



Pacific Northwest Swimming
 2019 PN Summer Short Course Divisionals -- Sanction #1907-SP05
 Mt. Tahoma High School
 Tacoma, Washington
 Hosted by Metro Aquatics

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

SCHEDULES	SESSIONS 1, 2, AND 3	SESSIONS 4, 5, AND 6	SESSIONS 7, 8, AND 9
Dates	Friday, July 26, 2019	Saturday, July 27, 2019	Sunday, July 28, 2019
Coaches' Meetings	7:15 AM Check-in and Coaches' packets at Clerk of Course	Will be announced if needed	Will be announced if needed
Officials' Meetings	45 minutes before the start of competition	45 minutes before the start of competition	45 minutes before start of competition
Warm-ups	Session 1: 7:30 AM Session 2: Immediately following conclusion of Session 1 Session 3: Will be announced	Session 4: 7:30 AM Session 5: Immediately following conclusion of Session 4 Session 6: Will be announced	Session 7: 7:30 AM Session 8: Immediately following conclusion of Session 7 Session 9: Will be announced
Competition	Session 1: 8:30 AM Session 2: 60 minutes after start of warm-ups Session 3: Will be announced	Session 4: 8:30 AM Session 5: 60 minutes after start of warm-ups Session 6: Will be announced	Session 7: 8:30 AM Session 8: 60 minutes after start of warm-ups Session 9: Will be announced
Positive Check-in Deadlines	11&O Individual Events/Prelims: Will be announced 11&O 200 Medley Relays: 9:00 AM Friday 11&O 200 Free Relays: 9:00 AM Saturday		

MEET DIRECTOR:

- Kimber Towle
 • kimber.towle@comcast.net
 • 253-203-8593

MEET REFEREE:

- Mike Murphy
 • Swimoff1@gmail.com

LOCATIONS AND DIRECTIONS :

4634 South 74th Street
 Tacoma, Washington, 98409

Directions from I-5 southbound: From I-5 southbound, take the 72nd/74th Street exit. Stay to the right. Travel west over S. Tacoma Way and railroad tracks. Continue on 74th approx. one mile. School and sports complex are on the left. Take left at stoplight. Pool is the building on the right, second main door.

Northbound: From I-5 northbound, take the 72nd/74th Street exit. Take a left at 72nd St. Travel west over Tacoma Way and railroad tracks. Continue on 74th approximately one mile. School and sports complex are on the left. Take a left at stoplight. Pool is on the building on the right, second main door.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 11.5 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 adjacent to competition pool in the shallow end
- 250 spectator seats with adequate space for coaches and swimmers on deck. Only coaches and swimmers allowed on deck.
- Colorado timing system; scoreboard w/6-lane readout

- All applicable adults -- including athletes ages 18&O -- 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 compliance with USA Swimming Rules and Regulations, 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. This meet may be covered by the media and/or professional photographers taking photographs, video, web casting, and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact. Photographers should have visible credentials and background checks prior to arrival on deck. With Meet Director approval, photographers may have access to the pool deck and must abide by USA Swimming and facility camera/photograph restrictions. 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.

ONSITE AMENITIES

- **Heat Sheets:** \$7.00 prelims, \$1.00 finals; **Results** on PNS web site
- **Concessions** available
- **T-Shirt Sales:** Fine Designs
- **Hospitality** for coaches and officials only
- **Parking:** Multiple school lots.



Pacific Northwest Swimming
2019 PN Summer Short Course Divisionals -- Sanction #1907-SP05
Mt. Tahoma High School
Tacoma, Washington
Hosted by Metro Aquatics

