



Pacific Northwest Swimming
2021 PN Summer 14&U Short Course Championships - North
 Sanction #2107-14U-N
 Snohomish Aquatic Center
 516 Maple Avenue, Snohomish, Washington
 Hosted by the Cascade Swim Club

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

This sanction is issued based on the current Washington State guidelines for Water Recreation Facilities and the allowance of swim meets. Should guidelines change prior to the meet, the sanction may be revoked.

SCHEDULES	FRIDAY, JULY 30, 2021	SATURDAY, JULY 31, 2021 SUNDAY, AUGUST 1, 2021
Coaches Meetings	Virtual meeting prior to meet weekend Additional meetings will be scheduled as needed	
Officials Meetings	One hour before start of competition	
Warm-ups	1:00 PM	Sessions 2 & 6: 8:00 AM Sessions 3, 4, 7, 8: Immediately following conclusion of previous session Sessions 5 & 9: Will be announced -- but no earlier than 4:00 PM
Competition	2:00 PM	Sessions 2, 3, 4, 6, 7, 8: One hour after start of warm-ups Sessions 5 & 9: Will be announced -- but no earlier than 5:00 PM
Positive Check-in Deadlines:	400 IM: 1:15 PM 500 Free: 2:00 PM	N/A

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC NORTHWEST SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO THE PARTICIPATION IN THIS COMPETITION.

MEET DIRECTORS:

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

Willie Bell
 • mrwilliebell@gmail.com

MEET REFEREE:

Deb Soper
 • dlsoper9@gmail.com

ADMINISTRATIVE REFEREE:

Hera Phung
 • herap@msn.com

FACILITY

• 25 yard x 25 meter 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 restricted 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). Copy of such certification is on file with USA Swimming.
- Spectator seating and capacity information will be provided to participating teams.
- Automatic timing system with scoreboard readout
- Heat Sheets posted at venue and on Meet Mobile; Results on Meet Mobile & PNS web page.
- Vendor: Snohomish Aquatic Center Swim Shop
- Parking adjacent to pool.

ELIGIBILITY & ENTRY INFORMATION:

- All swimmers must be registered with USA Swimming through an assigned team. PNS-registered 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 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. Age groups for competition will be 10&U, 11-12, and 13-14.
- Each swimmer may enter up to eight (8) events but no more than three (3) 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.
- All swimmers must be pre-entered.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

QUALIFYING AND DEQUALIFYING TIMES:

- Except for Bonus Entries clearly identified as such, the 2021 Summer Short Course Championships time standards apply to all events.
- Swimmers who competed in a 2021 Summer Divisional meet may not compete in this meet.
- **Bonus Entries:** Swimmers entered in at least one qualifying event on Saturday or Sunday may enter up to two (2) bonus events that same day, subject to the daily event limits listed above.
 - Please be advised that bonus swims may not import into Meet Manager from non-Hy-Tek products. If entries are submitted using non-Hy-Tek products, hard copies of entries must accompany submission of entries with bonus events clearly marked, or events will be scratched without notification and entry fees will not be refunded.
- "**Last Chance**" entries will be allowed only for first-time qualifiers who achieve at least one qualifying time between July 14 and July 18, 2021. See Entry Submittal Information.
- Neither converted nor "NT" (no time) entries will be allowed.
- All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition or in compliance with PNS AD 02-01 since September 1, 2019. Proof of time may be required.

ENTRY FEES:

- Surcharge: \$20.00
- Timed Finals Individual Event: \$ 6.00 each
- Prelims/Finals Individual Event: \$7.50 each
- No refunds or credits for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

- Results from the North and South meets will be combined for individual high point awards by age group and gender.
- Scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

MEET RULES:

- Snohomish Aquatic Center and Cascade-PN Covid-19 guidelines and procedures apply to this meet.
- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All participating teams will be required to provide timers.
- Seeding will be YSL.

10&U Timed Finals Events: All events will be pre-seeded and swum slow-to-fast with no penalty for a swimmer who fails to show.

