



Pacific Northwest Swimming  
2009 Q Meet--Sanction #0911-SP03  
Weyerhaeuser King County Aquatic Center  
Federal Way, Washington  
Hosted by Poseidon Aquatic Club

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

SCHEDULES	SESSION 1 Dive Tank End: 10&Under and 11/12	SESSION 2 Scoreboard End: 13&Over
Date	November 15, 2009	November 15, 2009
Coaches' Meeting	7:45 AM	7:45 AM
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition
Timers' Meetings	15 minutes before start of competition	15 minutes before start of competition
Warm-ups	8:00 AM	8:00 AM
Timed Finals	9:00 AM	9:00 AM

**MEET DIRECTOR:**

Kelli Denney  
• coachkelli@comcast.net  
• 360 239 3544

**MEET REFEREE:**

René Bollman  
• cariboo1984@q.com  
• 360 273 9145

**LOCATION AND DIRECTIONS**

Weyerhaeuser King County Aquatic Center  
650 SW Campus Drive  
Federal Way, Washington

**Directions from I-5:** Take Exit 142B west on 348th. It becomes Campus Drive after crossing 1st Ave S. Pool is on the right side approximately 1 1/4 miles from I-5.

**FACILITY**

- World-class aquatic facility: Site of the 1990 Goodwill Games and 1991, 1994, 1997, 2000, and 2006 Spring National Championships, 2008 NCAA Men's Division 1 Championships, 2009 U.S. Open, 2009 Junior Nationals, and 2009 Short Course Nationals.
- Two 25 yard, 9 feet deep, 8-lane competitive pools will be used: All 10&U and 11-12 events will be in the dive tank end and all 13&O events will be in the scoreboard end.
- The competition course has been certified in accordance with 104.2.2C(4).
- Diving tank will be available for continual warm-up.
- The area between the bulkheads is closed at all times.
- 2500 spectator seats
- Omega electronic timing system
- Full-read scoreboard

**ONSITE AMENITIES**

- **Vendor:** ISwim (Nor Cal)
- **Special Meet T-Shirts:** for sale in the lobby by Fine Designs
- **Heat Sheets:** \$3.00
- **Results** on PNS web site

- **Concessions:** Under contract with King County; neither PNS nor the host team derive any benefit
- **Hospitality** for coaches and officials only
- **Parking:** pool parking lots (front and rear). Illegally parked cars will be ticketed and towed by the Federal Way Police Dept.

**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 competition.
- Age groups for competition will be 10&under, 11-12, and 13&over. See Order of Events.

**Qualifying times:**

- In order to enter the meet, 8&under swimmers must have achieved at least one PNS 9-10 or 10&U "Silver" time standard, but are not required to enter that event. A PNS 8&U "Silver" time may not be used to qualify for this meet.
- In order to enter the meet, 9&over swimmers must have achieved at least one PNS "Silver" time standard for their current age, but are not required to enter that event.
- All qualifying times must have been achieved between September 1, 2008, and the meet entry deadline.
- Times complying with PNS AD 02-01 may be used.

**Dequalifying times:**

- 8&U swimmers may not enter any event in which they have achieved a PNS 9-10 or 10&U "Gold" time. The PNS 8&U "Gold" times do not apply to this meet.
- 9&O swimmers may not enter any event in which they have achieved a PNS "Gold" time for their current age.
- The dequalifying time period runs from September 1, 2008, to the entry deadline.

**ENTRY INFORMATION:**

- Each swimmer may enter up to a maximum of four (4) individual events. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- There are no relay events at this meet.
- On-deck USA Swimming registration will not be permitted.



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- Deck entries will not be allowed at this meet.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

**ENTRY FEES:**

- Surcharge: \$15.00
- Individual Event: \$4.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

**AWARDS:**

- **Individual events:** Ribbons 1<sup>st</sup> thru 16<sup>th</sup> places.

**MEET RULES:**

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding: YSL. All entry times will be assumed to be SCY unless otherwise indicated.

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
  - Lanes 1 & 8—pace lanes, no diving
  - Lanes 2 & 7—sprint lanes, dive starts, return in lanes 3 & 6
  - Lanes 3, 4, 5 & 6—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.
- The space between the bulkheads is closed at all times.
- 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 in the natatorium. All others must remain in the designated spectator area or in public lobbies 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, November 4, 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 Poseidon Aquatic Club.

**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 order received until Session 1 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.
- 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.

2009 PNS Q MEET – Order of Events					
Session 1			Session 2		
Girls, Boys	Age	Event	Girls, Boys	Age	Event
1,2	10&U	200 Free	57,58	13&O	200 Free
3,4	11 - 12	200 Free	59,60	13&O	100 Fly
5,6	10&U	100 Fly	61,62	13&O	50 Free
7,8	11 - 12	100 Fly	63,64	13&O	100 Breast
9,10	10&U	50 Free	65,66	13&O	200 Back
11,12	11 - 12	50 Free	67,68	13&O	500 Free
13,14	10&U	100 Breast	69,70	13&O	200 IM
15,16	11 - 12	100 Breast	71,72	13&O	200 Fly
17,18	10&U	50 Back	73,74	13&O	100 Free
19,20	11 - 12	50 Back	75,76	13&O	200 Breast
21,22	11 - 12	200 Back	77,78	13&O	100 Back
23,24	10&U	500 Free	79,80	13&O	400 IM
25,26	11 - 12	500 Free			
27,28	10&U	200 IM			
29,30	11 - 12	200 IM			
31,32	10&U	50 Fly			
33,34	11 - 12	50 Fly			
35,36	11 - 12	200 Fly			
37,38	10&U	100 Free			
39,40	11 - 12	100 Free			
41,42	10&U	50 Breast			
43,44	11 - 12	50 Breast			
45,46	11 - 12	200 Breast			
47,48	10&U	100 Back			
49,50	11 - 12	100 Back			
51,52	10&U	100 IM			
53,54	11 - 12	100 IM			
55,56	11 - 12	400 IM			