



Western Region Section  
Senior Circuit  
Weyerhaeuser King County Aquatics Center  
Federal Way, Washington  
Hosted by Tacoma Swim Club



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

SANCTION #0601-SP02

DATE: January 7-8, 2006

HOSTED BY: Tacoma Swim Club

MEET DIRECTOR:

Tracy Chan  
[Tracy7188@aol.com](mailto:Tracy7188@aol.com)  
253-952-7188

MEET REFEREE:

Ken Breiding  
[kenbreiding@comcast.net](mailto:kenbreiding@comcast.net)  
253-630-1198

LOCATION:

Weyerhaeuser King County Aquatics Center  
650 SW Campus Drive  
Federal Way, Washington  
(253) 296-4444

DIRECTIONS:

- North or South on I-5 take exit 142B west on 348<sup>th</sup> (becomes Campus Drive after crossing 1<sup>st</sup> Ave S.) Pool is on the right side approximately 1.25 miles from I-5.

FACILITY:

- World Class Aquatic Facility. Site of the 1990 Goodwill Games and 1991, 1994, 1997 and 2000 Spring National Championships.
- Indoor 50 meters, 9 feet deep, 8-lane competitive pool.
- Diving Pool will be available for a continual warm-up.
- Facility is wheelchair accessible
- 2500 spectator seats.
- Omega timing system
- Full read scoreboard.

ONSITE AMENITIES:

- **Vendor:** Northwest Swim Shop
- **Heat Sheets**
- **Psych Sheets:** \$5.00
- **Meet Heat Sheets:** \$3.00 per day
- **Results:** \$5.00
- **Concessions:** Snack bar is available throughout the competition and is controlled and operated under contract with King County and the Aquatic Center - the host team and PNS receive no benefit.
- **Hospitality:** Refreshments will be available for coaches and, officials in the hospitality room. Swimmers and spectators are not allowed.
- **Parking:** Available at the Aquatic Center. Parking is not permitted in designated fire lanes and vehicles will be subject to towing and fines. Do not leave valuables in vehicles.
- **RV parking:** RV parking only in the north parking lot. **RV hookups are not permitted.**

WARMUPS AND START TIMES:

Saturday, January 7, 2006

- **Session I** - Warm-ups: 8:30 - 9:55 a.m.; Scratch Form Deadline: 9:00 a.m. Timed Finals: 10:00 a.m.

Sunday, January 8, 2006

- **Session II** - Warm-ups: 7:30 - 8:55 a.m.; Scratch Form Deadline: 8:15 a.m. Timed Finals: 9:00 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: 9:45 a.m. - Saturday
- Officials' meeting: 45 minutes prior to competition each day.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming or FINA equivalent.
- Must have achieved meet time standards for the events entered.
- Only teams from Northwest Section of Western Zone and other **invited** non-Northwest Section teams may enter the meet.

ENTRIES:

- Individual entries are limited to a maximum of five (5) per day and one (1) relay per day.
- Swimmers may enter those events in which they have attained meet time standards. One (1) non-qualified "bonus" event may be entered each day, if at least one (1) qualifying swim is entered that day. The entry limited included any non-qualifying time entries.
- Meet 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.
- Relay only swimmers must be listed on the team master entry and appropriate surcharges included with entry.
- Your cooperation is appreciated in facilitating the entry process by making entries complete, orderly, and legible.
- On deck USA Swimming registration will not be permitted.
- No deck entries will be accepted.
- Time trials are not offered at this meet.
- **All Pacific Northwest Swimming participants' 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:



**Western Region Section  
Senior Circuit  
Weyerhaeuser King County Aquatics Center  
Federal Way, Washington  
Hosted by Tacoma Swim Club**



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

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-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 complete, orderly, and legible.
    - If short course yards entry times are used, put "SCY" next to the time and star (\*\*\*). Short course entry times will be seeded after long course entry times.
    - Enter relay times on the Relay Entry sheet enclosed and return with the Master Entry Form. Coaches will receive relay forms at the meet to list swimmers' names and order. Relay forms are to be returned to Clerk of Course one (1) hour before the scheduled meet starting time, but may be changed up to the time of the event.

**ENTRY FEES:**

- Surcharge: \$10.00
- Individual Events: \$7.50
- Relays: \$15.00
- Make one check for team entries payable to **Tacoma Swim Club**
- 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 P.M., Wednesday December 28th, 2005**
- Late or incomplete entries will not be accepted.