- 11-14 Timed Finals Events:** These events will be deck seeded, requiring a positive check-in with the Clerk of Course by the stated deadline in order to swim. They will be seeded and swum fast-to-slow and mixed girls and boys.
- Swimmers who check in but fail to show will be disqualified from the next event in which they are entered.
 - These events may not be entered as bonus events.
 - 500 Freestyle swimmers must provide their own counter, if desired. All counters must be individuals authorized to be on deck at that time.

11-14 Prelims/Finals Events:

- Preliminary heats will be pre-seeded and swum slow-to-fast with no penalty for a swimmer who fails to show.
- There will be two heats of each age group (11-12 and 13-14) of each event in Finals. Once event results, finalists and consolation finalists will have thirty minutes to check-in for Finals. Swimmers declaring an intention to swim will have until thirty minutes after the completion of their last preliminary event of the session to finalize their intention to swim.
 - Any swimmer who checks in to swim Finals but who fails to show will be disqualified from the next individual event in which they are entered.

SPECIAL NOTES: The Meet Committee (Meet Referee, Administrative Referee/Official, Meet Director, Program Operations Chair, Technical Planning Chair, Host Club's Head Coach) reserves the right to make the following changes if required by capacity and/or timeline restrictions:

1. Sessions may be combined or split.
2. Breaks may be added.
3. Pre-entered swimmers who have not entered the maximum number of events may be allowed to deck-enter events up to the daily event limits. Event eligibility will be required.
4. Limits may be placed on the number of some or all heats.
5. Other modifications as needed.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last 25 minutes of each warm-up period:
 - Lanes 1 & 10 -- pace lanes
 - Lanes 2 & 9 -- sprint lanes, dive starts, return in lanes 3 & 8
 - Lanes 4, 5, 6, & 7 -- general warm-up
 - 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 the pool except for designated sprint lanes during designated times.
- 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 other

- individual 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 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 outside the pool area.
- 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 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.

ENTRY SUBMITTAL INFORMATION:

Entries will only be accepted upon receipt of at least the first four of the following prior to the entry deadline, July 14, 2021. If bringing the latter two to the meet, so attest in your cover email.

- Entry File** from Team Manager or equivalent.
- Meet Entry Reports** for individual (sorted by swimmer) events from Team Manager or equivalent. Please use your software's Proof of Time option.
- Meet Entry Fee Report** from Team Manager or equivalent.
- Volunteer Contact** name, email address, and telephone number (All teams will be required to provide timers.)
- Master Entry Summary Form** completed and signed.
- Meet Entry Fees**—one check payable to Cascade Swim Club

"Last Chance" Entries: Entries will be accepted through noon July 19 only for swimmers ages 11-14 who achieve a first-time event qualifying time between July 14 and July 18, 2021. Previously-achieved times may only be used for such swimmers' bonus events. Updating of times will not be allowed. Contact the Meet Director and the Meet Referee for entry information. (Email both.)

Submittal Formats & Notes:

- Electronic files:** email items #1, #2, #3, and #4.
- Hardcopies:** mail or hand-deliver items #5 and #6 prior to the start of the first session in which your club's swimmers are entered
- Late, incomplete, or paper entries will not be processed.
- All entry times will be assumed to be SCY unless otherwise identified.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline except as stated above.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Email entries to coachdavidorr@gmail.com
- Hard copies and checks to *David Orr, 15530 Bothell Way NE, Apt 111, Lake Forest Park WA 98155*
- Meet Entry Contact/Questions: *Administrative Referee*

**2021 SUMMER CHAMPIONSHIPS
ORDER OF EVENTS**
SESSION 1 (FRIDAY P.M.)

1	400 IM	Mixed 11-14	2	500 Free	Mixed 14&U
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SESSION 2 (PRELIMS) SAT A.M.

Event #	Event	Age Group
5, 6	50 Fly	13-14
9, 10	200 IM	13-14
13, 14	100 Back	13-14
17, 18	50 Breast	13-14
21, 22	200 Fly	13-14
25, 26	100 Free	13-14
29, 30	200 Breast	13-14

SESSION 6 (PRELIMS) SUN A.M.

Event #	Event	Age Group
43, 44	50 Back	13-14
47, 48	200 Free	13-14
51, 52	100 Fly	13-14
55, 56	200 Back	13-14
59, 60	100 Breast	13-14
63, 64	50 Free	13-14
67, 68	100 IM	13-14

SESSION 3 (PRELIMS) SAT A.M.

