

31st Annual Washington Open-Approval #0701-SP04A

Time Trials Approval #0701-TT04A

Weyerhaeuser King County Aquatic Center

Federal Way, Washington

Hosted by the member clubs of the Greater Seattle Swim Association:

Bellevue Club Swim Team, Cascade Swim Club, Chinook Aquatic Club, Issaquah Swim Team, Salmon Bay Aquatics, University of Washington, WAVE Aquatics, West Coast Aquatics, West Seattle YMCA

Held under approval of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

SCHEDULES	Thursday January 18, 2007	Friday January 19, 2007	Saturday January 20, 2007	Sunday January 21, 2007
Coaches Meeting		8:15 AM		
Positive Check-in Deadlines for 1000 and 1650 Freestyle Events	1000 free--5:00 pm			1650 free--start of event #32 (men 200 breast prelims)
Officials Meeting (prelims)		8:30 AM	8:30 AM	8:30 AM
Warm-up (prelims)		7:30 AM	7:30 AM	7:30 AM
Prelims		9:30 AM	9:30 AM	9:30 AM
Officials Meeting (finals)	5:15 PM	5:00 PM	5:00 PM	4:15 PM
Warm-up (finals)	4:30 PM	4:00 PM	4:00 PM	3:00 PM
Finals	6:00 PM	5:30 PM	5:30 PM	4:30 PM
Dive Tank End Pool	Men	Women	Men	Women
Scoreboard End Pool	Women	Men	Women	Men

MEET DIRECTOR:

Bob Regan

- bob.regan@verizon.net
- 425 836 1411

MEET REFEREE:

David Coddington

- djcoddington@comcast.net
- 253 630 4437

LOCATION AND DIRECTIONS

Weyerhaeuser King County Aquatic Center
650 SW Campus Drive
Federal Way, Washington

Directions from I-5: Take Exit 142B west on 348th. It becomes Campus Drive after crossing 1st Ave S. Pool is on the right side approximately 1 1/4 miles from I-5.

FACILITY

- World-class aquatic facility: Site of the 1990 Goodwill Games and 1991, 1994, 1997, 2000, and 2006 Spring National Championships
- Indoor 9-foot deep, 50 meter pool, divided into two eight-lane 25 yard courses by bulkheads.
- Diving tank will be available for continual warm-up.
- The area between the bulkheads is closed at all times.
- 2500 spectator seats
- Omega electronic timing system
- Full-read scoreboard

ONSITE AMENITIES

- **Vendor:** in lobby area
- **Meet Heat Sheets:** \$5.00
- **Finals Program:** \$1.00 per session
- **Results** on PNS web site

- **Concessions:** Subway operates under contract with King County; the host organization, its member teams, and PNS receive no benefit.
- **Hospitality:** Refreshments will be available for coaches and officials in the Hospitality Room. Swimmers, timers, and spectators are not allowed.
- **Parking:** Available at the Aquatic Center and in the Federal Way Little League parking lot to the east. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. Carpooling is strongly recommended.
- **RV Parking:** Limited RV parking is available in only the north parking lot. Dry camping--no sewer, water, or electricity.
- **RV Hookups:** Dash Point State Park, 800 562 0900 (Five miles from KCAC)
- **Camping:** KOA Seattle South Campground, 5801 S. 12th Street, Kent, 206 872 8652 (One mile from KCAC)
- **Warm-up, other than designated times, must be arranged directly with the King County Aquatic Center, 206 296 4444.**

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and/or FINA equivalent or with the NCAA.
- Swimmers must have met minimum qualifying time standards.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of six (6) individual events but no more than three (3) per day, including time trials. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- On-deck USA Swimming registration will not be permitted.
- No deck entries will be permitted.
- All USA Swimming registration numbers will be verified for PNS swimmers.

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ENTRY FEES:

- Surcharge: \$10.00
- Individual Event: \$ 5.00
- Relay: \$10.00
- Time trials \$ 5.00 (pay at meet)
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** Distinctive Washington Open Medals 1st - 3rd places.
Scoring 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- **Relay events:** Distinctive Washington Open Medals 1st - 3rd places.
Scoring 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- **Team trophies:** Top three teams--combined men's and women's scores
- **Individual high point:** Top scoring male swimmer and top scoring female swimmer

MEET RULES:

- Current USA Swimming rules govern throughout the meet, including warm-ups.
- The meet will be swum as prelims/finals (C/B/A) except for relays and the 1000/1650 events.
- Preliminary events may be swum with women and men in separate courses. Finals will be conducted in one course only.
- See Order of Events for more information.

