



Pacific Northwest Swimming
 2021 PN MMSC NCSSL Champs – Sanction 2108-SP01
 Marysville-Pilchuck High School Pool
 5611-108th St NE, Marysville, Washington
 Hosted by the Mighty Marlins 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	SATURDAY, AUGUST 7, 2021
Coaches' Meeting	Virtual -- prior to meet weekend
Officials' Meeting	Virtual -- prior to meet weekend
Warm-ups	10:00 AM
Timed Finals	10:30 AM

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 against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned even, 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 DIRECTOR:

Erin Darrah
 • mmscmeetedirector@gmail.com
 • 360 631 1393

MEET REFEREE:

Hera Phung
 • herap@msn.com

FACILITY INFORMATION:

- 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).
- Spectator seating: Facility's COVID-19 restrictions apply; information about alternate viewing arrangements will be provided to all participating teams.
- Colorado timing system; scoreboard w/one-lane readout
- Heat Sheets will be posted; Results on PNS website
- Parking: multiple school parking lots

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 timeline and facility limitations.

- All swimmers must be registered with USA Swimming through an associated NCSSL member club.
- Neither on-deck USA Swimming registration nor any on-deck club transfer will be permitted.
- Age groups are based on the swimmer's age as of the first day of the meet.
- Each swimmer may enter no more than three (3) individual events and two (2) relay events. Entries exceeding these limits will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- **De-qualifying times for 9&O swimmers only:**
 - Any swimmer who has achieved a current PNS "Gold" time in either a USA Swimming sanctioned, approved, or observed competition or in a NCSSL meet is not eligible to compete in that event and may not swim a relay leg in that stroke/distance.
 - Any swimmer with a 2021 PNS 14U Champs qualifying time is not eligible to compete in this meet.
 - There are no dequalifying times for 8&U swimmers
- No deck entries
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

ENTRY FEES:

- Surcharge: \$ 10.00
- Individual Event: \$ 4.50

- Relay Event: \$ 12.00
- No refunds or credits will be given for events entered but not swum.
- 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:

- MMSC-PN's and the facility's Covid-19 guidelines and procedures apply to this meet.
- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Events will be seeded SCY/SCM/LCM.
- All 8&U 25-yard events will start in the water at the bulkhead end of the pool.
- **Relays:** Each relay team may be either single-gender or mixed, but mixed relays may only be composed of two girls and two boys. The lead-off swimmer's time of any relay not composed of two eligible girls and two eligible boys will not go into USA Swimming's database and will not be considered an official time.
 - The second and fourth swimmer of each 100-yard relay must start in the water.
 - Should timeline constraints so require, some or all relay events will be dropped and the entry fees will be refunded.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last 10 minutes 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 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.

- The bulkhead is closed at all times.
- 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, the North Cascade Summer Swim League, and the Mighty 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.

ENTRY INFORMATION WILL BE PROVIDED BY MMSC-PN.

Order of Events

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



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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 \$ 10.00	\$
INDIVIDUAL EVENTS:		X \$ 4.50	\$
RELAY EVENT		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 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.