Event #	Event	Age Group
3, 4	50 Fly	11-12
7, 8	200 IM	11-12
11, 12	100 Back	11-12
15, 16	50 Breast	11-12
19, 20	200 Fly	11-12
23, 24	100 Free	11-12
27, 28	200 Breast	11-12

SESSION 7 (PRELIMS) SAT A.M.

Event #	Event	Age Group
41, 42	50 Back	11-12
45, 46	200 Free	11-12
49, 50	100 Fly	11-12
53, 54	200 Back	11-12
57, 58	100 Breast	11-12
61, 62	50 Free	11-12
65, 66	100 IM	11-12

SESSION 4 – TIMED FINALS

Event #	Event	Age Group
31, 32	50 Fly	10U
33, 34	200 IM	10U
35, 36	100 Back	10U
37, 38	50 Breast	10U
39, 40	100 Free	10U

SESSION 8 – TIMED FINALS

Event #	Event	Age Group
69,70	50 Back	10U
71, 72	200 Free	10U
73, 74	100 Fly	10U
75, 76	100 Breast	10U
77, 78	50 Free	10U
79, 80	100IM	10U

SESSION 5 (TOP 16 FINALS) SAT P.M.

Event #	Event	Age Group
3, 4	50 Fly	11-12
5, 6	50 Fly	13-14
7, 8	200 IM	11-12
9, 10	200 IM	13-14
11, 12	100 Back	11-12
13, 14	100 Back	13-14
15, 16	50 Breast	11-12
17, 18	50 Breast	13-14
19, 20	200 Fly	11-12
21, 22	200 Fly	13-14
23, 24	100 Free	11-12
25, 26	100 Free	13-14
27, 28	200 Breast	11-12
29, 30	200 Breast	13-14

SESSION 9 (TOP 16 FINALS) SUN P.M.

Event #	Event	Age Group
41, 42	50 Back	11-12
43, 44	50 Back	13-14
45, 46	200 Free	11-12
47, 48	200 Free	13-14
49, 50	100 Fly	11-12
51, 52	100 Fly	13-14
53, 54	200 Back	11-12
55, 56	200 Back	13-14
57, 58	100 Breast	11-12
59, 60	100 Breast	13-14
61, 62	50 Free	11-12
63, 64	50 Free	13-14
65, 66	100 IM	11-12
67, 68	100 IM	13-14

Session 2/3 and 6/7 maybe combined at the discretion of the meet ref if the sessions is undersubscribed.

2021 14&U SUMMER SHORT COURSE CHAMPIONSHIPS
JULY 30-AUGUST 1, 2021
QUALIFYING PERIOD: SEPTEMBER 1, 2019 – JULY 21, 2021

14	13	12	11	10	SCY	10	11	12	13	14
:27.39	:27.99	:30.19	:32.79	:36.99	50 Fr	:37.89	:32.79	:30.29	:27.39	:25.79
:59.29	1:01.59	1:06.39	1:13.69	1:23.89	100 Fr	1:27.49	1:13.99	1:06.89	:59.89	:56.49
2:10.49	2:14.99	2:26.89	2:42.79	3:12.29	200 Fr	3:13.39	2:43.49	2:26.69	2:12.09	2:05.09
5:59.19	6:09.39	6:44.69	7:29.09	8:56.99	500 Fr	8:02.29	7:21.79	6:48.29	6:01.19	5:40.09
:32.29	:33.79	:34.99	:38.29	:43.29	50 Back	:45.39	:38.89	:35.59	:32.09	:31.69
1:07.79	1:10.49	1:16.39	1:23.79	1:37.69	100 Back	1:43.69	1:25.19	1:17.29	1:09.29	1:04.89
2:27.49	2:35.79	2:52.69	2:59.39		200 Back		3:14.49	3:01.99	2:34.39	2:23.29
:36.69	:38.19	:39.99	:44.29	:50.39	50 Breast	:52.29	:44.99	:40.79	:37.39	:34.89
1:17.79	1:22.59	1:27.99	1:36.99	1:52.19	100 Breast	1:55.29	1:39.19	1:31.49	1:19.99	1:12.19
2:52.19	3:03.79	3:16.69	3:24.99		200 Breast		3:53.39	3:32.19	2:53.79	2:40.69
:30.29	:31.49	:34.09	:37.79	:44.79	50 Fly	:47.39	:39.19	:34.19	:31.39	:29.79
1:07.89	1:10.99	1:19.69	1:30.29	1:53.59	100 Fly	1:47.09	1:31.79	1:19.59	1:09.49	1:03.49
2:37.99	2:54.59	3:24.99			200 Fly		3:25.99		2:51.59	2:34.59
1:11.09	1:13.09	1:17.29	1:24.99	1:36.39	100 IM	1:41.39	1:25.29	1:18.09	1:11.99	1:07.99
2:27.39	2:33.89	2:43.99	3:04.99	3:30.09	200 IM	3:24.99	3:25.99	2:45.59	2:30.29	2:19.69
5:23.49	5:34.29	7:09.39			400 IM		6:26.19		5:23.09	5:06.99