DISTANCE EVENTS:

- The 1000 and 1650 freestyle events will require a positive check-in. Swimmers not checking in for the 1000 freestyle and/or 1650 freestyle events will automatically be scratched without penalty. Swimmers checking in for either of these events who do not swim will be scratched from their next scheduled individual or relay event.
- The check-in deadlines are Thursday at 5:00 PM for the 1000 freestyle and at the start of Event #32 prelims (men's 200 breaststroke) for the 1650 freestyle.
- The 1000 free and 1650 free events may be limited to six (6) heats each of women and six (6) heats each of men.
- Each swimmer must provide his/her own timer and counter (if desired). Lanes with no timer go unprotected.
- These events may be swum in two courses.

SCRATCH PROCEDURE FOR PRELIMS/FINALS EVENTS:

Prelims:

- There is no penalty for a failure to swim a preliminary heat of a pre-seeded prelims/finals individual event.

Finals:

- Once the C, B, and A finalists and two alternates are announced, those swimmers have 30 minutes to declare their intention to scratch and until 30 minutes after the completion of their last preliminary (not timed finals) event to finalize their intention to scratch. There is no penalty for scratches during this time.

- A swimmer for the C, B, or A finals of any prelims/finals event who fails to show will be barred from competing in the rest of the meet, unless properly scratched. This includes the two announced alternates. A swimmer who is not an announced C, B, or A finalist 30 minutes after the announcement of an event's results will not be penalized for a failure to scratch.

RELAYS:

Relay Information:

- The top sixteen (16) entry times for each gender of the 200 freestyle, 200 medley, and 400 medley relays will swim in finals--i.e., two heats of women's relays and two heats of men's relays.
- The top eight (8) entry times for each gender of the 800 freestyle relay will swim in finals--i.e., one heat of women's relays and one heat of men's relays.
- All other relays, including all heats of the 400 free relay, will swim during prelims.

Relay Slips:

- The top two copies of the relay slips must be submitted to the Clerk of Course by the stated deadline.
- The Lane Copy of the relay slip must be presented to the Head Lane Timer of the appropriate lane prior to the swim to verify the order in which the athletes will swim. This copy must be complete and legible.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
 - Lanes 1 & 8—pace lanes, no diving
 - Lanes 2 & 7—sprint lanes, dive starts, return in lanes 3 & 6
 - Lanes 3, 4, 5 & 6—general warm-up, no diving
 - Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closed promptly ten (10) minutes prior to 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.
- The space between the bulkheads is closed at all times.
- 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 does not follow the safety rules during warm-ups or the meet.
- Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
- 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.

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OTHER NOTES:

- In granting this approval it is understood and agreed that GSSA, its member clubs, PNS and 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 credentialed athletes, coaches, officials, authorized volunteers and facility employees are allowed on deck or in the locker rooms. All volunteers must check in prior to their assigned shift for a name tag which must be displayed while on deck.
- All others must remain in the designated spectator area or in public lobbies and are not allowed in the natatorium unless timing for an event in which swimmers must provide their own timers.
- 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.
- All persons acting in any coaching capacity must be coach members of USA Swimming or NCAA.
- 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 all trash before leaving each session.
- **Lost and Found:** Items will be left in place during the meet. After the meet, contact KCAC.
- **Team Banners:** Banners must be fabric. No helium balloons or paper signs.

TIMERS:

- All participating teams are asked to provide timers.
- Timer sign-in sheets will be located in the lobby during warmups.
- Larger teams should be prepared to take the first shift Friday.
- We appreciate your cooperation in facilitating this request.

TIME TRIALS:

- Time Trials will be available at the conclusion of prelims, subject to the Meet Referee's discretion. There will be no Time Trials on Sunday.
- One Time Trial per day per swimmer.
- Deck-entry only at the Clerk of Course.
- Time Trial fee: \$5.00 per event.
- Each swimmer should provide a timer and counter, if needed. Lanes with no timer go unprotected.

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, January 10, 2007:

1. **COMMLINK file** exported from Team Manager, if used.
2. **Meet Entry Reports** for individual (proof of time format sorted by swimmer) and relay (sorted by event) events 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 payable to GSSA

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 or hand-deliver. If sending via express mail, waive signature requirement.
- **Disk:** 3 ½ inch floppy disk (double density or high density) or CD, which should be mailed or delivered in a protective envelope
- To ensure correct entries, teams that do not have Team Manager or equivalent software can use Hy-Tek Lite to complete and submit entries for this meet. It is available at <http://www.hy-tek ltd.com/downloads.html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Meet Entry Report or equivalent hardcopy must include full name of club, and, for each swimmer, first and last names, actual age as of the first day of the meet, gender, USA Swimming permanent 14-character identification number, events entered, and entry time for each.
- Relay-only swimmers must be listed on the Meet Entry Report or equivalent, and appropriate surcharges must be included with the entry.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.

Mail entries to:

Linda Vicik
Bellevue Club Swim Team
11200 SE 6th
Bellevue WA 98004

- Email: vicikl@bellevueclub.com (all lower case "L" not the digit "1")
- Telephone: 425 868 3974

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ORDER OF EVENTS

THURSDAY, JANUARY 18, 2007

EVENT #	EVENT	WOMEN	MEN
1,2	1000 FREE (1)	11:37.49	11:37.49

(1) 1000 Free will be deck seeded, positive check-in (which will close at 5:00 pm), swum fast to slow, alternating women then men. These events may be limited to six heats each. Both courses may be used.

FRIDAY, JANUARY 19, 2007

EVENT #	EVENT	WOMEN	MEN
3,4	200 FREE RELAY(2)	N/A	N/A
5,6	500 FREESTYLE (3)	5:21.79	5:16.29
7,8	200 INDIVIDUAL MEDLEY	2:17.79	2:10.99
9,10	50 FREESTYLE	25.89	23.99
11,12	400 MEDLEY RELAY (4)	N/A	N/A

(2) Fastest two heats in finals; all others in prelims.

(3) 500 Free prelim heats will be swum AFTER the 400 Medley Relay, and both courses may be used. Finals will be swum in event number order.

(4) Fastest two heats in finals; all others in prelims.

SATURDAY, JANUARY 20, 2007

EVENT #	EVENT	WOMEN	MEN
13,14	200 MEDLEY RELAY (5)	N/A	N/A
15,16	400 IND. MEDLEY (6)	4:52.79	4:28.29
17,18	100 BUTTERFLY	1:02.49	59.29
19,20	200 FREESTYLE	2:00.49	1:54.99
21,22	100 BREASTSTROKE	1:13.09	1:08.49
23,24	100 BACKSTROKE	1:04.39	1:01.29
25,26	800 FREE RELAY (7)	N/A	N/A

(5) Fastest two heats in finals; all others in prelims.

(6) 400 I.M. prelim heats will be swum AFTER the 800 Freestyle Relay, and both courses may be used. Finals will be swum in event number order.

(7) 800 Freestyle Relay may be swum in both courses in prelims. Fastest heat of women and fastest heat of men swim in finals; all others swim in prelims

SUNDAY, JANUARY 21, 2007

EVENT #	EVENT	WOMEN	MEN
27,28	200 BACKSTROKE	2:19.59	2:16.79
29,30	100 FREESTYLE	55.89	52.39
31,32	200 BREASTSTROKE (8)	2:39.79	2:35.29
33,34	200 BUTTERFLY	2:21.79	2:21.79
35,36	400 FREE RELAY (9)	N/A	N/A
37,38	1650 FREESTYLE (8,10)	19:05.29	19:05.29

(8) 1650 Free check-in will close at the start of Event #32, the Men's 200 Breaststroke prelims.

(9) All heats will swim in prelims.

(10) 1650 Free will be deck seeded, positive check-in (which will close at the beginning of Event #32 prelims), swum fast to slow, alternating women then men. These events may be limited to six heats each. Both courses may be used.

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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 \$10.00	\$
INDIVIDUAL EVENTS:		X \$ 5.00	\$
RELAY:		X \$10.00	\$
		TOTAL:	\$

Make one check payable to **GSSA**.

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc. or the NCAA

Signature of Coach or Team Representative

Date

Phone Number

Important Note: Upon processing of the pre-meet exception report, PNS will register as a full-year USA Swimming athlete member any swimmer not then registered. PNS shall require the club or responsible party to pay an amount equal to the current full-year USA Swimming athlete registration fee, including the PNS surcharge, plus a \$15.00 fine for each athlete who is registered from the pre-meet exception report. 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 the receipt of the fine statement, whichever occurs first. See PNS AD 97-08 for additional information.