



Pacific Northwest Swimming  
2010 SST-MET Dual  
Mt. Tahoma High School Pool  
Tacoma, Washington  
Hosted by the South Sound Titans

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

SCHEDULE	FRIDAY, MAY 7, 2010
Coaches' Meeting	5:45 PM
Officials' Meetings	6:00 PM
Timers' Meetings	6:50 PM
Warm-ups	6:00 PM
Timed Finals	7:00 PM

**MEET DIRECTORS:**

Diana Ekstrom

- coachdiana@comcast.net
- 253/880-4488

Shawn Jones

- sstheadcoach@comcast.net
- 253/880-4647

**MEET REFEREE:**

Teri White

- twhite@massmutual.com

**LOCATION AND DIRECTIONS**

- Mt. Tahoma High School Pool 4634 South 74th Street Tacoma, Washington, 98409
- **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.
- **Directions from I-5 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).
- Warm-up pool: shallow end of pool
- 250 spectator seats
- Colorado Five electronic timing system
- Scoreboard: six-lane readout

**ONSITE AMENITIES**

- **Vendor:** None
- **Heat Sheets:** Free
- **Results** on PNS web site
- **Concessions** None
- **Hospitality** None

- **Parking** next to the pool and on adjacent streets. Do not park in restricted areas.

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming through either the South Sound Titans or Metro Aquatics.
- Age groups are based on the age of the swimmer on the first day of the meet.
- Age groups for competition will be 8&-U, 10&U, 12&U, 11&O, 13&O. See Order of Events.

**ENTRY INFORMATION:**

- **Each swimmer may enter up to a maximum of five (5) individual events plus two (2) Relays.** 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 order received until the meet reaches the four-hour limit. Should the preliminary time-line run over four hours, the coaches from both teams will determine which events/entries should be cut and subject to a full refund, if necessary.**
- Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. 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 one of the two listed teams and complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.
- On-deck USA Swimming registration will not be permitted.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

**ENTRY FEES:**

- Surcharge: No charge
- Deck entry surcharge: No charge
- Individual event: No charge
- Relay event: **No charge**
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

**AWARDS:**

- **Awards:** None

**MEET RULES:**

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



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- All entry times must be short course yards. NT (no time) entry times are allowed.

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
  - Lanes 1 & 6—pace lanes if requested, 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 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 in the roped-off meet operations part of the 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 Deadline: 6:00 PM, Wednesday, 5 May 2010. Entries will be only be accepted upon receipt of all of the following:**

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 South Sound Titans.

**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 no charge at: <http://www.hy-ekltd.com/downloads.html>

**Submittal Notes:**

- Late or incomplete entries will not be processed.
- Complete whole team entries will be processed in order received until either session reaches the four-hour limit.
- All entry times must be SCY (short course yards).
- Relay only swimmers accepted
- 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.
- Email entries to: [sstheadcoach@comcast.net](mailto:sstheadcoach@comcast.net)
- Mail entries to: Shawn Jones, 20825 SR 410 E. #392, Bonney Lake, WA 98391 - [sstheadcoach@comcast.net](mailto:sstheadcoach@comcast.net) - 253/880-4647

**ENTRY SUBMITTAL INFORMATION:**



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**Dual Meet Event Schedule**

<b><u>Event Number</u></b>	<b><u>Age Group</u></b>	<b><u>Gender</u></b>	<b><u>Distance</u></b>	<b><u>Description</u></b>
1	12-Under	G	200	MR
2	12-Under	B	200	MR
3	13-Over	G	200	MR
4	13-Over	B	200	MR
5	11-Over	G	100	Back
6	11-Over	B	100	Back
7	10-Under	G	50	Back
8	10-Under	B	50	Back
9	11-Over	G	50	Back
10	11-Over	B	50	Back
11	8-Under	G	25	Back
12	8-Under	B	25	Back
13	11-Over	G	100	Breast
14	11-Over	B	100	Breast
15	10-Under	G	50	Breast
16	10-Under	B	50	Breast
17	11-Over	G	50	Breast
18	11-Over	B	50	Breast
19	8-Under	G	25	Breast
20	8-Under	B	25	Breast
21	9-Over	G	100	Free
22	9-Over	B	100	Free
23	10-Under	G	50	Free
24	10-Under	B	50	Free
25	11-Over	G	50	Free
26	11-Over	B	50	Free
27	8-Under	G	25	Free
28	8-Under	B	25	Free
29	11-Over	G	100	Fly
30	11-Over	B	100	Fly
31	10-Under	G	50	Fly
32	10-Under	B	50	Fly
33	11-Over	G	50	Fly
34	11-Over	B	50	Fly
35	8-Under	G	25	Fly
36	8-Under	B	25	Fly
37	11-Over	G	200	IM
38	11-Over	B	200	IM
39	10-Under	G	100	IM
40	10-Under	B	100	IM
41	11-Over	G	100	IM
42	11-Over	B	100	IM
43	12-Under	G	200	FR
44	12-Under	B	200	FR
45	13-Over	G	200	FR
46	13-Over	B	200	FR