



**Pacific Northwest Swimming
2007 Sockeye Sprints - Sanction #0710-SP01
Hazen High School Pool
Renton, Washington
Hosted by the Issaquah Swim Team**



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

SCHEDULES	SESSION 1	SESSION 2
Dates	Meet: Saturday, October 6, 2007 Entry Deadline: Wednesday, September 26, 2007	
Coaches' Meeting	7:45 AM Check in at Clerk of Course to receive info packet	Announced as needed
Officials' Meeting	45 minutes before start of competition	45 minutes before start of competition
Timers' Meeting	As announced, shortly before each racing session begins	As announced, shortly before each racing session begins
Warm-ups*	8:00 AM	<ul style="list-style-type: none"> Immediately following the conclusion of a.m. Session May be adjusted later as determined by the Meet Referee
Timed Finals*	9:00 AM	<ul style="list-style-type: none"> One hour after start of warm-ups May be shortened as determined by the Meet Referee in consultation with attending coaches

*All published timelines, and Warmups and Timed Finals session start times are guidelines only based on best estimates available prior to the meet. Teams/Coaches/Athletes are responsible for being ready and available to support actual meet execution and progress

MEET DIRECTOR:

Scott Haase
3021 206th Way NE
Sammamish, WA 98074
flyguy@haasehome.com
(425) 836-0496
(425) 836-0487 (fax)

- 200-250 spectator seats plus good deck space for coaches and swimmers

ONSITE AMENITIES:

- **Vendor:** Sylvia's Swim Shop
- **Heat Sheets:** \$3.00
- **Concessions:** a.m.-Breakfast, p.m. Lunch; Snacks all-day
- **Hospitality:** Coaches and officials only
- **Parking:** Multiple school lots

MEET REFEREE:

Bin Liu
16611 SE 69th Way
Bellevue 98006
liu_bin@hotmail.com
(206) 579-3880

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: 8&Under, 9-10, 11-12, 13-14 and 15&Over

TEAM WEBSITE:

<http://www.istsockeyes.org>

LOCATION AND DIRECTIONS:

Hazen High School Pool
1101 Hoquiam Ave NE
Renton, Washington

Directions: From I-405, take Sunset Blvd. Go east to 142nd Ave SE (Hoquiam Ave NE). Turn right and go to the end of the high school. Turn right into the parking lot. Pool entrance is at the end of parking lot.

FACILITY:

- 25 yard, 6-lane competitive pool
- Starting lane 6.5 feet deep; turning end 3.5 feet deep
- 6-lane competitive pool
- Warm-up pool: adjacent diving tank
- Colorado timing system
- Scoreboard: six-lane readout

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of four (4) individual events plus two (2) relay events. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limited scratches will not be refunded
- Whole team entries will be processed in order received until either session exceeds the four-hour limit. To maximize team participation, the Meet Director may, in consultation with entering teams, scratch entries down to 3 individual events (plus relays). Entry Fees for entered events that are so scratched will be refunded
- 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 'Exhibition' only and are not eligible for awards or team points



Pacific Northwest Swimming
2007 Sockeye Sprints - Sanction #0710-SP01
Hazen High School Pool
Renton, Washington
Hosted by the Issaquah Swim Team



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

- 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 form at the Clerk of Course
- All USA Swimming registration numbers will be verified with the PNS registration database with automatic registration and penalty fees per PNS Policy AD 97-08.

- 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.

ENTRY FEES:

- Athlete Surcharge (prior to meet): \$5.00
- Athlete Surcharge (day of meet): \$10.00
- Individual Event: \$2.00
- Relay: \$8.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

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
- In order to be on deck and serve in their official capacity, all coaches, and officials shall visibly display their membership credentials at all times
- All persons acting in a 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
- All attendees are required to cooperate with meet officials and working personnel to ensure a safe and enjoyable meet for all participants
- Only athletes, coaches, officials, authorized volunteers and working personnel may be in the roped-off meet operations part of the deck.
- All attendees are required to observe marked 'No Seating' areas.
- As with many facilities, deck space is limited. Please refrain from the use of deck space in favor of provided bleacher seating
- At their sole discretion, the Meet Referee or Meet Director may direct groups or individuals to relocate to ensure enjoyable, efficient and safe meet operation. Individuals refusing to cooperate will be directed to leave the property.

AWARDS AND SCORING:

- **Individual events:** Ribbons 1st thru 6th Scoring: 7-5-4-3-2-1
- **Relay events:** Ribbons 1st thru 6th Scoring: Double Individual event values

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- No diving at shallow end of pool. All shallow end starts and shallow end relay transitions will be in-the-water.

