

WAVE Pyramid Pentathlon Meet
Juanita High School Pool
Kirkland, Washington
Hosted by WAVE Aquatics



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

SANCTION #0604-SP01

DATE: April 29, 2006

HOSTED BY: Wave Aquatics

MEET DIRECTOR:

Doug Portelance
Portelance4@Hotmeil.com
425-836-3757

MEET REFEREE:

Mike Lantz
michael.lantz@ventures67.net
425-402-8229

LOCATION:

Juanita High School Pool
10601 NE 132nd Street
Kirkland, Washington

DIRECTIONS:

- From I-405: Take exit 20B and go west on NE 124th Street to 116th Avenue NE. Turn right (north) onto 116th Avenue and travel about ½ mile. Turn left (west) onto NE 132nd Street. Travel about ½ mile. Juanita High School is on the left. Pool is to the left of the gym.

FACILITY:

- 25 yards
- Starting end 12 feet deep, turning end 5 feet deep
- 6 lane competitive pool
- Warm-up pool in the shallow end
- 200 spectator seats
- Electronic timing system provided by Swim Time Northwest
- Scoreboard (one lane readout)

ONSITE AMENITIES:

- Vendor: Sylvia's Swimwear
- Meet Program
 - Heat Sheets: \$3.00
 - Printed Results: \$4.00
- Concessions: available
- Hospitality: for coaches & officials
- Parking: ample parking in high school lot

WARM-UPS & START TIMES:

Saturday, April 29, 2006

- Session 1 - Warm-ups: 8:00am; Timed Finals: 9:00am
- Session 2 - Warm-ups: Immediately following the conclusion of Session 1; Timed Finals: One hour after the start of Session 2 warmups

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: 7:45am
- Officials' meeting: 8:30am

ELIGIBILITY:

- All swimmers must be registered with USA Swimming & 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 7 & Under, 8, 9, 10, 11, 12, 13, 14, 15 & Over.

ENTRIES:

- Maximum number of swimmers: 350
- Maximum number of splashes: 1,750
- Entries are limited to a maximum of five (5).
- Recheck all entries, as NO entries or corrections will be accepted after the final deadline.
- Your cooperation is appreciated in facilitating the entry process by having your entries complete and legible.
- On deck USA Swimming registration will not be permitted.
- Deck entries will not be allowed.
- 13 and over swimmers will be seeded for 200 IM but will actually swim 100 IM events
- All USA Swimming registration numbers will be verified with the PNS registration database.**

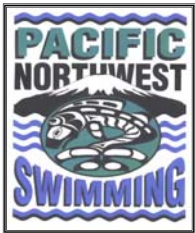
ENTRY SUBMITTAL:

Entries will only be accepted upon receipt of **all** of the following **prior to the entry deadline:**

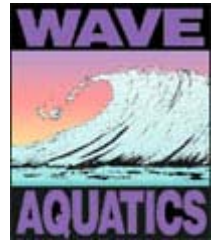
- COMMLINK file** exported from Team Manager (if used)
- Meet Entry Report** for individual (sorted by swimmer) and relay entries from Team Manager (preferred) or equivalent hardcopy.
- Meet Entry Fee Report** from Team Manager (preferred) or equivalent hardcopy
- Master Entry Summary form** Completed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

• 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-tek.com/downloads.html>



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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: \$5.00
- Individual Events: \$2.00
- Make one check for team entries payable to **Wave Aquatics**.
- No refunds or credits will be given for events entered but not swum.
- All meet entry fees must accompany entries.

ENTRY DEADLINE:

- Invited teams' entries must be received by **6:00pm, Wednesday, April 19**.
- Entries available after the deadline, up to the 350 maximum, are open to PNS swimmers until **6:00pm, Friday, April 21**, on a "first come – first served" basis. Check <http://waveaquatics.org> or contact the Meet Director for availability after the invitational deadline.
- Late entries or incomplete entries will not be accepted.
- If sending express mail please waive signature requirement.

MAIL ENTRIES:

Doug Portelance
9919 197th CT NE
Redmond, WA 98053
Portelance4@hotmail.com

SCORING:

- The winners of the pentathlon awards will be the swimmers with the least amount of accumulated time for the five events.
- For swimmers who are disqualified, 2 seconds will be added to their total time for each 50 unit event length. DQ'd swimmers will still be eligible for awards.

AWARDS:

- Individual Events: Ribbons, 1st thru 6th
- Pentathlon Awards: Wave Pyramid Trophies, 1st thru 6th for each age group & gender

MEET RULES:

- Current USA Swimming rules will govern throughout the meet.
- To be eligible for pentathlon awards swimmers must compete in all five events.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
 - Lanes 1 & 6 - pace lanes (no diving starts)
 - Lane 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 5 minutes before the start of competition.
- Warm-ups may be modified at the discretion of the Meet Director or

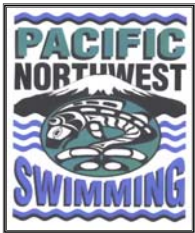
Referee to accommodate the number of swimmers entered.

SAFETY:

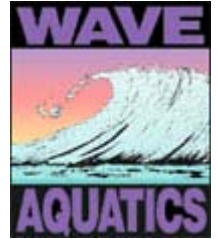
- No Diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool.
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation. No diving over swimmers in the water.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club from the warm-up or the meet if safety rules are not followed.
- Coaches are responsible for their team's swimmers throughout the meet - including warm-up & 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 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 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.