The Gold Time Standard will be used for LCM and SCM times.

2021 SUMMER SHORT COURSE DIVISIONALS
JULY 24-25, 2021
QUALIFYING PERIOD: SEPTEMBER 1, 2019 – JULY 14, 2021

150	14	13	12	11	SCY	11	12	13	14	150
:28.39	:28.79	:29.99	:31.89	:34.99	50 Fr	:35.39	:32.19	:29.09	:26.89	:25.09
1:01.79	1:02.89	1:06.29	1:12.09	1:20.09	100 Fr	1:21.69	1:13.19	1:04.09	:59.29	:55.19
2:13.79	2:19.29	2:27.19	2:41.09	3:11.79	200 Fr	3:05.79	2:46.39	2:22.99	2:11.89	2:00.59
5:57.49	6:23.69	6:49.89	7:42.99		500 Fr	7:52.09		7:00.99	6:14.59	5:19.89
:34.39	:34.49	:35.99	:37.69	:41.29	50 Back	:42.59	:38.89	:36.19	:33.69	:30.29
1:10.59	1:12.29	1:16.59	1:22.09	1:32.69	100 Back	1:36.69	1:27.39	1:15.29	1:09.89	1:03.19
2:27.59	2:39.69	2:52.59	3:28.99		200 Back	3:45.59		2:53.79	2:34.89	2:11.99
:39.19	:39.39	:41.69	:43.39	:47.59	50 Breast	:48.89	:45.49	:40.39	:37.59	:34.69
1:21.49	1:24.39	1:29.99	1:34.49	1:44.99	100 Breast	1:49.79	1:39.89	1:27.09	1:18.59	1:12.29
2:53.49	3:07.89	3:20.09	3:55.29		200 Breast	3:56.39		3:11.59	2:55.39	2:28.09
:33.19	:32.79	:34.89	:37.29	:41.79	50 Fly	:44.59	:38.79	:33.89	:31.79	:29.39
1:08.99	1:13.49	1:21.39	1:29.59	2:19.29	100 Fly	2:02.69	1:43.99	1:18.39	1:11.09	1:01.69
2:32.09	3:35.69	3:39.59	3:45.79		200 Fly	3:38.29		3:30.09	3:22.39	2:16.59
1:12.89	1:15.59	1:18.79	1:22.59	1:32.89	100 IM	1:34.19	1:27.79	1:17.99	1:12.59	1:05.69
2:31.59	2:37.69	2:47.19	3:02.69	3:41.09	200 IM	4:09.79	3:10.19	2:43.39	2:28.39	2:16.69
5:16.19	5:58.49	6:35.09	7:26.59		400 IM	7:26.49		7:09.09	5:52.59	4:48.89



Pacific Northwest Swimming
 2021 PN Summer 14&U Short Course Championships -- North -- Sanction #2107-14U-N
 Hosted by the Cascade Swim Club

MASTER ENTRY SUMMARY

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 \$ 20.00	\$
TIME FINALS INDIVIDUAL EVENTS:		X \$ 6.00	\$
PRELIMS/FINALS INDIVIDUAL EVENTS:		X \$ 7.50	
		SUBTOTAL:	\$
LESS OUTREACH VOUCHERS:			(\$)
		TOTAL:	\$

Make one check payable to the **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.