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.
- Use of the warm-up/down pool (dive tank) during the meet is a courtesy to swimmers. Abuse of this privilege (e.g., roughhousing, or other unsafe or disruptive behavior) may result in the closure of the dive tank at the discretion of the Meet Referee

SAFETY:

- No diving from the blocks/ends of pool except for official competition purposes or for designated sprint lanes during designated times in main pool
- Diving from the sides of the pool is not allowed
- Jumping into the pool is not allowed
- Backstroke swimmers enter the water feet first in rotation
- Unless directed by the Meet Referee during racing sessions, no diving over persons in the water.
- Deck Marshals will be assigned to supervise warm-ups.
- Deck Marshals and the Meet Referee have the authority to remove any swimmer, coach, or club who does not use safe practices or follow safety rules

ENTRY SUBMITTAL INFORMATION:

Entries will only be accepted upon receipt of all of the following prior to the entry deadline:

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 IST

Submittal Formats:

- **Electronic files:** email attachments—preferred—or disk, per below
- **Hardcopies:** mail, hand-deliver, or fax. If sending via express mail, waive signature requirement.
- **Disk:** 3 ½ inch floppy disk (double density or high density), CD, or DVD, which should be mailed or delivered in a protective envelope



Pacific Northwest Swimming
2007 Sockeye Sprints - Sanction #0710-SP01
Hazen High School Pool
Renton, Washington
Hosted by the Issaquah Swim Team



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

- 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.com/downloads/html>.

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 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).
- Cooperation is appreciated in facilitating the entry process by making entries complete, orderly, and legible.
- Submit entries to:
 Scott Haase
 3021 206th Way NE
 Sammamish, WA 98074
flyguy@haasehome.com
 (425) 836-0496
 (425) 836-0487 (fax)

Sockeye Sprints – 2007 Order of Events

Morning Session

101	9-10 200 Mixed Medley Relay	
102	11-12 200 Mixed Medley Relay	
103	Girls 9-10, 11-12 50 Back	*
104	Boys 9-10, 11-12 50 Back	*
105	Girls 9-10, 11-12 50 Breast	*
106	Boys 9-10, 11-12 50 Breast	*
107	Girls 9-10, 11-12 100 IM	*
108	Boys 9-10, 11-12 100 IM	*
109	Girls 9-10, 11-12 50 Fly	*
110	Boys 9-10, 11-12 50 Fly	*
111	Girls 9-10, 11-12 50 Free	*
112	Boys 9-10, 11-12 50 Free	*
113	9-10 200 Mixed Free Relay	
114	11-12 200 Mixed Free Relay	

Afternoon Session

201	8&U 100 Mixed Medley Relay	
202	13&O 200 Mixed Medley Relay	
203	Girls 8&U 25 Back	
204	Boys 8&U 25 Back	
205	Girls 13-14, 15&O 50 Back	*
206	Boys 13-14, 15&O 50 Back	*
207	Girls 8&U 25 Breast	
208	Boys 8&U 25 Breast	
209	Girls 13-14, 15&O 50 Breast	*
210	Boys 13-14, 15&O 50 Breast	*
211	Girls 8&U 100 IM	
212	Boys 8&U 100 IM	
213	Girls 13-14, 15&O 100 IM	*
214	Boys 13-14, 15&O 100 IM	*
215	Girls 8&U 25 Fly	
216	Boys 8&U 25 Fly	
217	Girls 13-14, 15&O 50 Fly	*
218	Boys 13-14, 15&O 50 Fly	*
219	Girls 8&U 25 Free	
220	Boys 8&U 25 Free	
221	Girls 13-14, 15&O 50 Free	*
222	Boys 13-14, 15&O 50 Free	*
223	8&U 100 Mixed Free Relay	
224	13&O 200 Mixed Free Relay	

* Age groups swim together, score separately

- All shallow end starts/relay transitions in the water
- Relays score only if at least one relay member from each gender



Pacific Northwest Swimming
2007 Sockeye Sprints - Sanction #0710-SP01
Hazen High School Pool
Renton, Washington
Hosted by the Issaquah Swim Team



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

MASTER ENTRY SUMMARY

Please complete this form and send with your entries (disk or hard copy). Failure to submit this form will delay your entry processing and may result in your entries being rejected.

TEAM NAME:			
TEAM CODE:		LSC CODE:	
COACH:		HOME PHONE:	
EMAIL ADDRESS:		OFFICE PHONE:	
TEAM MAIL ADDRESS:		CELL PHONE:	
CITY, STATE, ZIP:		POOL PHONE:	
ENTRY INFORMATION PREPARED BY:		PHONE:	

MEET ENTRY FEES ENCLOSED:

SURCHARGE:		X \$5.00	\$
INDIVIDUAL EVENTS:		X \$2.00	\$
RELAYS:		X \$8.00	\$
		TOTAL:	\$

Make one check payable to **IST**.

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc.

Signature of Coach or Team Representative

Date

Phone Number

Important Note: Upon processing of the pre-meet exception report, PNS will register as a full-year USA Swimming athlete member any swimmer not then registered. PNS shall require the club or responsible party to pay an amount equal to the current full-year USA Swimming athlete registration fee, including the PNS surcharge, plus a \$15.00 fine for each athlete who is registered from the pre-meet exception report. The fines are due prior to the entry deadline of the next meet entered by the team being fined or within 15 business days after the receipt of the fine statement, whichever occurs first. See PNS AD 97-08 for additional information.