



Pacific Northwest Swimming  
 2020 PN TOSC October Monster Meet - Sanction #2010-SP08  
 North Thurston High School Pool  
 4201 – 6th Avenue NE, Lacey, Washington  
 Hosted by the Thurston Olympians Swim Club  
*Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.*



SCHEDULE	SATURDAY, OCTOBER 31, 2020
Coaches' Meeting	Virtual meeting – will be announced
Officials' Meeting	Virtual meeting – will be announced
Warm-ups	Session 1: 9:00 AM Session 2: Immediately following conclusion of Session 1
Timed Finals	Session 1: 9:45 AM Session 2: 45 minutes after start of warm-ups

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 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 DIRECTOR:**

Meredith McCann-Leo  
 • meremc07@yahoo.com  
 • 360 292 3088

**MEET REFEREE:**

Charlie Norman  
 • cgclam@gmail.com

**FACILITY**

- 25 yard, 5-lane competitive pool; only four will be used for competition and the additional lane will remain closed
- Starting end 12.0 feet deep; turning end 3.6 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- No warm-up/cool-down area
- Due to Covid-19 restrictions there will be limited seating available. Please limit spectators to one person per family.
- Daktronics timing system; scoreboard w/4-lane readout
- Heat Sheets: Posted at facility and available on website
- Facility parking lots

**ELIGIBILITY & ENTRY INFORMATION:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through the Thurston Olympians Swim Club (TOSC-PN). 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 meet date.
- Each swimmer may enter up to five (5) individual events. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- This meet will be pre-seeded. Deck entries will not be allowed.
- All USA Swimming registration numbers will be verified with the PNS registration database.

**ENTRY FEES:**

- Surcharge: \$5.00
- Individual Event: \$2.00 each
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

**AWARDS AND SCORING:** None

**MEET RULES:**

- TOSC-PN Covid-19 guidelines and procedures apply to this meet.
- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All events will be pre-seeded and swum slow-to-fast. Seeding will be SCY.
- No diving from the shallow end of the pool at any time.

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last 25 minutes of each warm-up period:
  - Outside lanes – pace lanes, no diving

- Inside lanes -- sprint lanes, dive starts where possible, exit at shallow end
- 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 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 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 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 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 Thurston Olympians 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 be processed in-house by TOSC-PN.**

**ORDER OF EVENTS**

**SESSION 1**

1. Mixed 12&U 100 Freestyle
2. Mixed 11-12 200 Freestyle
3. Mixed 12&U 50 Backstroke
4. Mixed 12&U 50 Breaststroke
5. Mixed 12&U 50 Butterfly
6. Mixed 12&U 50 Free
7. Mixed 12&U 100 IM
8. Mixed 11-12 200 IM

**SESSION 2**

9. Mixed 13&O 100 Freestyle
10. Mixed 13&O 200 Freestyle
11. Mixed 13&O 50 Backstroke
12. Mixed 13&O 100 Backstroke
13. Mixed 13&O 50 Breaststroke
14. Mixed 13&O 100 Breaststroke
15. Mixed 13&O 50 Freestyle
16. Mixed 13&O 50 Butterfly
17. Mixed 13&O 100 Butterfly
18. Mixed 13&O 200 IM



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**MASTER ENTRY SUMMARY**

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

**MEET ENTRY FEES ENCLOSED:**

<b>SURCHARGE:</b>		<b>X \$ 5.00</b>	<b>\$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$ 2.00</b>	<b>\$</b>
		<b>SUBTOTAL:</b>	<b>\$</b>
<b>LESS OUTREACH VOUCHERS:</b>			<b>(\$ )</b>
		<b>TOTAL:</b>	<b>\$</b>

Make one check payable to **Thurston Olympians 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.