



Pacific Northwest Swimming  
 2010 Titlow Classic -- Sanction #1006-SP04  
 Titlow Pool  
 Tacoma, Washington  
 Hosted by the Tacoma Swim Club

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, June 26, 2010	Saturday, June 26, 2010	Sunday, June 27, 2010	Sunday, June 27, 2010
Coaches' Meeting	7:45 AM - Check-in and coaches' packet at Clerk of Course.	as needed	as needed	as needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1	8:00 AM	Immediately following conclusion of Session 3
Timed Finals	9:00 AM	One hour after start of warm-ups	9:00 AM	One hour after start of warm-ups
Positive Check-in Deadlines for all events 200 meter or longer	Will be announced	Will be announced	Will be announced	Will be announced

**MEET DIRECTOR:**

Chris Schell

- christopheraschell@hotmail.com
- 253-777-9697

**MEET REFEREE:**

Teri White

- twhite@massmutual.com

**LOCATION AND DIRECTIONS**

Titlow Pool  
 8355 - 6th Avenue  
 Tacoma, Washington

**Directions from Highway 16:** Take Jackson Street exit. Go south on Jackson St. to 6th Ave. Turn right at light onto 6th Ave. and go all the way down the hill. Titlow Pool is on the right and the entrance to the parking lot is just past the pool.

**FACILITY**

- Outdoor 50 meter, 10-lane pool
- Nine lanes used for competition; one lane available for warm-up
- Starting end 7.0 feet deep; turning end 3.5 feet deep
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Limited spectator seating on deck. Additional space available in park.
- Timing system
- Scoreboard: one-lane readout

**ONSITE AMENITIES**

- **Vendor:** Northwest Swim Shop
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions** available
- **Hospitality** for coaches and officials only
- **Parking:** next to pool. Do not block private driveways.

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.

- Each swimmer should have achieved at least one PNS "Silver" time standard (any course) but is not required to enter that event. Please note that swimmers age 8&U must have at least one 10&U or 9-10 PNS "Silver" time; the 8&U "Silver" times do not apply to this meet.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Age groups for competition will be 10&under, 11-12, and 13&over. Age groups for awards will be 10&under, 11-12, 13-14, and 15&over. See Awards and Order of Events.

**ENTRY INFORMATION:**

- Each swimmer may enter up to a maximum of four (4) individual events per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Complete whole team entries will be processed in the order received until any session reaches the four-hour limit.
- All entry times must be LCM (long course meters). Converted times are not allowed. NT (no time) times are allowed.
- On-deck USA Swimming registration will not be permitted.
- Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards or team points. Deck entry fees must be paid prior to the swim.
- Deck entered swimmers who are not already in the meet are required to show proof of USA Swimming athlete registration through PNS and complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

**ENTRY FEES:**

- Surcharge: \$5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$3.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

**AWARDS AND SCORING:**

- **Individual events:** Ribbons 1<sup>st</sup> thru 6<sup>th</sup> places.



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**MEET RULES:**

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

**Distance events:**

**All 200 meter events:** All 200 meter events will be deck-seeded and swum slowest to fastest in event number order.

- Positive check-in prior to the announced deadline required in order to swim. Do not check in any swimmer not present. Late arrivals should check in with the Clerk of Course for possible seeding.

**All 400 IM, 400 freestyle, and 800 freestyle events** will be deck-seeded, combined girls and boys and swum fastest to slowest.

- Positive check-in prior to the announced deadline required in order to swim. Do not check in any swimmer not present. Late arrivals should check in with the Clerk of Course for possible seeding.
- At the Meet Referee's discretion, the 800M free may be limited to the fastest 36 girls and/or 36 boys who check in.
- Swimmers must provide their own timers and counters (if desired) for these events; lanes with no timers go unprotected.

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
  - Lanes 1 & 10—pace lanes, no diving
  - Lanes 2 & 9—sprint lanes, dive starts, return in lanes 3 & 8
  - Lanes 4, 5, 6 & 7—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:**

- 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.
- Swimmers who participate without their USA Swimming certified coach present must notify the Meet Referee prior to warm-up. The swimmer will be assigned to a coach.

**OTHER NOTES:**

- In granting this sanction it is understood and agreed that PNS and USA Swimming shall be free 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 all of the following prior to the entry deadline, June 16, 2010:**

1. **COMMLINK file** exported from Team Manager, if used.
2. **Meet Entry Reports** for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager—preferred—or equivalent hardcopy.
3. **Meet Entry Fee Report** from Team Manager—preferred—or equivalent hardcopy.
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 Tacoma Swim Club

**Submittal Formats:**

- **Electronic files:** email attachments—preferred—or disk. If emailing the COMMLINK file, include items #2 and #3 above in Word for Windows format in your email. Items #4 and #5 must still be received by the entry deadline.
- **Hardcopies:** mail, hand-deliver, or fax. If sending via express mail, waive signature requirement.
- **Disk:** CD or DVD which should be mailed or delivered in a protective envelope.
- To ensure correct entries, teams that do not have Team Manager of equivalent software can use Hy-Tek Lite to complete and submit entries for this meet. It is available at <http://www.hy-tek.com/downloads.html> at no charge.

**Submittal Notes:**

- Late or incomplete entries will not be processed.
- Entry times must be LCM (long course meters). Converted times are not allowed.
- Complete whole team entries will be processed in the order received until any session reaches the four-hour limit.
- Meet Entry Report or equivalent hardcopy must include full name of club, and, for each swimmer, first and last names, actual age as of the first day of the meet, gender, USA Swimming permanent 14-character identification number, events entered, and entry time for each.
- 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: Tacoma Swim Club, PO Box 65006, Tacoma, WA 98464-1006**
- **Email address: [entries@tacomaswimclub.org](mailto:entries@tacomaswimclub.org)**
- **Contact phone: Chris Schell 253-777-9697**