



Pacific Northwest Swimming  
 2021 PN 15&O Winter Short Course Championships  
 Sanction #2112-CH150

Weyerhaeuser King County Aquatic Center  
 650 SW Campus Drive, Federal Way, Washington  
 Hosted by the King Aquatic Club Boosters

*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.*

<b>SCHEDULES</b>	<b>THURSDAY -- FRIDAY -- SATURDAY -- SUNDAY DECEMBER 16-19, 2021</b>
<b>Coaches' Meetings</b>	Thursday: 2:45 PM and Friday: 7:00 am Additional meetings will be announced as necessary All coaches must check in with the Clerk of Course
<b>Positive Events Check-in Deadline</b>	1000 Free: 3:00 pm 400 IM: 10:00 am 500 Free: 9:00 am 1650 Free: 10:00 am
<b>Relay cards due</b>	200Y relays: 30 minutes after start of warm-ups 400Y and 800Y relays: One hour before scheduled start of the event

<b>Officials' Meeting (Prelims)</b>	8:00 am
<b>Timers' Meeting (Prelims)</b>	8:15 am
<b>Warm-ups (Prelims)</b>	7:20 – 8:50 am
<b>Competition (Prelims)</b>	9:00 am

<b>Officials' Meeting (Finals)</b>	One hour before the start of competition
<b>Timers' Meeting (Finals)</b>	45 minutes before the start of competition
<b>Warm-ups (Finals)</b>	Thursday: 3:00 PM Friday, Saturday, Sunday: No earlier than 3:30 pm
<b>Competition (Finals)</b>	Thursday: 4:00 PM Friday, Saturday, Sunday: No earlier than 4:30 pm

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:

Jennifer Audette and Christina Jones

- meetdirector@kingaquaticboosters.com
- 253 720 3777

### MEET REFEREE:

Nick Siripipat

- nsiripip@gmail.com

### ADMINISTRATIVE OFFICIALS:

Molly Cady

- mollycady@gmail.com

Jeny Carlson

- jeny.carlson@me.com

### FACILITY

- King County owns and operates this facility, requiring everyone entering the building to comply with the County's vaccination verification, masking, and other COVID-19 policies. Information will be posted on the PNS web page.
- Site of the 1990 Goodwill Games; 2008 and 2012 NCAA Men's Division 1 Championships; and many U.S. Open, Junior Nationals, and Nationals.
- Indoor 50-meter, 9 feet deep, 8-lane competitive pool divided into two 25-yard courses. The area between the bulkheads is closed at all times. Omega OSB starting blocks and take-off pads with adjustable setting back plates (fins).
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Diving tank will be available for continual coach-supervised warm-up.
- Spectator viewing information will be posted on the PNS web page.
- Omega electronic timing system w/full-read scoreboard
- Heat Sheets on Meet Mobile; Results on PNS web site and Meet Mobile
- No concessions.
- Limited hospitality for coaches and officials only
- Parking information will be posted on the PNS web page. Carpooling is strongly recommended as illegally parked vehicles will be ticketed by the Federal Way Police Department and towed at the owner's expense.
  - Do not leave valuables in vehicles!

### ELIGIBILITY & ENTRY INFORMATION:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming. Neither on-deck USA Swimming registration nor any on-deck transfer will be allowed.
- Age groups are based on the swimmer's age as of the first day of the meet.
- Each swimmer may enter up to six (6) individual events over the course of the meet, but no more than three (3) per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- With the exception of individual bonus swims clearly identified as such, all entries must meet the published qualifying times. Entries that do not meet these standards will be scratched without notification and entry fees will not be refunded.
- Swimmers must have met the 2021 PNS 15&O Winter Short Course Championship qualifying time in USA Swimming sanctioned, approved, or observed competition between September 1, 2019, and the entry deadline. Times in compliance with PNS AD 02-01 may also be used, but must be identified as such on all entry reports. The PNS Disability Time Standards apply to all swimmers with a disability and an IPC Classification.

- While there are no event-specific qualifying times for the 50Y Backstroke, 50Y Breaststroke, and 50Y Butterfly, a swimmer must be qualified for and entered in the respective 100Y event. These 50Y events may not be entered as bonus events.
- Deck entries will not be allowed at this meet.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

### PROOF OF TIME:

- The qualifying period for all entries is between September 1, 2019, and the entry deadline.
- With the exception of alternate acceptable times complying with PNS AD 02-01 and clearly identified as such on all entry reports, all individual entry times including bonus swims submitted must be in USA Swimming's SWIMS database by the meet entry deadline and will be reconciled with SWIMS.
- Entry times that are neither in SWIMS nor complying with PNS AD 02-01 will be scratched without notification and entry fees will not be refunded.
- Neither converted nor NT ("no time") entries will be allowed.