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

ELIGIBILITY & ENTRY INFORMATION:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming. Neither on-deck USA Swimming registration nor on-deck transfer into PNS will be permitted.
- Age groups are based on the age of the swimmer as of the first day of the meet. See Order of Events and Entry Information.
- **Qualifying times:** There are no event qualifying times but all entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition, or in compliance with PNS AD 02-01. NT ("no time") entries are not allowed.
- **De-qualifying times:** There are no de-qualifying times for 10&U swimmers, but 11-14 swimmers may not enter any event in which they have achieved a 2019 PN 14&U Long Course Champ time (any course) since February 1, 2018, and 15&O swimmers may not enter any event in which they have achieved a 2019 PN Long Course Senior Champs time (any course) since February 1, 2018.
- **Entry limits:** 10&U swimmers may enter up to three (3) individual events. 11&O swimmers may enter up to seven (7) individual events, but no more than three (3) per day. When an event's Finals are scheduled for a day subsequent to its Prelims, the event's Finals do not count toward that subsequent day's daily event limitation.
 - Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
 - All swimmers may swim in up to two (2) relays, but no more than one (1) freestyle and one (1) medley relay.
- Deck entries are not available at this meet.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

ENTRY FEES:

- Surcharge: \$5.00
- 10&U Individual Events: \$4.00
- 11&O Individual Events: \$6.00
- Relay events: \$12.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.

SPECIAL INFORMATION AND RULES FOR 10&U SESSIONS:

Timed Finals Events:

- All 10&U events will be pre-seeded timed finals events, with no penalty for a swimmer who fails to show.

Awards and Scoring:

- Individual events: Ribbons 1st-12th places by age group (8&U, 9, 10) and gender.
- Relay events: Ribbons 1st-6th places
- No scoring.

SPECIAL INFORMATION AND RULES FOR 11&O SESSIONS:

Individual Event Scratch information and Session Rules:

- **50Y & 100Y Prelims:** No check-in required for all 50 and 100 yard events. No penalty for failure to show.
- **200Y Prelims Events:** A positive check-in by the announced deadline is required in order to swim. Swimmers who fail to check in will be scratched without penalty. While there is no penalty for a swimmer who fails to show, coaches are asked not to check in athletes not present.
- **500 Free:** the 500 Free will be timed finals, swum fast to slow. A positive check-in by the announced deadline is required in order to swim. Swimmers who fail to check in will be scratched without penalty. While there is no penalty for a swimmer who fails to show, coaches are asked not to check in athletes not present.
- **Finals:** Swimmers who positively check-in for a finals event, and whose names are announced as qualifying for the finals and fail to show will be barred from competing in the next individual event in which they are entered. Swimmers checking in with a declared 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. There is no penalty for scratches during this time.
- **Finals for the 13&O 200 Back and Breast:** Finals are positive check-in for the top 36 qualifiers by 10:00am on Saturday for the 200 Back, and 10:00am on Sunday for the 200 Breast. The athletes and alternates advancing to finals will be posted by 10:30am. For each age group (13-14, 15&O) in each event, the number of heats in finals will be as follows: 30 or more entries = 2 heats; less than 30 entries = 1 heat. In an event with only one (1) heat of finals, remaining scores not awarded in finals will be awarded to top qualifiers from prelims.
- **Finals for all other individual events:** All finals for individual events are positive check-in for the top 36 qualifiers within 30 minutes of the announcing and posting of the preliminary results. 60 minutes after the announcing and posting of the preliminary results, the athletes and alternates advancing to finals will be posted, with notice of any possible future alterations to those advancements as result of pending intention(s) to scratch. For each age group (11-12, 13-14, 15&O) in each event, the number of heats for that age group in finals will be as follows: 30 or more entries = 2 heats; less than 30 entries = 1 heat. In an event with only (1) heat of finals, remaining scores not awarded in finals will be awarded to top qualifiers from prelims.

Relay Events:

- Relays for 11-12, 11-14, and 11&O will be deck-seeded. Positive check-in ends by 9:00 AM the day of the relay, and includes an indication of intent to swim in the evening (finals) or morning session (prelims). If less than four (4) entries in a particular age group indicate an intent to swim in the evening, all relays for that age group will swim in the morning.

Awards and Scoring:

- Individual events: Ribbons 1st-12th places by age group and gender.
- Relay events: Ribbons 1st-6th places
- No scoring.



Pacific Northwest Swimming
2019 PN Summer Short Course Divisionals -- Sanction #1907-SP05
Mt. Tahoma High School
Tacoma, Washington
Hosted by Metro Aquatics

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

WARM-UP PROCEDURES FOR ALL SESSIONS:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
 - Lanes 1 —pace lanes, no diving
 - Lanes 5 & 6—sprint lanes, dive starts, return in lane 4
 - Lanes 2, 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.

TIMERS:

- All participating teams will be asked to provide timers.
- Lane assignments will be sent to all clubs the week prior to the meet and printed in the meet program.
- We appreciate your cooperation in facilitating this request.

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.
- 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 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, Metro Aquatics, and the Metro Aquatics 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.
- 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 coaches, officials and any other person required by sanction to be members of USA Swimming shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming.
- 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 17, 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 Metro Aquatics Boosters

Submittal Formats & 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 must be SCY (short course yards).
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to:
*Metro Aquatics
Meet Entries
PO Box 65902
University Place WA 98464*
- Email entry/meet entry questions: Jinxin Xiong --
meetentries@metroaquatics.org



Pacific Northwest Swimming
2019 PN Summer Short Course Divisionals -- Sanction #1907-SP05
Mt. Tahoma High School
Tacoma, Washington
Hosted by Metro Aquatics

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

ORDER OF EVENTS

FRIDAY MORNING

- 1 Girls 11&Over 100 IM
- 2 Boys 11&Over 100 IM
- 5 Girls 11&Over 50 Back
- 6 Boys 11&Over 50 Back
- 7 Girls 11&Over 50 Breast
- 8 Boys 11&Over 100 Breast
- 9 Girls 11&Over 200 Free
- 10 Boys 11&Over 200 Free
- 11 Girls 11-12 200 Medley Relay*
- 12 Boys 11-12 200 Medley Relay *
- 13 Girls 11-14 200 Medley Relay*
- 14 Boys 11-14 200 Medley Relay*
- 15 Girls 11&O 200 Medley Relay*
- 16 Boys 11&O 200 Medley Relay*

FRIDAY AFTERNOON

- 3 Girls 13&Over 200 Fly
- 4 Boys 13&Over 200 Fly
- 19 Girls 13&Over 200 Back
- 20 Boys 13&Over 200 Back
- 48 Girls 13&Over 200 Breast
- 49 Boys 13&Over 200 Breast
- 63 Mixed 13&Over 500 Free (T.F.)

FRIDAY FINALS

- 1 Girls 100 IM (11-12,13-14,15+)
- 2 Boys 100 IM (11-12,13-14,15+)
- 3 Girls 200 Fly (13-14,15+)
- 4 Boys 200 Fly (13-14,15+)
- 5 Girls 50 Back (11-12,13-14,15+)
- 6 Boys 50 Back (11-12,13-14,15+)
- 7 Girls 100 Breast (11-12,13-14,15+)
- 8 Boys 100 Breast (11-12,13-14,15+)
- 9 Girls 200 Free (11-12,13-14,15+)
- 10 Boys 200 Free (11-12,13-14,15+)
- 11 Girls 11-12 200 Medley Relay*
- 12 Boys 11-12 200 Medley Relay*
- 13 Girls 11-14 200 Medley Relay*
- 14 Boys 11-14 200 Medley Relay*
- 15 Girls 11&O 200 Medley Relay*
- 16 Boys 11&O 200 Medley Relay*

SATURDAY MORNING

- 17 Girls 11&Over 100 Free
- 18 Boys 11&Over 100 Free
- 21 Girls 11&Over 50 Fly
- 22 Boys 11&Over 50 Fly
- 23 Girls 11&Over 200 I.M.
- 24 Boys 11&Over 200 I.M.
- 25 Girls 11-12 200 Free Relay*
- 26 Boys 11-12 200 Free Relay *
- 27 Girls 11-14 200 Free Relay*
- 28 Boys 11-14 200 Free Relay*
- 29 Girls 11&O 200 Free Relay*
- 30 Boys 11&O 200 Free Relay*

