



Pacific Northwest Swimming
 2008 West Coast Invitational--Sanction #0806-SP02
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by West Coast Aquatics



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

SCHEDULES	Friday June 27, 2008	Saturday, June 28, 2008	Sunday, June 29, 2008
Coaches' Meetings	7:45 AM Check-in at Clerk of Course	7:45 AM	if needed
13&O Positive Check-in Deadline	1500 Free: at end of Fine Design Challenge events	400 Free: at end of Fine Design Challenge events	400 IM: at end of Fine Design Challenge events

Officials' Meeting - AM Session (12&U)	8:00 AM	8:00 AM	8:00 AM
Warmups - AM Session (12&U)	8:00 AM - 11/12 swimmers only on Friday; no 10&U	8:00 AM	8:00 AM
Competition - AM Session (12&U)	9:00 AM	9:00 AM	9:00 AM

Officials' Meeting - PM Session (13&O)	One hour before start of session	One hour before start of session	One hour before start of session
Warmups - PM Session (13&O)	Immediately following conclusion of AM session	Immediately following conclusion of AM session	Immediately following conclusion of AM session
Competition - PM Session (13&O)	One hour after start of warmups	One hour after start of warmups	One hour after start of warmups

MEET DIRECTOR:

Deb Keane
 • golfandswim@comcast.net
 • 425-745-8926

MEET REFEREE:

Peter Keane
 • pkeane@wwdb.org
 • 425-745-8926

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
- Indoor 50-meter, 9 feet deep, 8-lane competitive pool
- Diving tank will be available for continual warm-up.
- 2500 spectator seats
- Omega electronic timing system
- Full-read scoreboard

ONSITE AMENITIES

- **Vendor:** Sylvia's Swimwear
- **Special Meet T-Shirts:** Fine Designs
- **Meet Heat Sheets:** \$7.00
- **Results** on PNS web site
- **Concessions:** Subway operates under contract with King County; neither PNS nor the host team derive any benefit.
- **Hospitality:** Refreshments will be available for coaches and officials in the Hospitality Room. Swimmers, timers, and spectators are not allowed.
- **Parking:** Available at the Aquatic Center and in the Federal Way Little League parking lot to the east. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. Carpooling is recommended.
- **RV Parking:** Limited RV parking is available in only the north parking lot. Dry camping--no sewer, water, or electricity.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming.
- Swimmers not registered through PNS should contact the Meet Director regarding entry as PNS has limited non-PNS athletes to 20% of the allowable splashes.
- With the exception of 8&U swimmers who must have achieved at least ONE (1) PNS 9-10 or 10&U "Gold" qualifying time, swimmers must have achieved at least ONE (1) 2008 PNS "Gold" qualifying time in their age group as of this meet in USA Swimming sanctioned, approved, or observed competition. Swimmers do not have to enter



Pacific Northwest Swimming
2008 West Coast Invitational--Sanction #0806-SP02
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
Hosted by West Coast Aquatics



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

the event(s) they qualified with. Times achieved in compliance with PNS AD 02-01 may also be used.

- All entry times must be identified as LCM (long course meters) or SCY (short course yards). Times not identified will be assumed to be LCM.
- Converted times are not allowed.
- 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.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of eight (8) individual events but no more than three (3) per day. In addition, each 13&O swimmer may enter one (1) Fine Design Challenge event. 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.
- Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards, team points, or advancement in the "Fine Design Challenge" events. 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 and complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.
- All USA Swimming registration numbers will be verified with the PNS registration database.

ENTRY FEES:

- Surcharge: \$15.00
- Deck entry surcharge: \$30.00 (swimmer not previously in meet)
- Individual Event: \$ 4.00
- Relay: \$10.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** Medals 1st – 3rd Place finishers
Scoring 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- **Relay events:** Medals 1st – 3rd Place finishers
Scoring 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- **Individual high point award for top male and female in each age group**
- **Team awards for top 3 teams.**
- **Fine Design Challenge events:** Special shirts to 1st - 3rd place finishers in each event.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be LCM then SCY.

Relays: Teams must provide relay slips. Swimmers must take the lane copy with them to give to the timer in their lane to verify the order of

swimmers participating. The remaining copies are to be turned in to the Clerk of Course for proper distribution and processing prior to swimming.

Double ended: At the discretion of the Meet Referee, events 100 meters and longer may be swum double-ended. If double ended, odd heats will start at the dive tank end and even heats will start at the scoreboard end of the pool.

Distance Events: The 400 IM and 400/1500 Freestyle events will be deck-seeded and swum fastest to slowest alternating girls and boys. A positive check-in with the Clerk of Course by the posted deadline is required in order to swim. Swimmers not checking in for these events will be scratched without penalty. Swimmers checking in for these events and failing to show for the swim will be disqualified from their next individual event in which they are entered.

- At the Meet Referee's discretion, the 400 and/or 1500 freestyle events may be swum two per lane or seeded together (two girls heats alternating with two boys heats). When swimming two per lane and starting from both ends of the pool, each swimmer should--upon entry into the water--swim to the right side of the lane and remain on that side throughout the race; circle swimmer is not allowed. Should that be necessary, the top-seeded eight (8) girls and top eight (8) boys in each age group will have their own heat

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.
- 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.



Pacific Northwest Swimming
2008 West Coast Invitational--Sanction #0806-SP02
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
Hosted by West Coast Aquatics

**WEST
COAST AQUATICS**

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

- Only credentialed athletes, coaches, officials, authorized volunteers and facility employees are allowed on deck or in the locker rooms. All volunteers must check in prior to their assigned shift for a name tag which must be displayed while on deck.
- All others must remain in the designated spectator area or in public lobbies and are not allowed in the natatorium unless timing for an event in which swimmers must provide their own timers.
- In order to be on deck and serve in their official capacity, all coaches, officials, meet directors 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 or FINA affiliated members.
- 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.
- **Lost and Found:** Items will be left in place during the meet. After the meet, contact KCAC.
- **Team Banners:** Banners must be fabric. No helium balloons or paper signs.

- Complete whole team entries will be processed in order received until any AM (morning) session 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.
- 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).
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to:
Deborah Keane
14910 66th Ave W.
Edmonds, WA 98026
- Email entries to: golfandswim@comcast.net
- Meet Entry contact/questions: 425-745-8926

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, June 18, 2008:

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 West Coast Aquatics

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-tekltd.com/downloads.html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.



Pacific Northwest Swimming
 2008 West Coast Invitational--Sanction #0806-SP02
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by West Coast Aquatics



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

Swimmers must have met only 1 listed standard to swim any/all events.

Friday, June 27, 2008 - AM SESSION 11/12

GIRLS LCM	GIRLS SCY	AGR	EVENT #	EVENT	BOYS LCM	BOYS SCY
6:05.09	6:46.19	11-12	1,2	400 FREE	6:07.39	6:46.39
3:25.89	2:56.89	11-12	3,4	200 BACK	3:22.19	2:51.09
3:53.49	3:22.49	11-12	5,6	200 BREAST	3:54.79	3:21.99
3:33.49	3:07.29	11-12	7,8	200 FLY	3:27.89	3:01.49
3:22.79	2:56.39	11-12	9,10	200 I.M.	3:18.29	2:51.29

Friday, June 27, 2008 - PM SESSION 13&O

GIRLS LCM	GIRLS SCY	AGR	EVENT #	EVENT	BOYS LCM	BOYS SCY
FINE DESIGN 50 METER CHALLENGE		13 & OVER	11,12	50 FLY	*FINE DESIGN 50 METER CHALLENGE	
		13 & OVER	13,14*	50 BACK		
		13 & OVER	15,16*	50 BREAST		
		13 & OVER	17,18*	50 FREE		
2:33.99	2:23.59	13-14	19,20	200 FREE	2:36.89	2:21.89
2:29.19	2:20.59	15 & OVER			2:22.89	2:08.89
3:22.69	3:08.19	13-14	21,22	200 BREAST	3:27.09	3:04.79
3:16.99	3:04.79	15 & OVER			3:06.89	2:46.79
2:59.29	2:48.09	13-14	23,24	200 FLY	2:57.99	2:43.69
2:53.69	2:45.29	15 & OVER			2:40.09	2:26.69
21:23.59	22:13.19	13-14	25,26	1500 FREE	22:23.49	21:39.69
20:45.99	21:56.29	15 & OVER			20:17.29	20:46.99

* May only enter one of these events. The Top Sixteen Performers will advance to the semi-finals on Saturday. The Top Eight Performers on Saturday will advance to the finals on Sunday.



Pacific Northwest Swimming
 2008 West Coast Invitational--Sanction #0806-SP02
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by West Coast Aquatics



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

Swimmers must have met only 1 listed standard to swim any/all events.

Saturday, June 28, 2008 - AM SESSION - 12&U						
GIRLS LCM	GIRLS SCY	AGR	EVENT #	EVENT	BOYS LCM	BOYS SCY
2:03.49	1:46.79	10 UNDER	27,28	100 BREAST	2:03.89	1:46.09
1:46.99	1:33.09	11-12	29,30	100 BREAST	1:45.59	1:31.49
3:17.09	2:52.49	10 UNDER	31,32	200 FREE	3:17.89	2:53.49
2:54.59	2:33.39	11-12	33,34	200 FREE	2:53.59	2:31.29
N/A	N/A	10 UNDER	35,36	200 FREE RELAY	N/A	N/A
N/A	N/A	11-12	37,38	200 FREE RELAY	N/A	N/A
48.19	42.59	10 UNDER	39,40	50 FLY	47.39	41.69
42.29	37.69	11-12	41,42	50 FLY	40.99	36.39
49.59	42.79	10 UNDER	43,44	50 BACK	49.99	43.59
43.79	37.99	11-12	45,46	50 BACK	43.19	37.69
42.29	37.59	10 UNDER	47,48	50 FREE	43.89	38.19
36.19	31.69	11-12	49,50	50 FREE	38.29	33.49
Saturday, June 28, 2008 - PM SESSION - 13&O						
GIRLS LCM	GIRLS SCY	AGR	EVENT #	EVENT	BOYS LCM	BOYS SCY
		13 & OVER	11,12*	50 FLY		
FINE DESIGN 50 METER CHALLENGE TOP 16 FROM FRIDAY PRELIMS		13 & OVER	13,14	50 BACK	*FINE DESIGN 50 METER CHALLENGE TOP 16 FROM FRIDAY PRELIMS	
		13 & OVER	15,16*	50 BREAST		
		13 & OVER	17,18*	50 FREE		
		13-14	51,52	200 IND. MEDLEY		
2:57.39	2:41.39	15 & OVER			2:41.89	2:24.69
2:52.89	2:41.09	13-14			1:23.49	1:11.09
1:22.39	1:15.49	15 & OVER	53,54	100 BACK	1:14.79	1:06.49
1:19.59	1:14.39	13-14			1:19.69	1:13.69
1:20.69	1:15.89	15 & OVER	55,56	100 FLY	1:11.69	1:05.49
1:18.39	1:13.99	13-14			N/A	N/A
N/A	N/A	15 & OVER	57,58	200 FREE RELAY	N/A	N/A
N/A	N/A	13-14			N/A	N/A
5:20.99	6:19.19	15 & OVER	59,60	200 FREE RELAY	5:34.39	6:08.99
5:10.69	6:11.99	13-14	61,62	400 FREE	5:01.49	5:49.59
		15 & OVER				



Pacific Northwest Swimming
 2008 West Coast Invitational--Sanction #0806-SP02
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by West Coast Aquatics



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

Swimmers must have met only 1 listed standard to swim any/all events.

Sunday, June 29, 2008 - AM SESSION - 12&U						
GIRLS LCM	GIRLS SCY	AGR	EVENT #	EVENT	BOYS LCM	BOYS SCY
1:49.89	1:35.89	10 UNDER	63,64	100 FLY	1:47.59	1:33.79
1:34.19	1:23.19	11-12	65,66	100 FLY	1:31.59	1:20.39
1:47.59	1:32.69	10 UNDER	67,68	100 BACK	1:48.39	1:33.39
1:34.19	1:21.09	11-12	69,70	100 BACK	1:32.99	1:20.09
1:32.29	1:20.99	10 UNDER	71,72	100 FREE	1:33.19	1:21.39
1:21.99	1:12.09	11-12	73,74	100 FREE	1:21.39	1:10.89
N/A	N/A	10 UNDER	75,76	200 MEDLEY RELAY	N/A	N/A
N/A	N/A	11-12	77,78	200 MEDLEY RELAY	N/A	N/A
3:49.59	3:20.49	10 UNDER	79,80	200 IND. MEDLEY	3:46.19	3:18.59
7:16.09	6:20.29	11-12	81,82	400 IND. MEDLEY	7:12.09	6:12.09
56.19	48.79	10 UNDER	83,84	50 BREAST	1:01.69	48.59
49.29	43.29	11-12	85,86	50 BREAST	52.29	41.79
Sunday, June 29, 2008 - PM SESSION - 13&O						
GIRLS LCM	GIRLS SCY	AGR	EVENT #	EVENT	BOYS LCM	BOYS SCY
FINE DESIGN 50 METER CHALLENGE TOP 8 FROM SATURDAY SEMI-FINALS		13 & OVER	11,12	50 FLY	FINE DESIGN 50 METER CHALLENGE TOP 8 FROM SATURDAY SEMI-FINALS	
		13 & OVER	13,14	50 BACK		
		13 & OVER	15,16	50 BREAST		
		13 & OVER	17,18	50 FREE		
1:33.59	1:21.69	13-14	87,88	100 BREAST	1:34.39	1:22.19
1:30.89	1:19.49	15 & OVER			1:25.29	1:15.69
2:58.39	2:34.59	13-14	89,90	200 BACK	2:58.29	2:39.39
2:52.89	2:30.59	15 & OVER			2:40.99	2:25.19
1:12.59	1:03.69	13-14	91,92	100 FREE	1:13.69	1:04.79
1:10.39	1:01.79	15 & OVER			1:06.79	59.79
N/A	N/A	13-14	93,94	200 MEDLEY RELAY	N/A	N/A
N/A	N/A	15 & OVER	95,96	200 MEDLEY RELAY	N/A	N/A
6:15.99	5:30.19	13-14	97,98	400 IND. MEDLEY	6:22.69	5:36.59
6:06.79	5:21.89	15 & OVER			5:44.99	5:13.69



Pacific Northwest Swimming
 2008 West Coast Invitational--Sanction #0806-SP02
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by West Coast Aquatics



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 \$15.00	\$
INDIVIDUAL EVENTS:		X \$ 4.00	\$
RELAY:		X \$10.00	\$
		TOTAL:	\$

Make one check payable to **West Coast Aquatics**.

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.