



**Pacific Northwest Swimming  
Sockeye Sprints - 2005  
Hazen High School Pool  
Renton, Washington  
Hosted by Issaquah Swim Team**



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

**SANCTION #:** 0510-SP01

**DATE:** October 15, 2005

**HOSTED BY:** Issaquah Swim Team

**MEET DIRECTOR:**

Scott Haase  
3021 206<sup>th</sup> Way NE  
Sammamish, WA 98074  
[haases@cablespeed.com](mailto:haases@cablespeed.com)  
(425) 836-0496  
(425) 836-0487 (fax)

**MEET REFEREE:**

Jay Sak  
24204 SE 47<sup>th</sup> St  
Issaquah, WA 98029  
[jb@jsak.net](mailto:jb@jsak.net)  
(425) 837-4665

**TEAM WEBSITE:**

<http://www.istsockeyes.org>

**LOCATION:**

Hazen High School Pool  
1101 Hoquiam Ave NE  
Renton, Washington

**DIRECTIONS:**

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

**FACILITY:**

- 25 yards
- Starting end 6.5 feet deep, turning end 3.6 feet deep
- 6-lane competitive pool
- Warm-up pool: adjacent diving tank
- 200-250 spectator seats, plus good deck space for swimmers and coaches
- Colorado Timing System
- Scoreboard (Six lane readout)
- 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 identified to PNS and directed to leave the property.**

**ONSITE AMENITIES:**

- Vendor: Pacific Bay Swim and Sport
- Heat Sheets: \$3.00

- Results:** \$4.00 (Results, a backup of the meet manager, and COMMLINK file will be posted on the PNS website, following the meet)
- Concessions:** a.m.-Breakfast, p.m.-Lunch, Snacks-all day long!
- Hospitality:** For coaches and officials only
- Parking:** Several lots available at high school

**WARMUPS AND START TIMES:**

- All published timelines 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**
- Session I:** Warmups: 8:00 am; Timed Finals: 9:00 am
- Session II:** Warmups immediately following the conclusion of a.m. Session; Timed Finals one hour after start of warm-ups
  - Session II Warmups start time may be adjusted later as determined by the Meet Referee
  - Session II Warmups may be shortened as determined by the Meet Referee in consultation with attending coaches

**COACHES:**

- Coaches are required to show current USA Swimming Coach Registration
- Current credentials must be visible at all times while on deck
- Pick up Coaches' packet at the Clerk of Course desk

**OFFICIALS:**

- Officials are required to show current USA Swimming Non-Athlete Registration and Certification
- Current credentials must be visible at all times while on deck

**MEETINGS:**

- Coaches meeting: 7:45 am
- Officials meeting: 45 minutes before the start of each session
- Timers meeting: As announced, shortly before each racing session begins

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming or FINA recognized equivalent
- Age groups are based on the age of the swimmer as of the first day of competition
- Age groups for competition will be 8 & under, 9-10, 11-12, 13-14, and 15 & over

**ENTRY DEADLINE:**

- Entries must be received by **Wednesday, October 5, 2005**. Late or incomplete entries will not be accepted

**ENTRIES:**

- Entries will be only be accepted upon receipt of **all** of the required information (per the entry submittal section) **prior to the entry deadline**
- Teams are encouraged to submit entries as early as possible. Complete team entries will be processed in the order that they are received **as long as the resulting timeline for either session remains less than 4 hours**
- Athletes limited to a maximum of three (3) individual entries plus three (3) relays. **Entries exceeding this limit will be scratched without**



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notification. Entry Fees for individual entry count limitation scratched entries **will not be refunded**

- Recheck all entries, as **NO** entries or corrections will be accepted after the deadline
- All USA Swimming registration numbers will be verified with the PNS registration database with automatic registration and penalty fees per PNS Policy 97-08
- On deck USA Swimming registration will **not** be permitted
- Deck entries for individual events or relays will be allowed in open lanes only.
- Deck entered swimmers who are not already in the meet are required to:
  1. Show Proof of USA Swimming or FINA recognized equivalent registration
  2. Complete a PNS Deck Entry Registration Form – available at Clerk of Course
- Deck entry swims are swum as Exhibitions, i.e., **not** eligible for scoring or awards

