



Pacific Northwest Swimming  
 Age Group Invitational – Division 2 -- Sanction #1002-AGD02  
 The Evergreen State College Pool  
 Olympia, Washington  
 Hosted by the Evergreen Swim Club

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	SESSION 7
Dates	Friday, February 26, 2010	Saturday, February 27, 2010	Saturday, February 27, 2010	Saturday, February 27, 2010	Sunday, February 28, 2010	Sunday, February 28, 2010	Sunday, February 28, 2010
Coaches' Meeting	4:00 PM Coaches' Packet at Clerk of Course	7:45 AM or as needed	as needed	as needed	as needed	as needed	as needed
Officials' Meetings	30 minutes before start of competition	30 minutes before start of competition	30 minutes before start of competition	30 minutes before start of competition	30 minutes before start of competition	30 minutes before start of competition	30 minutes before start of competition
Warm-ups	4:00 PM	8:00 AM	Immediately following conclusion of Session 2	Immediately following conclusion of Session 3	8:00 AM	Immediately following conclusion of Session 5	Immediately following conclusion of Session 6
Timed Finals	5:00 PM	9:00 AM	One hour after start of warm-ups	One hour after start of warm-ups	9:00 AM	One hour after start of warm-ups	One hour after start of warm-ups
Positive Check-in Deadline	Will close 30 mins prior to session start						

**MEET DIRECTOR:**

Ed Groden  
 • egroden@gmail.com  
 • 360 280 5860

**MEET REFEREE:**

Bill Moore  
 • billmoore158@yahoo.com  
 • 360 866 8821

**LOCATION AND DIRECTIONS:**

Evergreen State College Pool  
 Evergreen State College  
 Olympia, Washington

**Directions from I-5:** Turn onto Highway 101 at Exit 104. Go west on 101 North for three miles. Take The Evergreen State College exit. Go two miles north on the Evergreen Parkway to the main campus entrance (at the roundabout). Turn right into Parking Lot C. It is a short walk north to the Recreation Building, just past the Performing Arts Building (see map on page 3).

**FACILITY**

- 25 yard, 8-lane competitive pool
- Starting end 7.0 feet deep, turning end 4.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool in separate dive tank
- Warm-up/warm-down lane in main pool
- 400 spectator seats
- Colorado timing system
- Scoreboard: 8-lane readout

**ONSITE AMENITIES**

- **Vendor:** Fircrest Swim Shop
- **Heat Sheets:** \$7.00
- **Results** on PNS web site
- **Concessions:** Fantastic concessions available throughout the meet
- **Hospitality** for coaches and officials only
- **Parking** adjacent to pool

**TEAMS:**

- Evergreen Swim Club
- Aquatic Academy
- Bangor Trident Swim Team
- Central Area Aquatic Team
- Excel Swim Club
- Issaquah Swim Team
- King Aquatic Club
- Metro Aquatics
- Ohana Swim Team
- Olympic Aquatic Club
- Olympic Cascade Aquatics
- Port Angeles Swim Club
- Port Townsend Swim Team
- Poseidon Aquatic Club
- Poulsbo Piranha Swim Team
- PRO Swimming
- Puget Sound Swim Club
- Quick Water Swim Club
- Rainier Foothills Swim Team
- South Sound Titans
- Tacoma Swim Club
- Thurston Olympians Swim Club



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- University Place Aquatic Club
- Valley Aquatics
- Vashon Aquatic Club
- Washington Athletic Club
- WhiteWater Aquatics

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- 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, 13-14, and 15&over. See Order of Events.
- Swimmers must have achieved the PNS "Gold" time standard for their current age in USA Swimming sanctioned, approved or observed competition in order to enter an event.
- The PNS 10&U "Gold" time standards apply to 8&U swimmers. A PNS 8&U "Gold" time may not be used to qualify for this meet.
- All qualifying times must have been achieved between March 11, 2009, and the meet entry deadline.

**ENTRY INFORMATION:**

- Each swimmer may enter up to a maximum of six (6) individual events for the weekend, subject to the following limitations: Swimmers ages 10&U or 15&O may not enter more than four (4) individual events per day, and swimmers age 11-14 may not enter more than three (3) 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.
- 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 1st thru 6th. Scoring: 7-5-4-3-2-1

**MEET RULES:**

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

**SPECIAL RULES FOR DISTANCE EVENTS:** The 500 freestyle and 400 IM events will be deck-seeded, with all heats being swum fastest to slowest, combined girls and boys. Positive check-in prior to the check-in deadline is required for seeding.

- Coaches are asked not to check in any swimmer not present. Late arrivals may be accommodated in empty lanes at the Meet Referee's discretion.
- Swimmers must provide their own timer and counter (if desired) for these events; lanes with no timers go unprotected.

**SPECIAL RULES FOR 11-12 AND 13-14 EVENTS:** There will be two heats of finals for all 11-14 prelims/finals events. See Order of Events for more information.

**Scratch information:**

- **Prelims:** No check-in required. No penalty for failure to show.
- **Finals:** These are preliminary/finals sessions, with two heats of each event in finals. Swimmers whose names are announced as qualifying for the finals or consolation heat of any prelims/finals event who fail to show will be barred from competing in the next individual event in which they are entered unless properly scratched. Once event results are announced, finalists and consolation finalists 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 scratch. There is no penalty for scratches during this time.
- Athletes who are seeded into an event as a result of other athletes scratching will not themselves be penalized for a failure to properly scratch. Reseeding to include scratches made after the scratch deadline may occur at the discretion of the Meet Referee.

**SPECIAL RULES FOR 10&U AND 15&O EVENTS:** These events are pre-seeded timed finals events, swum slowest to fastest. No check-in is required. No penalty for failure to show.

**WARM-UP PROCEDURES:**

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

**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.



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- 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, February 17, 2010:

1. COMMLINK file exported from Team Manager, if used.
2. Meet Entry Reports for individual (sorted by swimmer) 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 the Evergreen 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 or equivalent software can use Hy-Tek Lite to complete and submit entries for this meet. It is available at <http://www.hy-tekLtd.com/downloads/html> at no charge.

**Submittal Notes:**

- Late or incomplete entries will not be processed.
- 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:  
*Ed Groden*  
*7129 Cavalier Loop SW*  
*Olympia, WA 98512*
- Email entries to: *egroden@gmail.com*
- Meet Entry Contact/Questions: *Ed Groden, 360-280-5860*

