



Pacific Northwest Swimming
 January Challenge – Division 4 -- Sanction #1001-CSD04
 Foss High School Pool
 Tacoma, Washington

Hosted by Metro Aquatics and the Vashon Aquatic Club
Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, January 16, 2010	Saturday, January 16, 2010	Sunday, January 17, 2010	Sunday, January 17, 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:

- Tor Gilje
 • tor@swimmetro.org
 • 253.212.7978

MEET REFEREE:

- Dirk Pettitt
 • pettitt@comcast.net
 • 253.840.1112

LOCATION AND DIRECTIONS

Foss High School
 2112 South Tyler Street
 Tacoma, Washington

Directions: Take I-5 to Highway 16. From Hwy 16, take the South 19th Street exit east. Take right before the baseball fields onto Cheyenne Street. Go to second parking lot closest to main entrance.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 4.5 feet deep; turning end 12.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool: shallow end of pool
- 300 spectator seats
- Colorado Five electronic timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- **Vendor:** NW Swim Shop
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions** available in the lobby
- **Hospitality** for coaches and officials only
- **Parking** available next to pool
- Scoreboard: six-lane readout

TEAMS:

- Metro Aquatics
- Vashon Aquatic Club
- Gold's Aquatics Club
- Ohana Swim Team
- PRO Swimming
- Valley Aquatics

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 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.



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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 8th 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 1st thru 8th 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 not participate on 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 & 5-sprint lanes, dive starts, return in lanes 3 & 4
 - Lanes 1 & 6 -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, meet directors 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 6, 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 Metro Aquatics Boosters

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.
- 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



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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:** Dane Wolfrom
2907 White Cloud Ave NW
Gig Harbor WA 98335
- **Email address:** metroentries@yahoo.com
- **Contact phone:** 253-265-3741



PACIFIC NORTHWEST SWIMMING

A Local Swim Committee of USA Swimming

2010 JANUARY CHALLENGE					
SESSION 1 - SAT A.M. 10 UNDER, BOYS 11-12			SESSION 3 - SUN A.M. BOYS 11-12, 13 - OVER		
Event #	Event	Age Group	Event #	Event	Age Group
1,2	200 IM	10U	** ,76	200 Free	B11-12
* ,4	200 IM	B11-12	77,78	200 Free	13 - Over
5,6	25 Back	8U	** ,80	50 Back	B11-12
7, 8	100 Back	10U	81,82	50 Back	13 - Over
* ,10	100 Back	B11-12	** ,84	200 Fly	B11-12
11,12	25 Breast	8U	85,86	200 Fly	13 - Over
13,14	100 Breast	10U	** ,88	50 Breast	B11-12
** ,16	100 Breast	B11-12	89,90	50 Breast	13 - Over
17,18	25 Fly	8U	** ,92	200 Backstroke	B11-12
19, 20	100 Fly	10U	93,94	200 Backstroke	13 - Over
** ,22	100 Fly	B11-12	** ,96	50 Fly	B11-12
23,24	25 Free	8U	97,98	50 Fly	13 - Over
25,26	100 Free	10U	** ,100	200 Breast	B11-12
** ,28	100 Free	B11-12	101,102	200 Breast	13 - Over
29,30	100 IM	8U	*** ,104	50 Free	B11-12
31,32	100 IM	9-10	105,106	50 Free	B13 - Over
** ,34	100 IM	B11-12	*** ,108	200 Medley Relay	B11-12
35**	200 Free Relay	10U	109,***	200 Medley Relay	G13 - Over
** ,38	200 Free Relay	B12U	*** ,110	200 Medley Relay	B11-Over
39,**	500 Free - Mixed	10U	*** ,112	400 IM	B11-12
** ,42	500 Free	B11-12	113,***	400 IM - Mixed	13 - Over
SESSION 2 - SAT P.M. GIRLS 11-12, 13 & OVER			SESSION 4 - SUN P.M. 10 UNDER, GIRLS 11-12		
43,**	200 IM	G11-12	115,116	200 Free	10U
45,46	200 IM	13 - Over	117,***	200 Free	G11-12
47, **	100 Back	G11-12	119,120	50 Back	10U
49,50	100 Back	13 - Over	121,***	50 Back	G11-12
51,**	100 Breast	G11-12	123,***	200 Fly	G11-12
53,54	100 Breast	13 - Over	125,126	50 Breast	10U
55,**	100 Fly	G11-12	127,***	50 Breast	G11-12
57,58	100 Fly	13 - Over	129,***	200 Back	G11-12
59,**	100 Free	G11-12	131,132	50 Fly	10U
61,62	100 Free	13 - Over	133,***	50 Fly	G11-12
63,**	100 IM	G11-12	135,***	200 Breast	G11-12
65,66	100 IM	13 - Over	137,138	50 Free	10U
67,**	200 Free Relay	G11-12	139,***	50 Free	G11-12
69,**	200 Free Relay	G11 - Over	141,142	200 Medley Relay	10U
** ,70	200 Free Relay	B13-Over	143,***	200 Medley Relay	G12U
71,**	500 Free	G11-12	145***	400 IM	G11-12
73,**	500 Free - Mixed	13 - Over			

Entry limit: 7 individual events for the weekend but no more than 4 individual events per day.