**ENTRY SUBMITTAL:**

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 Report** for individual and relay entries 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** - Check only

• **Submittal Formats:**

- **Electronic files:** email attachments (preferred) or disk
- **Hardcopies:** mail, hand-deliver or fax. If sending via express mail, please waive signature requirement.
- **Disk:** 3½ inch floppy disk, double density or high density format, CD or DVD, and should be mailed or delivered using a protective envelope
- To ensure correct entries, Teams that do not have Team Manager or equivalent software are encouraged to obtain the free of charge Hy-Tek Lite to complete and submit entries for this meet. This software is available at <http://www.hy-tekltd.com/downloads.html>

• **Submittal Notes:**

- Meet Entry Report or equivalent hardcopy must include: Full name of club, and, for each swimmer, first and last name, actual age as of first day of meet, gender, USA Swimming permanent 14-character identification number, events entered, and entry times
- Relay-only swimmers must be listed on the Meet Entry Report (or equivalent) and appropriate surcharges must be included with the entry
- Cooperation is appreciated in facilitating the entry process by making your entries and proof of times complete, orderly, and legible.

**ENTRY FEES:**

- Athlete surcharge: \$5.00
- New to meet Deck Entry surcharge: \$10.00
- Individual Events: \$2.00
- Relays: \$8.00
- Make one check for team entries payable to IST

- No refunds or credits will be given for events entered but not swum

**SUBMIT ENTRIES TO:**

Scott Haase  
3021 206<sup>th</sup> Way NE  
Sammamish, WA 98074  
[haases@cablespeed.com](mailto:haases@cablespeed.com)  
(425) 836-0496  
(425) 836-0487 (fax)

**SCORING:**

- Individual events: 7-5-4-3-2-1
- Relay events: Double individual event values

**AWARDS:**

- Individual: Ribbons, 1<sup>st</sup> – 6<sup>th</sup>
- Relays: Ribbons, 1<sup>st</sup> – 6<sup>th</sup>
- Team: Trophy, 1<sup>st</sup>– 3<sup>rd</sup>

**MEET RULES:**

- Current USA Swimming rules will govern throughout the meet
- All shallow end starts/relay transitions in the water
- 100 Yard Relay starts at shallow end will be in-water only
- All Backstroke relay starts in the water
- Relays only score if they have at least one relay member from each gender
- Progressive Relays only score if they have at least 2 members from each age group in the session

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
  - Lanes 1 & 6 pace lanes, no diving starts
  - Lanes 2 & 5 sprint lanes; dive starts, return in lanes 3 & 4
  - Lanes 3 & 4 general warm-up
  - Additional sprint lanes may be made available upon request to the Meet Referee
- Pool closes promptly five minutes before start of competition
- Warm-up procedures may be modified at the discretion of the Meet Referee
- 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:**

- Coaches are responsible for their team's swimmers throughout the meet, including warm-up, warm down, and use of the dive tank
- 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
- No diving from the blocks/ends of the pool except for competition purposes or for designated sprint lanes during designated times in the main pool
- No diving from the sides of the pool
- No jumping into the pool
- Backstroke swimmers enter the water feet first in rotation



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- Unless directed by Meet Referee during the racing sessions, no diving over persons in the water
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove from the warm-up or the meet any attendee, swimmer, coach, or club that does not use safe practices or follow the safety rules

**OTHER NOTES:**

- All attendees are required to cooperate with meet officials and working personnel to ensure a safe and enjoyable meet for all participants
- 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 trash
- In granting this sanction it is understood and agreed that 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, 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

## Sockeye Sprints – 2005 Order of Events

### Morning Session

1	9-10 200 Mixed Medley Relay	
2	11-12 200 Mixed Medley Relay	
3	Girls 9-10, 11-12 50 Back	*
4	Boys 9-10, 11-12 50 Back	*
5	9-10 200 Mixed Free Relay	
6	11-12 200 Mixed Free Relay	
7	Girls 9-10, 11-12 50 Breast	*
8	Boys 9-10, 11-12 50 Breast	*
9	9-10 200 Mixed Back Relay	
10	11-12 200 Mixed Back Relay	
11	Girls 9-10, 11-12 50 Fly	*
12	Boys 9-10, 11-12 50 Fly	*
13	9-10 200 Mixed Breast Relay	
14	11-12 200 Mixed Breast Relay	
15	Girls 9-10, 11-12 50 Free	*
16	Boys 9-10, 11-12 50 Free	*
17	9-10 200 Mixed Fly Relay	
18	11-12 200 Mixed Fly Relay	
19	Open 500 Mixed Progressive Free Relay	

