



**Pacific Northwest Swimming
Senior Time Trials
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
Hosted by King Aquatic Club**

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

SANCTION #: 0602-TT01

DATE: February 19, 2006

HOSTED BY: KING Aquatic Club

MEET DIRECTOR:

Hilary Smith
253-661-6448
dnhsmith@nwlink.com

MEET REFEREE:

Stephen Kirk
(253) 838-9321
Captain_srk@comcast.net

LOCATION:

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

DIRECTIONS:

- North or South on I-5 take exit 142B west on 348th (becomes Campus Drive after crossing 1st 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 with two 25-yard courses, 9 feet deep, 8-lane competitive pool.
- Diving Pool will be available for continual warm-up.
- 2500 spectator seats.
- Omega timing system
- Full read scoreboard.

ONSITE AMENITIES:

- Vendor:** Northwest Swim Shop
- Meet Heat Sheets:** \$2.00
- Results:** \$4.00
- Concessions:** Concessions available in the lobby
- Hospitality:** For coaches and officials
- Parking:** Available next to pool

WARMUPS AND START TIMES:

- Warm-ups: Following the conclusion of the distance meet; no earlier than 12:30 p.m.
- Timed Finals: About one hour following the conclusion of the distance meet; no earlier than 1:30 p.m. Exact times of the starts for warm-up and time trials will be announced at distance meet coaches meeting at 9:15 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:

- Officials' meeting: At the beginning of warm-ups
- Coaches' meeting: Held only if needed

ELIGIBILITY:

- All swimmers must be registered with USA Swimming.**
- Open Competition - swimmers must have met time standard

ENTRIES:

- Individual entries are limited to a maximum of three (3).
- 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.
- Forms that are not legible or incomplete cannot be processed in a timely matter. Cooperation is appreciated in facilitating the entry process by making entries complete, orderly, and legible..
- On deck USA Swimming registration will not be permitted.**
- Deck entries for individual events will be allowed in open lanes only. Deck entry surcharge \$20.00 for swimmers not previously entered in the meet. \$3.50 per individual event.
- 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:**

- COMMLINK file** exported from Team Manager (if used)
- Meet Entry Report** for individual (sorted by swimmer) and relay entries from Team Manager (preferred) or equivalent hardcopy.
- Meet Entry Fee Report** from Team Manager (preferred) or equivalent hardcopy
- Master Entry Summary form** Completed and **hand-signed** hardcopy only (original or faxed); typed signatures will not be accepted
- Meet Entry Fees** – One check please



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• 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
- Cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.

ENTRY FEES:

- Surcharge: \$10.00
- Individual Events: \$ 3.50
- Make one check for team entries payable to **KING Aquatic Club**
- No refunds or credits will be given for events entered but not swum.
- All Meet Entry Fees must accompany entries.

MAIL ENTRIES TO:

Hilary Smith
37833 35th Way S
Auburn, WA. 98001
dnhsmith@nwlink.com

MEET RULES:

- Current USA Swimming rules will govern throughout the meet.
- One competition pool will be used; events will not generally be combined.
- Deck seeded – positive check-in required for seeding. **Do NOT check in any swimmer that is not present.** Late arrivals please notify clerk of course of your intention to swim as soon as possible. Late arrivals and deck entries will be accommodated after all seeded swimmers have competed in that event.
- **Swimmers must provide their own timer and counter, if desired.**
- Positive check-in closes promptly at the beginning of warm-ups, no earlier than 12:30 p.m.
- Deck entries will close promptly at beginning of time trials, no earlier than 1:30 p.m.

- Exact deadlines for both positive check-in and deck entries (and times of the start of warm-ups and time trials) will be announced at the distance coaches meeting at 9:15 a.m.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Center pool – Eight lanes general warm-up. Enter pool feet first **only** from starting end **only**; do not enter from the sides or bulkhead.
- At 30 minutes before the start of the time trials, the Center pool will be used as follows:
 - Lanes 1 and 8 - pace lanes (no diving starts)
 - Lane 2 and 7 - sprint lanes (racing starts, one way only; return in lanes 3 and 6)
 - Lanes 3, 4, 5, and 6 - general warm-up (no starts or diving)
 - Additional sprint lanes may be made available upon request to the Meet Referee
- Warm-up will close promptly 5 minutes before the start of time trials.
- Additional warm-up and cool-down lanes will be available throughout the meet.
- Warm-up may be modified at the discretion of the Meet Referee.
- Space between the bulkheads is closed at all times.

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
- 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.
- Only authorized volunteers and working personnel—including on-duty timers and counters--can remain in the designated competition area, which is the entire lower level of the Aquatic Center. All others must remain in the designated spectator area, which is the upper area of the Aquatic Center.
- In order to be on deck and serve in their official capacity, all coaches, officials, meet directors, marshals and any other person



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required by sanction to be members of USA Swimming shall visibly display their membership credentials at all times.

- 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.
- **NOTE: The 1650 yard Freestyle is not offered for women at this meet.**



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ORDER OF EVENTS:

Event #	Event	Girls	Boys
1,2	500 yard Freestyle	5:24.69	5:03.19
3,4	100 yard Breaststroke	1:12.19	1:04.69
5,6	200 yard Backstroke	2:17.09	2:06.79
7,8	50 yard Freestyle	26.59	23.79
9,10	100 yard Butterfly	1:02.79	56.59
11,12	200 yard Individual Medley	2:17.59	2:05.69
14	1650 yard Freestyle	NOTE: Not offered for women at this meet	18:00.00
15,16	200 yard Breaststroke	2:36.09	2:23.49
17,18	100 yard Freestyle	57.19	51.59
19,20	100 yard Backstroke	1:03.69	58.59
21,22	200 yard Butterfly	2:19.29	2:06.79
23,24	200 yard Freestyle	2:02.39	1:52.69
25,26	400 yard Individual Medley	4:52.79	4:28.89



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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 ENTRIES		X \$3.50	\$
		TOTAL	\$

Make ONE check payable to **KING Aquatic Club**

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 database, 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.



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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	
0 = Not available	
1 = Poor	
2 = Below Average	
3 = Average	
4 = Above Average	
5 = Excellent	

Facility	
Pool	
Deck Space	
Spectator Space	
Parking	
Food Concession	

Officials	
Referee	
Starter	
Stroke and Turn	
Consistency	
Number of Officials	

Meet Management	
Meet Organization	
Timing System	
Starting System	
Computer System	
Timers	
Result Posting	
Heat Sheet Posting	
P.A. System	
Length of Sessions	
Awards	
Hospitality	

Meet Format	
Size of Sessions	
Rest for Swimmers	
Warm-up Sessions	
Warm-down Area	

Comments:



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