SATURDAY AFTERNOON

- 31 Girls 10&Under 200 Medley Relay
- 32 Girls 10&Under 100 Free
- 33 Girls 10&Under 50 Fly
- 34 Girls 10&Under 100 Breast
- 35 Girls 10&Under 50 Back
- 36 Girls 10&Under 100 Fly
- 37 Girls 10&Under 50 Free
- 38 Girls 10&Under 100 Back
- 39 Girls 10&Under 50 Breast
- 40 Girls 10&Under 100 I.M.
- 41 Girls 10&Under 200 Free Relay

SATURDAY FINALS

- 17 Girls 100 Free (11-12,13-14,15+)
- 18 Boys 100 Free (11-12,13-14,15+)
- 19 Girls 200 Back (13-14,15+)
- 20 Boys 200 Back (13-14,15+)
- 21 Girls 50 Fly (11-12,13-14,15+)
- 22 Boys 50 Fly (11-12,13-14,15+)
- 23 Girls 200 I.M. (11-12,13-14,15+)
- 24 Boys 200 I.M. (11-12,13-14,15+)
- 25 Girls 11-12 200 Free Relay*
- 26 Boys 11-12 200 Free Relay *
- 27 Girls 11-14 200 Free Relay*
- 28 Boys 11-14 200 Free Relay*
- 29 Girls 11&O 200 Free Relay*
- 30 Boys 11&O 200 Free Relay*

SUNDAY MORNING

- 42 Girls 11&Over 100 Back
- 43 Boys 11&Over 100 Back
- 44 Girls 11&Over 50 Breast
- 45 Boys 11&Over 50 Breast
- 46 Girls 11&Over 100 Fly
- 47 Boys 11&Over 100 Fly
- 50 Girls 11&Over 50 Free
- 51 Boys 11&Over 50 Free

SUNDAY AFTERNOON

- 52 Boys 10&Under 200 Medley Relay
- 53 Boys 10&Under 100 Free
- 54 Boys 10&Under 50 Fly
- 55 Boys 10&Under 100 Breast
- 56 Boys 10&Under 50 Back
- 57 Boys 10&Under 100 Fly
- 58 Boys 10&Under 50 Free
- 59 Boys 10&Under 100 Back
- 60 Boys 10&Under 50 Breast
- 61 Boys 10&Under 100 I.M.
- 62 Boys 10&Under 200 Free Relay

SUNDAY EVENING

- 42 Girls 100 Back (11-12,13-14,15+)
- 43 Boys 100 Back (11-12,13-14,15+)
- 44 Girls 50 Breast (11-12,13-14,15+)
- 45 Boys 50 Breast (11-12,13-14,15+)
- 46 Girls 100 Fly (11-12,13-14,15+)
- 47 Boys 100 Fly (11-12,13-14,15+)
- 48 Girls 200 Breast (13-14,15+)
- 49 Boys 200 Breast (13-14,15+)
- 50 Girls 50 Free (11-12,13-14,15+)
- 51 Boys 50 Free (11-12,13-14,15+)

11&O Relays: Relays for 11-12, 11-14, and 11&O will be positively checked-in by 9:00am the day the relay swims. Positive check-in includes an indication of intent to swim in the evening (finals) or morning session (prelims). If less than 4 entries in a particular age group indicate an intent to swim in the evening, all relays for that age group will be swum in the morning.



Pacific Northwest Swimming
 2019 PN Summer Short Course Divisionals -- Sanction #1907-SP05
 Mt. Tahoma High School
 Tacoma, Washington
 Hosted by Metro Aquatics

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

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	\$
11&O INDIVIDUAL EVENTS:		X \$6.00	\$
10&U INDIVIDUAL EVENTS:		X \$4.00	\$
RELAYS:		X \$12.00	\$
		SUBTOTAL:	\$
LESS OUTREACH VOUCHERS:			(\$)
		TOTAL:	\$

Make one check payable to **Metro Aquatics Boosters**.

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.