### BONUS SWIMS:

- A swimmer entered in one or two individual events on any day may also enter one (1) bonus event the same day.
- The bonus event must be entered with the swimmer's best-achieved time and will be subject to the same qualifying time period and proof of time requirements and penalties as qualifying times. Bonus swims must be clearly identified in submitting entries; teams using Team Manager must designate bonus swims on the Meet Entries Screen.
- Neither converted nor NT ("no time") entries will be allowed.
- 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. If hard copies do not accompany submission of entries, any non-qualifying times will be automatically scratched without notification and entry fees will not be refunded.

### ENTRY FEES:

- Surcharge: \$25.00
- Timed Finals Individual Event: \$8.00
- Prelims/Finals Individual Event: \$11.00
- Relay Event: \$14.00
- 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 - 8th places, ribbons 9th - 16th places.
- **Relay events:** Medals 1st - 3rd places, ribbons 4th - 16th places.
- **Scoring:** Individual events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relay events 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. While there is no limit to the number of relay teams a club may enter in a relay event, no more than two relay teams per club may score or be awarded in each event.

### MEET RULES

- The facility's and the host club's Covid-19 guidelines and procedures apply to this meet. Additional information will be posted on the PNS web page.
- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be YSL

**Relays:** All relay events will be pre-seeded slow-to-fast with no penalty for a relay that fails to show.

- The completed (white) original copy of the relay slip is due to the Clerk of Course by the deadline listed on the first page.
- Swimmers must take the (pink) lane copy of the relay slip with them to give to the timer in their lane to verify the order of swimmers participating prior to the start of the heat.
- All relay-only swimmers must be ages 15&O.

**Timed Finals Events:** These events will be deck-seeded timed finals events requiring a positive check-in with the Clerk of Course by the stated deadline in order to swim. Swimmers who check in but fail to show will be disqualified from the next individual event in which they are entered. Seeding will be fast-to-slow.

- Distance freestyle swimmers must provide their own counter, if desired. All counters must be individuals authorized to be on deck at that time.
- 1000 Freestyle: All heats will be seeded and swum fastest to slowest, alternating heats of Women/Men. The slowest heat may be seeded as combined genders at the discretion of the Meet Referee.
- 1650 Freestyle: The fastest heat of women and the fastest heat of men by seed time will swim in Finals in event number order. All other heats will be swum at the end of preliminaries fastest to slowest, alternating heats of Women/Men. The slowest heat may be seeded as combined genders at the discretion of the Meet Referee.

**Prelims/Finals Events:** Preliminary sessions will be pre-seeded and slow-to-fast with no penalty for a swimmer who fails to show.

- There will be three heats of Finals for all individual events.
- Once event results are announced, swimmers have 30 minutes to declare their intention to scratch. Swimmers declaring an intention to scratch will have until 30 minutes after the completion of their last preliminary event of the session to finalize their intention to swim.
- Finalists, Consolation Finalists, and Bonus Finalists who neither scratch nor show will be disqualified from the next individual event in which they are entered.
- Reseeding after the deadline may occur at the discretion of the Meet Referee.

#### **WARM-UP PROCEDURES:**

- Warm-up guidelines and policies will be communicated to all participating clubs prior to the meet and will comply with current COVID-19 restrictions.
- Pool closed promptly five (5) minutes prior to the start of competition.

#### **TIMERS:**

- Participating teams will be assigned lanes for timing during Prelims by the Meet Director. Include your Volunteer Coordinator's name and contact information with your meet entry.
- Lane assignments for Prelims timers will be posted on the PNS web site [www.pns.org](http://www.pns.org)
- Timers for Finals will be provided by the meet host.

#### **OFFICIALS:**

- We appreciate the help of USA Swimming certified officials from all teams. All officials are welcome even if you can only work a few sessions!
- The dress is white shirt/blouse for Prelims and Finals; navy pants, shorts, or skirts (no shorts at Finals); white socks; and white shoes.
- Officials desiring an assigned position must submit their application no later than Friday, December 3. Preference will be given to those who agree to work all sessions.
- This meet has been designated as a training meet for N2 Officials Certification. Instructions for certification will be provided during the Officials' Meetings.

#### **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 2.0 ("MAAPP 2.0") and that they understand that compliance with the MAAPP 2.0 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 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.
- 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 King Aquatic Club, and the King Aquatic Club Boosters 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:** Before processing your entries, click on "Enforce Qualifying Times" and "Use Since Date" filter; set "Use Times Since" to September 1, 2019. Click on your team management software's "Proof of Time" option, if available.  
Bonus swims must be clearly identified as such. They must be clearly identified as such on all printed reports.  
Entry times achieved in compliance with PNS AD 02-01 must be clearly identified as such on all printed reports.  
Before submitting your entries, double-check to be sure that you have entered the correct swimmers, including relay-only swimmers, all splashes, and all appropriate fees.