\* Age groups swum together, scored separately  
**500 Progressive Relay:** 50-100-150-200

### Afternoon Session

21	8&U 100 Mixed Medley Relay	
22	13&O 200 Mixed Medley Relay	
23	Girls 8&U 25 Back	
24	Boys 8&U 25 Back	
25	Girls 13&O 50 Back	
26	Boys 13&O 50 Back	
27	8&U 100 Mixed Free Relay	
28	13&O 200 Mixed Free Relay	
29	Girls 8&U 25 Breast	
30	Boys 8&U 25 Breast	
31	Girls 13&O 50 Breast	
32	Boys 13&O 50 Breast	
33	8&U 100 Mixed Back Relay	
34	13&O 200 Mixed Back Relay	
35	Girls 8&U 25 Fly	
36	Boys 8&U 25 Fly	
37	Girls 13&O 50 Fly	
38	Boys 13&O 50 Fly	
39	8&U 100 Mixed Breast Relay	
40	13&O 200 Mixed Breast Relay	
41	Girls 8&U 25 Free	
42	Boys 8&U 25 Free	
43	Girls 13&O 50 Free	
44	Boys 13&O 50 Free	
45	8&U 100 Mixed Fly Relay	
46	13&O 200 Mixed Fly Relay	
47	Open 325 Mixed Progressive Free Relay	

**325 Progressive Relay:** 25-50-100-150

- All shallow end starts/relay transitions in the water
- 100 Yard Relay starts at shallow end will be in-water only
- All Backstroke relay starts in the water
- Relays only score if they have at least one relay member from each gender
- Progressive Relays only score if they have at least 2 members from each age group in the session



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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.

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

**MEET ENTRY FEES ENCLOSED:**

<b>SURCHARGE</b>		<b>X \$5.00</b>	<b>\$</b>
<b>INDIVIDUAL ENTRIES</b>		<b>X \$2.00</b>	<b>\$</b>
<b>RELAYS</b>		<b>X \$8.00</b>	<b>\$</b>
		<b>TOTAL</b>	<b>\$</b>

**Make ONE check payable to Issaquah Swim Team**

**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/Team Representative

\_\_\_\_\_  
Date

\_\_\_\_\_  
Phone

**Important Note:** Upon processing of the pre meet exception report PNS will register all athletes as USA Swimming athlete members that are not in the PNS data base, in accordance with USA Swimming registration practices. PNS shall require the club or responsible party to pay an amount equal to the current athlete registration fee plus a \$15 fine for each athlete that is registered from the pre-meet exception report. Upon processing of the post meet exception report PNS shall impose a fine of \$100 per swimmer against a club or responsible party when a coach member, club representative or parent signs a document or deck entry form which indicates that an athlete is registered with USA Swimming for a meet when that athlete is not a registered USA Swimming athlete member. 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 receipt of the fine statement; whichever occurs first.



**Pacific Northwest Swimming**  
**January Challenge – Division 4**  
**Hazen High School Pool**  
**Renton, Washington**  
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**MEET EVALUATION FORM**

Your constructive input will go directly to Pacific Northwest Swimming Evaluation Committee to improve the meets and benefit the swimmers. Please take time to FILL OUT THIS FORM and TURN IT IN! Or mail to PNS Office, 753 N Central Ave, Kent WA. 98032.

Rating Code	Facility
0 = Not available	Pool
1 = Poor	
2 = Below Average	Deck Space
3 = Average	Spectator Space
4 = Above Average	Parking
5 = Excellent	Food Concession

Officials	Meet Management
Referee	Meet Organization
Starter	Timing System
Stroke and Turn	Starting System
Consistency	Computer System
Number of Officials	Timers
	Result Posting

Meet Format	
Size of Sessions	Heat Sheet Posting
Rest for Swimmers	P.A. System
Warm-up Sessions	Length of Sessions
Warm-down Area	Awards
	Hospitality

Comments: