



Pacific Northwest Swimming  
 October Challenge – Division 2 -- Sanction #0910-CSD02  
 Henry Foss High School Pool  
 Tacoma, Washington  
 Hosted by Metro Aquatics



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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, October 17, 2009	Saturday, October 17, 2009	Sunday, October 18, 2009	Sunday, October 18, 2009
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
Timers' Meetings	20 minutes before start of competition	20 minutes before start of competition	20 minutes before start of competition	20 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  
 • metroentries@yahoo.com  
 • 253 426 3808

**MEET REFEREE:**

- Teri White  
 • TWhite@MassMutual.com

**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).
- 6-lane competitive pool
- Warm-up pool: shallow end of pool
- 300 spectator seats
- Colorado Five electronic timing system
- Scoreboard: six-lane readout

**ONSITE AMENITIES**

- **Vendor:** Northwest Swim Shop - limited supply of goggles and caps
- **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

**TEAMS:**

- Metro Aquatics,
- Olympic Cascade Aquatics
- South Sound Titans
- Tacoma Swim Club
- University Place Aquatics Club ,
- Vashon Aquatic Club
- Valley Aquatics
- White Water 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 six (6) 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

2009 OCTOBER CHALLENGE					
SESSION 1 - SAT A.M. 10 UNDER, GIRLS 11-12			SESSION 3 - SUN A.M. GIRLS 11-12, 13 - OVER		
Event #	Event	Age Group	Event #	Event	Age Group
1,2	200 Medley Relay	10U	73,**	200 Free Relay	G11-12
3,*	200 Medley Relay	G12U	75,**	200 Free Relay	G11 - Over
5,6	50 Free	10U	** ,78	200 Free Relay	B13 - Over
7, *	50 Free	G11-12	79,**	100 IM	G11-12
9,**	200 Breast	G11-12	81,82	100 IM	13 - Over
11,12	50 Fly	10U	83,**	100 Free	G11-12
13,**	50 Fly	G11-12	85,86	100 Free	13 - Over
15, **	200 Backstroke	G11-12	87,**	100 Fly	G11-12
17,18	50 Breast	10U	89,90	100 Fly	13 - Over
19, **	50 Breast	G11-12	91,**	100 Breast	G11-12
21,**	200 Butterfly	G11-12	93,94	100 Breast	13 - Over
23,24	50 Back	10U	95,**	100 Back	G11-12
25,**	50 Back	G11-12	97,98	100 Back	13 - Over
27,28	200 Free	10U	99,***	200 IM	G11-12
29,**	200 Free	G11-12	101,102	200 IM	13 - Over
31,**	400 IM	G11-12	103,***	500 Free	G11-12
			105,***	500 Free - Mixed	13-Over
SESSION 2 - SAT P.M. BOYS 11-12, 13 & OVER			SESSION 4 - SUN P.M. 10 UNDER, BOYS 11-12		
** ,34	200 Medley Relay	B11-12	107,108	200 Free Relay	10U
35,**	200 Medley Relay	G13 - Over	*** , 110	200 Free Relay	B12U
** ,36	200 Medley Relay	B11 - Over	111,112	100 IM	8U
** ,38	50 Free	B11-12	113,114	100 IM	9-10
39,40	50 Free	13 - Over	*** ,116	100 IM	B11-12
** ,42	200 Breast	B11-12	117,118	25 Free	8U
43,44	200 Breast	13 - Over	119,120	100 Free	10U
** ,46	50 Fly	B11-12	*** ,122	100 Free	B11-12
47,48	50 Fly	13 - Over	123,124	25 Fly	8U
** ,50	200 Back	B11-12	125,126	100 Fly	10U
51,52	200 Back	13 - Over	*** ,128	100 Fly	B11-12
** ,54	50 Breast	B11-12	129,130	25 Breast	8U
55,56	50 Breast	13 - Over	131,132	100 Breast	10U
** ,58	200 Fly	B11-12	*** ,134	100 Breast	B11-12
59,60	200 Fly	13 - Over	135,136	25 Back	8U
** ,62	50 Back	B11-12	137,138	100 Back	10U
63,64	50 Back	13 - Over	*** ,140	100 Back	B11-12
** ,66	200 Free	B11-12	141,142	200 IM	10U
67,68	200 Free	13-Over	*** ,144	200 IM	B11-12
** ,70	400 IM	B11-12	145,***	500 Free - Mixed	10U
71,**	400 IM - Mixed	13-Over	*** ,146	500 Free	B11-12

Entry limit: 6 individual events for the weekend but no more than 4 individual events per day.