- *If sending express mail, please waive signature requirement.*

**MAIL ENTRIES TO:**

Neil Beck  
C/o Senior Circuit  
P.O Box # 65006  
Tacoma, WA. 98464  
neilbeck@comcast.net

**SCORING:**

- None

**AWARDS:**

- None

**MEET RULES:**

- Current USA Swimming rules will govern throughout the meet.
- **All Events will be deck seeded.** Coaches must return a scratch form for the day's events to the Clerk of Course **NO LATER THAN 9:30 a.m. on Saturday and 8:30 A.M. on Sunday.**
- Swimmers are considered checked in for all events except for the 800 M Free and 1500 M Free unless scratched.
- If a swimmer fails to compete in an event, the swimmer will be disqualified from the next entered event (individual or relay).
- With specified scratch procedures and no-show penalties in place for this meet, the option of declared false start is not available.
- All events will be swum slow-to-fast except the 800 M free and 1500 M free.
- The 400 M free and 400 M individual medley **may** be limited to the fastest 64 entries checked-in of each gender (8 heats each).
- The 800 M free and 1500 M free **may** be limited to the fastest 32 entries checked-in of each gender.
- The 800 M free and 1500 M free will require a positive check-in no later than two (2) hours prior to the estimated start time. The exact time of this deadline will be announced Saturday after the other events are seeded and posted. Swimmers not checked in by the deadline are scratched from the event. Swimmers must supply their own timer and lap counter or swim unprotected.
- The 800 M free and 1500 M free will be swum fast-to-slow beginning with the first two heats of the 800, followed by the first two heats of the 1500, followed by the next two heats of the 800, et cetera. These events **may** be swum two swimmers to a lane, beginning at opposite ends.
- If it is necessary to limit entries (400 IM, 400 Free, 800 Free, 1500 Free) or swim 2 to a lane (800 Free, 1500 Free), announcement will be made in the coaches meeting.

**DEADLINES:**

- All deadlines will be strictly enforced.
- Clerk of Course desk will open at 8:00 AM Saturday and 7:30 AM Sunday.

**Saturday:**

- 200 Medley Relay forms due 9:00 AM
- All Saturday scratches due 9:30 AM



**Western Region Section  
Senior Circuit  
Weyerhaeuser King County Aquatics Center  
Federal Way, Washington  
Hosted by Tacoma Swim Club**



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

- Positive check-in for 800/1500 closes TBA  
(No less than 2 hours before the start of the events, exact deadline time will be announced.)

**Sunday:**

- 200 Free Relay forms due 8:00 AM
- All Sunday scratches due 8:30 AM

**WARM-UP PROCEDURES:**

Circle swim counter-clockwise only.

Enter pool feet first only (with no jumping) from either end; do not enter pool from the sides.

- Last half hour of warm-up period
  - Lanes 1 and 8 - pace lanes (no diving starts)
  - Lane 2 and 7 - sprint lanes (dive starts - return in lanes 3 and 6)
  - Lanes 3,4,5,6 - 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 pool deck 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 entry 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 from the warm-up or the meet who do not follow the safety rules.
- 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 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.
- **Team Areas:** Please keep your area clean and pick up trash.
- 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.

**AUTHORIZED PERSONNEL ONLY:**

- Only coaches, officials (including on-duty timers and counters), and competing athletes are allowed in the designated competition area (the entire lower level of the Aquatic Center). All others must remain in the designated spectator area (the upper level of the Aquatic Center) at all times.



Western Region Section  
 Senior Circuit  
 Weyerhaeuser King County Aquatics Center  
 Federal Way, Washington  
 Hosted by Tacoma Swim Club



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

## ORDER OF EVENTS

Saturday, January 7, 2006

Event #	Event	Women - LCM	Women - SCY	Men - LCM	Men - SCY
1,2	200 medley Relay	NT	NT	NT	NT
3,4	400 I.M.	5:37.00	5:01.00	5:21.00	4:45.00
5,6	200 free	2:26.00	2:08.00	2:14.00	1:56.00
7,8	100 fly	1:14.00	1:06.00	1:07.00	59.00
9,10	50 free	31.00	28.00	28.00	25.00
11,12	100 back	1:19.00	1:11.00	1:12.00	1:04.00
13,14	200 breast	3:08.00	2:50.00	2:52.00	2:34.00
15,	W 800 free	10:14.00	11:20.00	N/A	N/A
16	M 1500 free	N/A	N/A	18:30.00	18:16.00

Sunday, January 8, 2006

Event #	Event	Women - LCM	Women - SCY	Men - LCM	Men - SCY
17,18	200 Free Relay	NT	NT	NT	NT
19,20	400 Free	4:58.00	5:33.00	4:43.00	5:14.00
21,22	200 i.m.	2:44.00	2:26.00	2:32.00	2:14.00
23,24	200 fly	2:49.00	2:31.00	2:35.00	2:17.00
25,26	100 free	1:07.50	59.50	1:01.50	53.50
27,28	200 back	2:47.00	2:29.00	2:36.00	2:18.00
29,30	100 breast	1:31.00	1:22.00	1:23.00	1:14.00





**Western Region Section  
Senior Circuit  
Weyerhaeuser King County Aquatics Center  
Federal Way, Washington  
Hosted by Tacoma Swim Club**



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

## 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.

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

<b>Officials</b>	<b>Meet Management</b>
Referee	Meet Organization
Starter	Timing System
Stroke and Turn	Starting System
Consistency	Computer System
Number of Officials	Timers
	Result Posting
<b>Meet Format</b>	Heat Sheet Posting
Size of Sessions	P.A. System
Rest for Swimmers	Length of Sessions
Warm-up Sessions	Awards
Warm-down Area	Hospitality

**Comments:**