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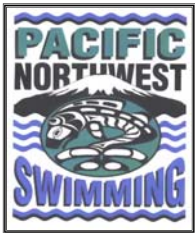


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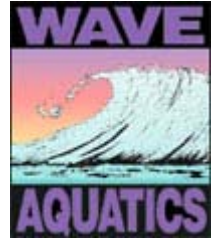
Saturday, April 29, 2006

10 & Under: Warm-ups at 8:00am ... Meet starts at 9:00am

Event	Gender	Age Group	Distance	Stroke
1	F	7 & Under	25 Y	Free
2	M	7 & Under	25 Y	Free
3	F	8 Years	25 Y	Free
4	M	8 Years	25 Y	Free
5	F	9 Years	50 Y	Free
6	M	9 Years	50 Y	Free
7	F	10 Years	50 Y	Free
8	M	10 Years	50 Y	Free
9	F	7 & Under	25 Y	Back
10	M	7 & Under	25 Y	Back
11	F	8 Years	25 Y	Back
12	M	8 Years	25 Y	Back
13	F	9 Years	50 Y	Back
14	M	9 Years	50 Y	Back
15	F	10 Years	50 Y	Back
16	M	10 Years	50 Y	Back
17	F	7 & Under	25 Y	Breast
18	M	7 & Under	25 Y	Breast
19	F	8 Years	25 Y	Breast
20	M	8 Years	25 Y	Breast
21	F	9 Years	50 Y	Breast
22	M	9 Years	50 Y	Breast
23	F	10 Years	50 Y	Breast
24	M	10 Years	50 Y	Breast
25	F	7 & Under	25 Y	Fly
26	M	7 & Under	25 Y	Fly
27	F	8 Years	25 Y	Fly
28	M	8 Years	25 Y	Fly
29	F	9 Years	50 Y	Fly
30	M	9 Years	50 Y	Fly
31	F	10 Years	50 Y	Fly
32	M	10 Years	50 Y	Fly
33	F	7 & Under	50 Y	Free
34	M	7 & Under	50 Y	Free
35	F	8 Years	50 Y	Free
36	M	8 Years	50 Y	Free
37	F	9 Years	100 Y	IM
38	M	9 Years	100 Y	IM
39	F	10 Years	100 Y	IM
40	M	10 Years	100 Y	IM



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11 & Over: Warm-ups at conclusion of morning session ... Meet starts 1 hour later

Event	Gender	Age Group	Distance	Stroke
41	F	11 Years	50 Y	Free
42	M	11 Years	50 Y	Free
43	F	12 Years	50 Y	Free
44	M	12 Years	50 Y	Free
45	F	13 Years	100 Y	Free
46	M	13 Years	100 Y	Free
47	F	14 Years	100 Y	Free
48	M	14 Years	100 Y	Free
49	F	15 & Over	100 Y	Free
50	M	15 & Over	100 Y	Free
51	F	11 Years	50 Y	Back
52	M	11 Years	50 Y	Back
53	F	12 Years	50 Y	Back
54	M	12 Years	50 Y	Back
55	F	13 Years	100 Y	Back
56	M	13 Years	100 Y	Back
57	F	14 Years	100 Y	Back
58	M	14 Years	100 Y	Back
59	F	15 & Over	100 Y	Back
60	M	15 & Over	100 Y	Back
61	F	11 Years	50 Y	Breast
62	M	11 Years	50 Y	Breast
63	F	12 Years	50 Y	Breast
64	M	12 Years	50 Y	Breast
65	F	13 Years	100 Y	Breast
66	M	13 Years	100 Y	Breast
67	F	14 Years	100 Y	Breast
68	M	14 Years	100 Y	Breast
69	F	15 & Over	100 Y	Breast
70	M	15 & Over	100 Y	Breast
71	F	11 Years	50 Y	Fly
72	M	11 Years	50 Y	Fly
73	F	12 Years	50 Y	Fly
74	M	12 Years	50 Y	Fly
75	F	13 Years	100 Y	Fly
76	M	13 Years	100 Y	Fly
77	F	14 Years	100 Y	Fly
78	M	14 Years	100 Y	Fly
79	F	15 & Over	100 Y	Fly
80	M	15 & Over	100 Y	Fly
81	F	11 Years	100 Y	IM
82	M	11 Years	100 Y	IM
83	F	12 Years	100 Y	IM
84	M	12 Years	100 Y	IM
85	F	13 Years	100 Y	IM **
86	M	13 Years	100 Y	IM **
87	F	14 Years	100 Y	IM **
88	M	14 Years	100 Y	IM **
89	F	15 & Over	100 Y	IM **
90	M	15 & Over	100 Y	IM **

IM ** - Please note: 13 and over swimmers will be seeded with 200 IM times but will swim 100 IM events



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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 **Wave Aquatics**

THE FOLLOWING STATEMENT MUST BE SIGNED:

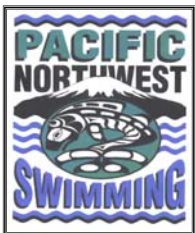
I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc.

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



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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: