



Pacific Northwest Swimming  
**2021 PN Summer Divisionals - Central - Sanction #2107-DIV-C**  
 Juanita Aquatic Center – Juanita High School  
 10601 NE 132nd Street, Kirkland, Washington  
 Hosted by WAVE Aquatics



*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.*

SCHEDULE	SATURDAY, JULY 24, 2021	SUNDAY, JULY 25, 2021
<b>Coaches' Meetings</b>	Virtual meeting prior to meet weekend In-person meetings will be scheduled as needed	
<b>Officials' Meetings</b>	Virtual meeting prior to meet weekend In-person meetings will be scheduled as needed	
<b>Warm-ups</b>	Session 1: 8:00 AM Sessions 2 & 3: Immediately following conclusion of previous session	Session 4: 8:00 AM Sessions 5 & 6 Immediately following conclusion of previous sessions
<b>Timed Finals</b>	One hour after start of warm-ups	One hour 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:**

- Alan Cardwell  
 • alancardwell@waveaquatics.org  
 • (425) 503-1327

**MEET REFEREE:**

- David Guffey  
 • dguffey10@comcast.net

**FACILITY**

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 5.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool in the shallow end
- Spectator viewing: competition will be live-streamed
- Electronic timing system w/6-lane readout
- Heat Sheets will be posted; Results on PNS web site
- Parking: ample parking in high school parking lots

**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.
  - Swimmers who are age 10 as of this meet but age 11 as of the 2021 PNS Summer Short Course Championship meet may enter this meet, but must swim each event as "exhibition" (non-scoring) and the 11 year old time standards and entry parameters, including "Bonus" events, apply. Furthermore, any swimmer who competes in this meet may not also compete in the PNS 2021 Summer 11-14 Championships.
- Each eligible swimmer may enter up to three (3) events per 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 as of the meet entry deadline.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

**ENTRY FEES:**

- Surcharge: \$20.00
- Individual Event: \$ 6.00 each
- No refunds or credits will be given for events entered but not swum.

- All fees must accompany entries.

#### **QUALIFYING AND DEQUALIFYING TIMES:**

- Except for Bonus Entries clearly identified as such, all entry times must meet the following criteria:
  - Swimmers ages 11-14 must have achieved the current PNS Summer Short Course Divisional time to enter an event but may not enter any event in which they have achieved a 2021 PNS Summer Short Course Championships qualifying time (any course). Furthermore, any swimmer who competes in this meet may not also compete in the PNS 2021 Summer Short Course Championships.
  - Swimmers ages 15&O must have achieved the current PNS Summer Short Course Divisional time to enter an event but any swimmer who has qualified for 2021 Western Zones Senior Championships may not enter this meet.
- Bonus Entries: Swimmers entered in at least one qualifying event on either day 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.
- 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 between September 1, 2019, and the meet entry deadline. Proof of time may be required.

**AWARDS AND SCORING:** None

#### **MEET RULES:**

- Juanita Aquatic Center's and WAVE-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.
- Events 200 yards or shorter will be pre-seeded slow-to-fast.
- Events 400 yards or longer will be deck-seeded fast-to-slow, requiring a positive check-in with the Clerk of Course by the posted deadline in order to swim.
  - 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.

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

- Circle swim counter-clockwise only.
- Last 25 minutes of warm-ups:
  - Lanes 1 & 6—pace lanes, no diving
  - Lanes 2 & 5—sprint lanes, dive starts, one-way
  - Lanes 3 & 4—general warm-up, no diving
  - Additional sprint lanes may be made available upon request to the Meet Referee.
- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers 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. Should that be necessary, teams will be reimbursed relevant entry fees.
5. Other modifications as needed.

#### **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 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 and WAVE Aquatics 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 only be accepted upon receipt of at least the first three 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. In your team management software, set "Times Since" to September 1, 2019, and include Proof of Time information.**

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

**Submittal Formats & Notes:**

- **Electronic files:** email items #1, #2, #3, and #4.
- **Hardcopies:** mail or hand-deliver items #5 and #6. If sending via express mail, waive signature requirement.
- Late, incomplete, or paper entries will not be processed.
- All entry times must be SCY (short course yards).
- Recheck all entries as no additional entries or corrections will be accepted after the deadline except deck entries.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to *Alan Cardwell, PO Box 2955, Woodinville WA 98072*
- Email entries to *alancardwell@waveaquatics.org*
- Meet Entry Contact/Questions: *Meet Director*

**2021 SUMMER DIVISIONALS  
ORDER OF EVENTS**
**DAY 1 SESSION 1**

Event #	Event	Age Group
101, 102	50 Fly	11-12
103, 104	200 IM	11-12
105, 106	100 Back	11-12
107, 108	50 Breast	11-12
109, 110	200 Fly	11-12
111, 112	100 Free	11-12
113, 114	200 Breast	11-12
115, 116	500 Free	11-12

**DAY 2 SESSION 4**

Event #	Event	Age Group
401, 402	50 Back	11-12
403, 404	200 Free	11-12
405, 406	100 Fly	11-12
407, 408	200 Back	11-12
409, 410	100 Breast	11-12
411, 412	50 Free	11-12
413, 414	100 IM	11-12
415, 416	400 IM	11-12

**DAY 1 SESSION 2**

Event #	Event	Age Group
201, 202	50 Fly	13-14
203, 204	200 IM	13-14
205, 206	100 Back	13-14
207, 208	50 Breast	13-14
209, 210	200 Fly	13-14
211, 212	100 Free	13-14
213, 214	200 Breast	13-14
215, 216	500 Free	13-14

**DAY 2 SESSION 5**

Event #	Event	Age Group
501, 502	50 Back	13-14
503, 504	200 Free	13-14
505, 506	100 Fly	13-14
507, 508	200 Back	13-14
509, 510	100 Breast	13-14
511, 512	50 Free	13-14
513, 514	100 IM	13-14
515, 516	400 IM	13-14

**DAY 1 SESSION 3**

Event #	Event	Age Group
301, 302	50 Fly	15&O
303, 304	200 IM	15&O
305, 306	100 Back	15&O
307, 308	50 Breast	15&O
309, 310	200 Fly	15&O
311, 312	100 Free	15&O
313, 314	200 Breast	15&O
315, 316	500 Free	15&O

**DAY 2 SESSION 6**

Event #	Event	Age Group
601, 602	50 Back	15&O
603, 604	200 Free	15&O
605, 606	100 Fly	15&O
607, 608	200 Back	15&O
609, 610	100 Breast	15&O
611, 612	50 Free	15&O
613, 614	100 IM	15&O
615, 616	400 IM	15&O

**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



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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 \$ 20.00</b>	<b>\$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$ 6.00</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 **Wave Aquatics**

**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.