



**Pacific Northwest Swimming
October Challenge – Division 2
Kamiak High School Pool
Mukilteo, Washington
Hosted by West Coast Aquatics**

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

SANCTION #0510-SCD02

DATE: October 22-23, 2005

HOSTED BY: West Coast Aquatics

MEET DIRECTOR:

Kelly McDermott
westswimmom@comcast.net
425-338-9115

MEET REFEREE:

Jan Kavadas
425-775-5814

LOCATION:

Kamiak High School Pool
10801 Harbour Point Blvd.
Mukilteo, Washington

DIRECTIONS:

- **From the south:** Take I-5 N to exit #182; follow signs to SR 525 and Mukilteo. Head north on SR 525 (Mukilteo Speedway) for about 5.5 miles to the 2nd Harbour Pointe Blvd Turn left; follow road past the fire station and Harbour Pointe Middle School. Kamiak HS will be on your left after the curve.
- **From the east:** coming north on 405, stay on 405 until end and follow SR 525. Follow above directions.
- **From the north:** Take I-5 S to Highway 525 (Boeing/Mukilteo Freeway). Follow all the way to the end. At the "T" turn left onto Mukilteo Speedway (SR525) Turn right onto Harbour Pointe Blvd (first right). Follow road past the fire station and Harbour Pointe Middle School. Kamiak HS will be on your left after the curve.

FACILITY:

- 25 yards
- Starting end 12 feet deep, turning end 5 feet deep
- 6-lane competitive pool
- Warm-up pool: in the shallow end
- 400 spectator seats
- Daktronic Electronic Timing System
- Scoreboard (Six lane readout)

ONSITE AMENITIES:

- **Vendor:** Sylvia's Swimwear
- **Meet Heat Sheets:** \$5.00
- **Results:** \$6.00
- **Concessions:** Great concession available
- **Hospitality:** For coaches and officials
- **Parking:** Adjacent to pool

WARMUPS AND START TIMES:

Saturday, October 22, 2005

- **Session I** - Warmups: 8:00 a.m.; Timed Finals: 9:00 a.m.
- **Session II** - Warmups: Immediately following the conclusion of Session I, but not before 12:00 noon; Timed Finals: 1 hour after conclusion of Session I

Sunday, October 23, 2005

- **Session III** - Warmups: 8:00 a.m.; Timed Finals: 9:00 a.m.
- **Session IV** - Warmups: Immediately following the conclusion of Session III, but not before 12:00 noon; Timed Finals: 1 hour after conclusion of Session III

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 a.m.
- Officials' meetings: 8:15 a.m. (AM session) and 30 minutes before the start of competition (PM session)

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 8 and under, 9-10, 11-12, 13-14, and 15-over.

TEAMS:

**West Coast Aquatics
Bellevue Eastside Swim Team
Central Area Aquatic Team
Chinook Aquatic Club
Excel Swim Club
Issaquah Swim Team
South Snohomish County Dolphins
Vashon Aquatic Club
Washington Athletic Club
West Seattle YMCA Dolphins Swim Team**

ENTRIES:

- Individual entries are limited to a maximum of five (5) per day plus relays. Entries exceeding this limit will be scratched without notification and entry fees for entry count limitation scratches will not be refunded.
- Master Entry Summary and Meet Entry Fees must be submitted with entries by all teams by the deadline.
- Recheck all entries, as NO entries or corrections will be accepted after the deadline.
- On deck USA Swimming registration will not be permitted.
- Deck entries for individual events or relays will be allowed in open lanes only at the discretion of the referee. \$10.00 surcharge for those swimmers not previously entered in the meet. \$2.00 per deck entry events. Deck entry swims are not eligible for award.



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- 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 (available at Clerk of Course).
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

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 (sorted by swimmer) 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** – One check please
- **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, please waive signature requirement.
 - **Disk:** 3½ inch floppy disk, double density or high density format, or CD, 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-tek.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 complete, orderly, and legible.

ENTRY FEES:

- Surcharge: \$5.00
- Individual Events: \$2.00
- Relays: \$8.00
- Make one check for team entries payable to **West Coast Aquatics**
- No refunds or credits will be given for events entered but not swum.
- All Meet Entry Fees must accompany entries.

ENTRY DEADLINE:

- Entries must be received by 6:00 PM, October 13, 2004
- Late or incomplete entries will not be accepted.
- If sending express mail, please waive signature requirement.

MAIL ENTRIES TO:

Troy Emmons
West Coast Aquatics
15622 Country Club Dr.
Mill Creek, WA 98012
coachtroys@swimWCA.org
(425) 745-3474

SCORING:

- Individual Events in each division based on seed times (Gold, Silver, Bronze): 7-5-4-3-2-1
- Relay Events (Gold Division): 14-10-8-6-4-2

AWARDS:

- Individual: Ribbons 1st thru 6th in each division based on seed times (Gold, Silver, Bronze)
- Relays: (Gold Ribbons) 1st thru 6th

MEET RULES:

- Current USA Swimming rules will govern throughout the meet.
- **Distance Events:** The 500 freestyle and 400 i.m. events for 13 and over will be deck seeded, with all heats being swum fastest to slowest alternating girls and boys.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period
 - Lanes 1 and 6 - pace lanes (no diving starts)
 - Lane 2 and 5 - sprint lanes (dive starts - return in lanes 3 and 4)
 - Lanes 3,4 - general warm-up
 - Additional sprint lanes may be made available upon request to the Meet Referee
- Pool closes promptly 5 minutes before 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 do not follow the safety rules from the warm-up or the meet.
- Coaches are responsible for their team's swimmers throughout the meet - including warm-up and warm down.
- 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 USA Swimming shall be free from any liabilities or claims for damages



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arising by reason of injuries to anyone during the conduct of the event.

- Only authorized volunteers and working personnel can remain on deck. All others must remain in the designated spectator area 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 time.
- 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.



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

Comments: