12	Boys	50 Fly
5	11-12	*****	200 yard Med. Relay	29	13 & O	Girls	100 Fly
6	13 & O	*****	200 yard Med. Relay	30	13 & O	Boys	100 Fly
7	8 & U	Girls	25 Free	31	8 & U	Girls	25 Back
8	8 & U	Boys	25 Free	32	8 & U	Boys	25 Back
9	10 & U	Girls	50 Free	33	10 & U	Girls	50 Back
10	10 & U	Boys	50 Free	34	10 & U	Boys	50 Back
11	11-12	Girls	50 Free	35	11-12	Girls	50 Back
12	11-12	Boys	50 Free	36	11-12	Boys	50 Back
13	13 & O	Girls	50 Free	37	13 & O	Girls	100 Back
14	13 & O	Boys	50 Free	38	13 & O	Boys	100 Back
15	8 & U	Girls	25 Breast	39	10 & U	Girls	100 IM
16	8 & U	Boys	25 Breast	40	10 & U	Boys	100 IM
17	10 & U	Girls	50 Breast	41	11-12	Girls	100 IM
18	10 & U	Boys	50 Breast	42	11-12	Boys	100 IM
19	11-12	Girls	50 Breast	43	13 & O	Girls	100 IM
20	11-12	Boys	50 Breast	44	13 & O	Boys	100 IM
21	13 & O	Girls	100 Breast	45	8 & U	*****	100 yard Free Relay
22	13 & O	Boys	100 Breast	46	10 & U	*****	100 yard Free Relay
23	8 & U	Girls	25 Fly	47	11-12	*****	200 yard Free Relay
24	8 & U	Boys	25 Fly	48	13 & O	*****	200 yard Free Relay

*****Relays may be entered and swam as single-gender or as mixed-gender. All mixed-gender relays must consist of two girls and two boys, swimming in any order.



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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:

SURCHARGE:		X \$ 5.00	\$
INDIVIDUAL EVENTS:		X \$ 4.00	\$
RELAY EVENTS:		X \$12.00	\$
		SUBTOTAL	\$
LESS OUTREACH VOUCHERS			(\$)
		TOTAL	\$

Make one check payable to **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 seasonal 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 seasonal 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.