**ENTRY DEADLINE:** Entries will be only be accepted upon receipt of at least the first four of the following prior to the entry deadline, December 8, 2021. 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, showing proof of time for all individual events. Be sure that all bonus events and entries complying with PNS AD 02-01 are clearly identified as such.
3. **Meet Entry Fee Report** from Team Manager or equivalent.
4. **Volunteer Coordinator's Name and Email Address**
5. **Master Entry Summary Form**—Completed and hand-signed hardcopy only (original or faxed); typed signatures will not be accepted.
6. **Meet Entry Fees**—one check payable to the King Aquatic Club Boosters.

#### **Submittal Formats & Notes**

- **Electronic files:** email items #1, #2, #3, and #4.
- **Hardcopies:** mail or hand-deliver items #4 and #5. If sending via express mail, waive signature requirement.
- Be sure to include all relay-only swimmers – name, gender, USA Swimming ID. number, team affiliation – on all electronic files and hard copies.
- Please be advised that proof of time and bonus swims may not import into Meet Manager from non-Hy-Tek products. The host club will not be responsible for entry errors due to software incompatibility. See "Proof of Time" and "Bonus Swims" for additional details.
- 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.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- **Mail entries to:** *King Aquatic Club Boosters Association, PO Box 25459, Federal Way WA 98093-2459*
- **Email:** *meetdirector@kingaquaticboosters.com*
- **Questions:** *meetdirector@kingaquaticboosters.com*

# 2021 15&O Short Course Winter Championships

## Order of Events

DAY 1 – AFTERNOON SESSION	
Event #	Timed Finals
1, 2	1000-yd Freestyle

DAY 2			
Event #	Preliminaries	Event #	Finals
3, 4	200-yd Free Relay		
5, 6	200-yd Freestyle	5, 6	200-yd Freestyle
7, 8	100-yd Breaststroke	7, 8	100-yd Breaststroke
9, 10	200-yd Backstroke	9, 10	200-yd Backstroke
11, 12	100-yd Butterfly	11, 12	100-yd Butterfly
13, 14	400-yd IM	13, 14	400-yd IM
	15-minute break		
15, 16	400-yd Medley Relay		

DAY 3			
Event #	Preliminaries	Event #	Finals
17, 18	200-yd Medley Relay		
19, 20	200-yd Butterfly	19, 20	200-yd Butterfly
21, 22	50-yd Freestyle	21, 22	50-yd Freestyle
23, 24	500-yd Freestyle	23, 24	500-yd Freestyle
25, 26	200-yd Breaststroke	25, 26	200-yd Breaststroke
27, 28	50-yd Backstroke - See note #1	27, 28	50-yd Backstroke
	15-minute break		
29, 30	800-yd Free Relay		

DAY 4			
Event #	Preliminaries	Event #	Finals
33, 34	50-yd Butterfly - See note #2	31, 32	1650-yd Freestyle
35, 36	100-yd Freestyle	33, 34	50-yd Butterfly
37, 38	200-yd IM	35, 36	100-yd Freestyle
39, 40	100-yd Backstroke	37, 38	200-yd IM
41, 42	50-yd Breaststroke - See note #3	39, 40	100-yd Backstroke
43, 44	400-yd Free Relay	41, 42	50-yd Breaststroke
	15-minute Break		
31, 32	1650-yd Freestyle		

Note #1: Must be qualified and entered in the 100 Back

Note #2: Must be qualified and entered in the 100 Fly

Note #3: Must be qualified and entered in the 100 Breast

**2021 15&O WINTER SHORT COURSE CHAMPIONSHIPS**  
**DECEMBER 16-19, 2021**  
**QUALIFYING PERIOD: SEPTEMBER 1, 2019 – DECEMBER 8, 2021**

