



**Pacific Northwest Swimming
November Challenge – Division 4
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 #: 0511-CSD04

DATE: November 19-20, 2005

HOSTED BY: Issaquah Swim Team

MEET DIRECTOR:

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

MEET REFEREE:

Scott Allen
15850 SE 47th St
Bellevue, WA 98006
scottallen1@comcast.net
(425) 641-5371

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 142nd 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, Coffees al la Cart
- Heat Sheets:** \$5.00

- Results:** \$6.00 (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, Espresso drinks and Italian sodas! 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**
- a.m. Sessions:** Warmups: 8:00 am; Timed Finals: 9:00 am
- p.m. Sessions:** Warmups immediately following the conclusion of a.m. Session; Timed Finals one hour after start of warm-ups
 - p.m. Session Warmups start time may be adjusted later as determined by the Meet Referee
 - p.m. Session 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 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 & under, 9-10, 11-12, 13-14, and 15 & over

TEAMS:

- Issaquah Swim Team
- Bellevue Club Swim Team

ENTRY DEADLINE:

- Entries must be received by 6:00 p.m. **Wednesday, November 9, 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**



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- Athletes limited to a maximum of five (5) individual entries plus relays. **Entries exceeding this limit will be scratched without 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 at the discretion of the referee.
- Deck entered swimmers who are not already in the meet are required to:
 1. Show Proof of USA Swimming registration through PNS
 2. Complete a PNS Deck Entry Registration Form – available at Clerk of Course
- Deck entry swims are swum as Exhibitions and are 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 206th Way NE
Sammamish, WA 98074
flyguy@haasehome.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, 1st – 6th in each division based on seed times (Gold, Silver, Bronze)
- Relays: Ribbons, 1st – 6th

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
- **Distance Events:** The 13&O 500 freestyle and 400 IM events will be deck seeded, with all heats swum fastest to slowest alternating girls and boys. Positive check-in for these events will close one hour prior to the start of the event.
13&O swimmers in the 500 freestyle and 400 IM need to provide their own timer.
All Swimmers in the 500 freestyle need to provide their own counter.

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



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- No diving from the sides of the pool
- No jumping into the pool
- Backstroke swimmers enter the water feet first in rotation
- 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 swimmer, coach, or club that does not use safe practices or follow the safety rules

OTHER NOTES:

- 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 time.
- 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



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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 \$5.00	\$
INDIVIDUAL ENTRIES		X \$2.00	\$
RELAYS		X \$8.00	\$
		TOTAL	\$

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
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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: