



Pacific Northwest Swimming
Second Annual Honu Gathering -- Sanction #0911-SP08
Mt. Tahoma High School Pool
Tacoma, Washington
Hosted by Ohana Swim Team

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

SCHEDULES	SESSION 1	SESSION 2
Dates	Saturday, November 7, 2009	Saturday, November 7, 2009
Coaches' Meeting	7:45 AM - Coaches' packet at Clerk of Course.	as needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1
Timed Finals	9:00 AM	One hour after start of warm-ups

MEET DIRECTOR:

Anne Marie Grant
• timnannie@msn.com
• 253 756 8020

MEET REFEREE:

Teri White
• twhite@massmutual.com

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.

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) No outside lane ropes 1 and 6
- 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: six-lane readout

ONSITE AMENITIES

- **Vendor:** NW Swim Shop
- **Heat Sheets:** \$3.00
- **Results** on PNS web site
- **Concessions** available
- **Hospitality** for coaches and officials only

- **Parking:** next to pool and adjacent high school parking lot. Please observe and follow the posted "No Parking" signs for on-street parking

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 8&under, 9-10, 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 plus two (2) relay 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 either session reaches the four-hour limit.
- There are no time standards for this meet. All entry times should be SCY (yards). 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
- 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 1st thru 6th. Scoring: 7-5-4-3-2-1
- **Relay events:** Ribbons 1st thru 3rd places. Scoring: 14-10-8-6-4-2



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MEET RULES:

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

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.
- 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, October 28, 2009:

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 **Ohana Swim Team**

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-tek ltd.com/downloads/html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Complete whole team entries will be processed in the order received until either 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.
- Identify each entry time as SCY, SCM, or LCM. Unidentified times will be assumed to be SCY times.
- 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:
Ann-Marie Grant
3919 North 7th
Tacoma, WA 98406
- Email entries to: *timnannie@msn.com*
- Meet Entry Contact/Questions: *Ann-Marie Grant 253 229 5377*



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ORDER OF EVENTS

SESSION 1

- 1 Girls 8 & Under 25 Freestyle
- 2 Boys 8 & Under 25 Freestyle
- 3 Girls 8 & Under 25 Butterfly
- 4 Boys 8 & Under 25 Butterfly
- 5 Girls 8 & Under 25 Backstroke
- 6 Boys 8 & Under 25 Backstroke
- 7 Girls 8 & Under 25 Breaststroke
- 8 Boys 8 & Under 25 Breaststroke
- 9 Girls 10 & Under 100 Freestyle Relay
- 10 Boys 10 & Under 100 Freestyle Relay
- 11 Girls 11-12 200 Freestyle Relay
- 13 Girls 9-10 50 Freestyle
- 14 Boys 9-10 50 Freestyle
- 15 Girls 11-12 50 Freestyle
- 17 Girls 9-10 50 Butterfly
- 18 Boys 9-10 50 Butterfly
- 19 Girls 11-12 50 Butterfly
- 21 Girls 11-12 100 Freestyle
- 23 Girls 11-12 100 Butterfly
- 25 Girls 9-10 50 Backstroke
- 26 Boys 9-10 50 Backstroke
- 27 Girls 11-12 50 Backstroke
- 29 Girls 11-12 100 Backstroke
- 31 Girls 9-10 50 Breaststroke
- 32 Boys 9-10 50 Breaststroke
- 33 Girls 11-12 50 Breaststroke
- 35 Girls 11-12 100 Breaststroke
- 37 Girls 10 & Under 100 Medley Relay
- 38 Boys 10 & Under 100 Medley Relay
- 39 Girls 11-12 200 Medley Relay

SESSION 2

- 40 Boys 11-12 50 Freestyle
- 41 Girls 13 & Over 100 Freestyle
- 42 Boys 13 & Over 100 Freestyle
- 44 Boys 11-12 100 Freestyle
- 46 Boys 11-12 200 Freestyle Relay
- 47 Girls 13 & Over 200 Freestyle Relay
- 48 Boys 13 & Over 200 Freestyle Relay
- 50 Boys 11-12 50 Butterfly
- 52 Boys 11-12 100 Butterfly
- 53 Girls 13 & Over 100 Butterfly
- 54 Boys 13 & Over 100 Butterfly
- 56 Boys 11-12 50 Backstroke
- 58 Boys 11-12 100 Backstroke
- 59 Girls 13 & Over 100 Backstroke
- 60 Boys 13 & Over 100 Backstroke
- 62 Boys 11-12 50 Breaststroke
- 64 Boys 11-12 100 Breaststroke
- 65 Girls 13 & Over 100 Breaststroke
- 66 Boys 13 & Over 100 Breaststroke
- 68 Boys 11-12 200 Medley Relay
- 69 Girls 13 & Over 200 Medley Relay
- 70 Boys 13 & Over 200 Medley Relay