GIRLS			15&O	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
:29.39	:28.39	:25.79	50 Free	:23.29	:25.59	:26.59
1:03.19	1:01.19	:55.59	100 Free	:50.59	:55.59	:57.59
2:16.59	2:12.59	2:00.59	200 Free	1:49.89	2:00.89	2:04.89
4:58.19	4:46.19	5:25.29	500 Free	5:01.39	4:25.19	4:37.19
11:02.19	10:38.19	12:05.19	1000 Free	11:03.49	9:43.89	10:07.89
19:28.19	19:12.19	19:05.29	1650 Free	17:45.39	17:51.79	18:06.69
1:11.19	1:09.19	1:02.89	100 Back	:57.29	1:02.99	1:04.99
2:32.39	2:28.39	2:14.89	200 Back	2:04.69	2:17.19	2:21.19
1:22.09	1:20.09	1:12.79	100 Breast	1:05.29	1:11.79	1:13.79
2:56.19	2:52.19	2:36.59	200 Breast	2:21.49	2:35.69	2:39.69
1:10.49	1:08.49	1:02.19	100 Fly	:55.89	1:01.49	1:03.49
2:39.69	2:35.69	2:21.49	200 Fly	2:06.79	2:19.49	2:23.49
2:36.49	2:32.49	2:18.59	200 IM	2:05.79	2:18.29	2:22.29
5:29.29	5:21.29	4:52.09	400 IM	4:30.59	4:57.69	5:05.69
1:59.99	1:55.99	1:45.39	200 FRR	1:36.99	1:46.69	1:50.69
4:17.29	4:13.29	3:50.19	400 FRR	3:31.09	3:52.29	3:56.29
9:32.69	9:08.69	8:18.79	800 FRR	7:41.09	8:27.29	8:51.29
2:20.29	2:08.29	1:56.59	200 MR	1:47.39	1:58.19	2:10.13
4:50.09	4:38.09	4:12.79	400 MR	4:02.69	4:26.99	4:38.99

GIRLS			14&U	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
:26.89	:26.09	:23.39	50 Free	:20.79	:22.99	:24.29
:58.19	:55.79	:50.69	100 Free	:45.39	:50.09	:52.89
2:04.99	2:00.49	1:49.29	200 Free	1:39.39	1:50.09	1:55.69
4:23.79	4:13.09	4:53.09	500 Free	4:30.49	3:54.19	4:05.29
9:06.69	8:48.39	10:06.79	1000 Free	9:25.49	8:14.79	8:33.79
17:25.59	16:40.39	16:51.29	1650 Free	15:46.99	15:59.59	16:14.99
1:04.79	1:00.89	1:04.79	100 Back	:49.99	:55.69	:58.89
2:19.59	2:13.19	2:00.19	200 Back	1:49.49	2:01.59	2:08.49
1:13.79	1:10.59	1:03.19	100 Breast	:56.59	1:02.89	1:06.59
2:38.59	2:34.69	2:18.29	200 Breast	2:03.79	2:18.79	2:24.99
1:02.69	1:00.59	:55.09	100 Fly	:49.59	:54.39	:57.09
2:18.99	2:14.19	2:02.09	200 Fly	1:50.79	2:01.29	2:06.89
2:22.09	2:15.39	2:02.69	200 IM	1:50.69	2:02.39	2:09.79
5:00.99	4:49.39	4:22.39	400 IM	3:58.79	4:24.39	4:36.99



APPLICATION TO OFFICIATE: 2021 PNS DECEMBER 15&O SHORT COURSE CHAMPIONSHIPS  
Weyerhaeuser King County Aquatic Center -- December 16-19, 2021

You are hereby invited to officiate at the 2021 PNS December 15&O Short Course Championship meet to be held at the Weyerhaeuser King County Aquatic Center in Federal Way, Washington. The meet will be conducted over a three and a half-day period. Thursday's competition will start at 4:00 PM. On subsequent days, Prelims will start at 9:00 AM, and the Finals start times will be announced each day. A mandatory officials' briefing session will be held one hour prior to each session.

This meet has been designated as a training meet for N2 National Championship Officials Certification. The dress is white shirt/blouse for prelims and finals; navy pants, shorts, or skirts (no shorts at finals); white socks; and white shoes. Officials desiring an assigned position must submit their application no later than Friday, December 3. Preference will be given to those who agree to work all sessions. All other officials planning to attend the meet are also welcome!

Name: \_\_\_\_\_ Team: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

I will be able to work all sessions: \_\_\_\_

I will only be able to work the following sessions:

Thursday \_\_\_\_\_ finals

Friday \_\_\_\_\_ prelims \_\_\_\_\_ finals

Saturday \_\_\_\_\_ prelims \_\_\_\_\_ finals

Sunday \_\_\_\_\_ prelims \_\_\_\_\_ finals

Key position(s) desired : \_\_\_\_\_

(Deck Referee, Starter, Chief Judge, Assistant Admin, Stroke & Turn)

Current Certification(s): \_\_\_\_\_

Expiration Dates: Level II Background Check \_\_\_\_\_ APT \_\_\_\_\_

APPLICATION FOR EVALUATION: If you would like to be observed/evaluated during the meet, complete the following: I hereby request an evaluation as follows:

Circle One: For Advancement to N2      For Recertification N2      For Education

Position (circle one): Referee      Starter      Chief Judge      Stroke & Turn

Administrative Referee      Administrative Official

Most Recent Evaluation & Evaluator: \_\_\_\_\_

Shirt size (unisex): S M L XL XXL

Please return this form by December 3 to Nick Siripipat, nsiripip@gmail.com  
King County's COVID-19 policies apply to this meet.