



Pacific Northwest Swimming  
 February Challenge – Division 2 -- Sanction #1002-CSD02  
 Mt. Tahoma High School 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, February 6, 2010	Saturday, February 6, 2010	Sunday, February 7, 2010	Sunday, February 7, 2010
Coaches' Meeting	7:45 AM 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 Deadline: 400 IM/500 free		Will be announced during warm-ups	Will be announced during warm-ups	

**MEET DIRECTOR:**

Chris Schell  
 • christopheraschell@hotmail.com  
 • 253 777-9697

- Colorado timing system
- Scoreboard: six-lane readout

**MEET REFEREE:**

Rick Cox  
 • nauticalrick@yahoo.com  
 • 253-862-3629

**ONSITE AMENITIES**

- Vendor: NW Swim Shop
- Heat Sheets: \$5.00
- Results on PNS web site
- Concessions available
- Hospitality for coaches and officials only
- Parking: multiple lots at the high school

**LOCATION AND DIRECTIONS**

Mt. Tahoma High School Pool  
 4634 South 74th Street  
 Tacoma, Washington, 98409  
 (253) 571-3645

**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 S. Tacoma Way and railroad tracks. Continue on 74th approx 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.

**TEAMS:**

- Tacoma Swim Club
- Bellevue Eastside YMCA Swim Team
- Olympic Cascade Aquatics
- Rainier Foothills Swim Team
- South Sound Titans
- University Place Aquatic Club
- Valley Aquatics
- Vashon Aquatic Club
- West Seattle YMCA Dolphin Swim Team
- WhiteWater Aquatics

**FACILITY**

- 25 yard, 6-lane competitive pool
- Starting end 11.5 feet deep; turning end 5.5 feet deep
- No outside lane ropes 1 and 6
- 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.

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through one of the teams listed above.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Age groups for competition will be 8&under, 9-10, 10&under, 11-12, 13-14, and 15&over. See Order of Events.

**ENTRY INFORMATION:**

- Each swimmer may enter up to a maximum of four (4) individual events per day but no more than seven (7) individual events over the course of the meet. Entries exceeding this limit will be scratched



Pacific Northwest Swimming  
February Challenge – Division 2 -- Sanction #1002-CSD02  
Mt. Tahoma High School Pool  
Tacoma, Washington  
Hosted by the Tacoma Swim Club

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

without notification, and entry fees for entry count limitation scratches will not be refunded.

- On-deck USA Swimming registration will not be permitted. On-deck transfer to one of the listed teams 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
- Relay: \$8.00
- 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 8<sup>th</sup> in each division, based on seed times. Scoring also based on seed times: 9-7-6-5-4-3-2-1
- **Time Standard Achievement** ribbons for first time Silver, Gold, 14&U PNS Champs cuts.
- **Relay events:** Ribbons 1<sup>st</sup> thru 8<sup>th</sup> places. All relays eligible for scoring. Scoring: 18-14-12-10-8-6-4-2

#### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- **Relay events:** All relays, whether pre-entered or deck-entered, are eligible for scoring and awards. Each swimmer may compete on no more than one (1) relay team per day.
- **Distance events:** The 500 freestyle and 400 IM events for 13&over swimmers 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. 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 25 minutes of each warm-up period:
  - Lanes 2, 4, 6 & 8-sprint lanes, dive starts, return in lanes 1, 3, 5 & 7
  - Lanes 1, 3, 5 & 7 -general warm-up, no diving
  - Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closed promptly ten (10) 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, January 27, 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 the 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



Pacific Northwest Swimming  
February Challenge – Division 2 -- Sanction #1002-CSD02  
Mt. Tahoma High School Pool  
Tacoma, Washington  
Hosted by the Tacoma Swim Club

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

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-tek ltd.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.
- 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).
- 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 entries to: [meetentries@tacomasmwimclub.org](mailto:meetentries@tacomasmwimclub.org)
- Meet Entry Contact/Questions: Chris Schell (253-777-9697); email [christopheraschell@hotmail.com](mailto:christopheraschell@hotmail.com)