



Pacific Northwest Swimming
 2007 Q Meet--Sanction #0711-SPQM
 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: 10&U and 11/12	SESSION 2: 13&O
Dates	Sunday, November 11, 2007	Sunday, November 11, 2007
Coaches' Meeting	7:45 AM	if needed
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	Immediately following conclusion of Session 1, but not before 12:00 noon
Timed Finals	9:00 AM	One hour after start of warm-ups

MEET DIRECTOR:

Maureen Cook
 • user796274@aol.com
 • 360-412-0795

MEET REFEREE:

René' Bollman
 • rene98579@peoplepc.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
- Two 25 yard, 9 feet deep, 8-lane competitive pools will be used in the AM session: 10&U events in the scoreboard end and 11-12 events in the dive tank end. Only the dive tank end (center) pool will be used for the 13&O PM session.
- Diving tank will be available for continual warm-up
- 2500 spectator seats
- Omega electronic timing system
- Full-read scoreboard

ONSITE AMENITIES

- Vendor: I Swim USA
- Special Meet T-Shirts: for sale in the lobby
- Heat Sheets: \$3.00
- Results on PNS web site
- Concessions: Subway - 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, 13-14, and 15&over. See Order of Events.
- Swimmers who qualify for one or more individual December 14&U and/or Senior 2007 PNS Champs events (any course) may not enter this meet.
- Swimmers must have met the qualifying time--the PNS Silver Time Standard--in USA Swimming sanctioned, approved, or observed competition between September 1, 2006, and the entry deadline in each individual event entered. Times achieved in compliance with PNS AD 02-01 may also be used.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of three (3) individual events. 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.
- No deck entries will be permitted.
- There are no relay events at this meet.
- All USA Swimming registration numbers will be verified with the PNS registration database.

ENTRY FEES:

- Surcharge: \$10.00
- Individual Event: \$3.50
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.



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AWARDS AND SCORING:

- **Individual events:** Ribbons 1st thru 16th places.

MEET RULES:

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

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, meet directors, marshals 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, October 31, 2007:

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:** 3 ½ inch floppy disk (double density or high density), 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-tekld.com/downloads.html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Whole team entries will be processed in order received until Session 1 exceeds 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.
- **Mail entries to:**
Maureen Cook
Q Meet
6708 Prairie Ridge Drive NE
Olympia WA 98516.
- **Email address:** user796274@aol.com
- **Contact phone:** 360 412-0795



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**2007 PNS "Q" MEET ORDER OF EVENTS
 SESSION I**

GIRLS	10 & U	BOYS
#	Event	#
1	200 free	2
3	100 fly	4
5	50 free	6
7	100 breast	8
9	50 back	10
11	500 free	12
13	200 IM	14
15	50 fly	16
17	100 free	18
19	50 breast	20
21	100 back	22
23	100 IM	24

GIRLS	11-12	BOYS
#	Event	#
25	200 free	26
27	100 fly	28
29	50 free	30
31	100 breast	32
33	50 back	34
35	200 back	36
37	500 free	38
39	200 IM	40
41	50 fly	42
43	200 fly	44
45	100 free	46
47	50 breast	48
49	200 breast	50
51	100 back	52
53	100 IM	54
55	400 IM	56

SESSION II

GIRLS	13 & O	BOYS
#	Event	#
57	200 free	58
59	100 fly	60
61	50 free	62
63	100 breast	64
65	200 back	66
67	500 free	68
69	200 IM	70
71	200 fly	72
73	100 free	74
75	200 breast	76
77	100 back	78
79	400 IM	80



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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 \$10.00	\$
INDIVIDUAL EVENTS:		X \$3.50	\$
		TOTAL	\$

Make one check payable to **Poseidon Aquatic Club**.

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.