



**Salmon Bay Fall Senior Meet
Helene Madison Pool
Seattle, Washington
Hosted by Salmon Bay Aquatics**



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

SANCTION #0510-SP04

DATE: October 29-30, 2005

HOSTED BY: Salmon Bay Aquatics

MEET DIRECTOR:

Kim Lowry/Doug Rusk

Doug.rusk@comcast.net

Kim (206) 478-8010

Doug (206) 362-3277

MEET REFEREE:

Dan Lowry

rundanrn@comcast.net

(206) 478-8004

LOCATION:

Helene Madison Pool
13401 Meridian Ave N
Seattle, WA 98133

DIRECTIONS:

- Northbound: From I-5 take 130th St exit. Go west (left) on 130th to Meridian (2nd light). Go north (right) on Meridian. Pool is on the left at 134th.
- Southbound: From I-5, take 145th St exit. Go west (right) on 145th to Meridian (2nd light). Go south (left) on Meridian. Pool is on the right at 134th.

FACILITY:

- 25 yards
- Starting end 10 feet deep, turning end 4 feet deep
- 6-lane competitive pool;
- Warm-up pool: in the shallow end
- 350 spectator seats in gallery with additional space for one row of personal chairs; limited space at warmup pool end of deck for personal chairs
- Electronic Timing System
- Scoreboard supplied

ONSITE AMENITIES:

- Heat Sheets \$5.00
- Results: \$5.00
- Concessions: Will be available Saturday and Sunday.
- Hospitality: available for coaches and officials
- Parking: Available in parking lot north of pool .

WARMUPS AND START TIMES:

Saturday, October 29, 2005

- Session I - Warm-ups: 7:30 a.m.;

- Timed Finals: 9:30 a.m.

Sunday, October 30, 2005

- Session II - Warm-ups: 7:30 a.m.
- Timed Finals: 9:30 a.m.

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: 7:15 a.m. Saturday
- Officials' meeting: 30 minutes prior to the start of each session

ELIGIBILITY:

- All swimmers must be registered with USA Swimming or FINA equivalent.
- Competition will be Open - Women and Men

ENTRIES:

- Maximum number of swimmers: 400
- Maximum number of splashes: 2000
- Individual entries are limited to a maximum of five (5) per day and one (1) relay.
- 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 swimmers are not eligible for award.
- 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.**



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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, 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-tektd.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 **Salmon Bay 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 21, 2005
- Late or incomplete entries will not be accepted.
- If sending express mail, please waive signature requirement.

MAIL ENTRIES TO:

Salmon Bay Aquatics c/o Theo deVos
1208 NE 100th
Seattle, WA 98125
Phone: (206) 527-4106
t.devos@comcast.com

AWARDS:

- **Individual:** Trophies will be presented to meet high point female and male athletes based on individual events.

MEET RULES:

- Current USA Swimming rules will govern throughout the meet.

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 and 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 warmup. Deck Marshals have the authority to remove any swimmer, coach or club who do not follow the safety rules from the warmup or the meet.



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- Coaches are responsible for their team's swimmers throughout the meet - including warmup and warm down.
- Swimmers who participate without their USA swimming certified coach present must notify the Meet Referee prior to warmup. 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 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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ORDER OF EVENTS

Saturday, A.M.

1,2	200 Medley Relay	NT	NT
3,4	400 IM	5:20.00	5:00.00
5,6	200 Free	2:12.00	2:05.00
7,8	100 Fly	1:08.00	1:04.00
9,10	1000 Free*	12:00.00	11:30.00
11,12	50 Free	30.00	28.50
13,14	200 Breast	2:55.00	2:45.00
15,16	100 Back	1:09.00	1:05.00
17,18	400 Stroke	5:45.00	5:30.00

Choice - not Free

Sunday, A.M.

19,20	200 Free Relay	NT	NT
21,22	500 Free	5:50.00	5:35.00
23,24	200 IM	2:30.00	2:24.00
25,26	200 Fly	2:40.00	2:32.00
27,28	100 Free	1:03.00	59.00
29,30	200 Back	2:35.00	2:28.00
31,32	100 Breast	1:22.00	1:17.00
33,34	800 IM	11:00.00	11:00.00

* Top 5 Heats
Combined Only



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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: