



**Pacific Rim Classic**  
**Weyerhaeuser King County Aquatic Center**  
**Federal Way, Washington**  
**Hosted by South Snohomish County Dolphins**



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

SANCTION #:0606-SP05

DATE: June 16, 17, 18 2006

HOSTED BY: South Snohomish County Dolphins

**MEET DIRECTOR:**

Wendy Stafford  
425-348-5163  
[robert.stafford@gte.net](mailto:robert.stafford@gte.net)  
Jim Hibbeler  
425-743-3195

**MEET REFEREE:**

Pete Keane  
[pkeane@wwdb.org](mailto:pkeane@wwdb.org)

**ADMINISTRATIVE REFEREE:**

Cliff Rousell  
[psscdragons@hotmail.com](mailto:psscdragons@hotmail.com)

**SSCD HEAD COACH:**

Lyle Campbell  
[lylesscd@comcast.net](mailto:lylesscd@comcast.net)  
206-419-4316

**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 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 2000, and 2006 Spring National Championships and the 2003 US Open.
- Indoor 50 meters, 9 feet deep, 8-lane competitive pool.
- Diving Pool will be available for continuous warm-up and warm-down.
- 2500 spectator seats.
- Omega timing system
- Full read scoreboard.

**ONSITE AMENITIES:**

- Vendor:** Sylvia's Swimwear and Fine Design
- T-Shirts:** Commemorative shirts will be available to purchase in the front lobby
- Heat Sheets:**  
Meet Heat Sheets: \$7.00

- Results:** free on the [pns.org](http://pns.org) website
- 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 only 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.** If needed, overflow parking will be available at the Federal Way Little League Parking lot east of the Aquatic Center. **It is strongly suggested that car pooling be established for swimmers and spectators.**
- RV parking:** Limited permits must be obtained for RV parking. RV parking only in the north parking lot. Contact Meet Director for permit. **RV hookups are not permitted.**

**WARMUPS AND START TIMES:**

**Friday, June 16, 2006**

- Session I Warm-ups: 8:00 a.m.; Timed Finals: 9:00 a.m.
- Session II Warm-ups: Immediately following the conclusion of Session I; Timed Finals: One hour after the beginning of warm-ups.

**Saturday, June 17, 2006**

- Session III - Warm-ups: 8:00 a.m.; Timed Finals: 9:00 a.m.
- Session IV - Warm-ups: Immediately following the conclusion of Session III; Timed Finals: One hour after the beginning of warm-ups

**Sunday, June 18, 2006**

- Session V - Warm-ups: 8:00 a.m.; Timed Finals: 9:00 a.m.
- Session VI - Warm-ups: Immediately following the conclusion of Session V; Timed Finals: One hour after the beginning of warm-ups.

**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: Friday: 7:35 a.m. Additional meetings scheduled as needed.
- Officials' meeting: 30 minutes before start of each session.

**ELIGIBILITY:**



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- All swimmers must be registered with USA Swimming or FINA affiliated organizations.
- Swimmers must have met or bettered the short course or long course time standards.
- Age groups are based on the age of swimmers as of June 16, 2006.
- Age groups: 10U, 11-12, 13-14, and 15 and Over
- Non-qualifying time will be scratched without notification and/ or refund.
- Only "Fine Design 50 Meter Challenge" events and relays may have NT.
- **Entry times must be SCY or LCM only**
- **Converted times are not accepted.**

**ENTRIES:**

- **Maximum number of splashes: 5,000**
- **Submit long course or short course yard times that meet the meet entry qualifying times. Do not convert times.**
- Individual entries are limited to a **maximum of eight (8)** events for the meet, three (3) per day plus relays. In addition, each 13 and over swimmer may enter one (1) "Fine Design 50 Meter Challenge" event.
- 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 swims 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).
- Deck entry swims are not eligible for awards or advancement in the "Fine Design Challenge" events.
- **All USA Swimming registration numbers will be verified with USA Swimming SWIMS..**

**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 with "show times unconverted" and "include proof of time" options
2. **Meet Entry Report** for individual (sorted by swimmer and with "show times unconverted") and relay entries from Team Manager
3. **Meet Entry Fee Report** from Team Manager
4. **Master Entry Summary form** Completed and **hand-signed** original hardcopy only; 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 or hand-deliver. 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:**
- All entries must be submitted via a COMMLINK or equivalent file. Handwritten or typed entries will not be accepted.
- 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: \$ 10.00
- Individual Events \$ 3.50
- Relays: \$ 10.00
- Deck Entry Surcharge \$ 20.00
- Make one check for team entries payable to **SSCD**
- No refunds or credits will be given for events entered but not swum.
- **All Meet Entry Fees must accompany entries.**
- If too many individual events are entered, the Meet Director will scratch down to three per day.

**ENTRY DEADLINE:**

- Entries must be received by **6:00 P.M., Wednesday, June 07, 2006.**
- Late or incomplete entries will not be accepted.
- Meet entry will be processed in order of postmark as well as receipt of meet entry fees, Meet Entry Report, Meet Entry Fee Report, and Meet Entry Summary.
- If sending express mail, please waive signature requirement.

**MAIL ENTRIES TO:**

Lyle Campbell  
3715 Wetmore Ave  
Everett, WA. 98201  
[lylesscd@comcast.net](mailto:lylesscd@comcast.net)  
(206) 419-4316

**AWARDS:**

- **Individual Awards:** Medals 1<sup>st</sup> - 3<sup>rd</sup>
- **Relay Awards:** Photo luggage tags will be awarded to the first through third relays.



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- **High Point:** (special commemorative shirts will be presented to the top girl and boy in each age group classification.
- **Team Awards:** Top three coaches will receive an award TBD.
- **Fine Design 50 Meter Challenge:** Special commemorative shirts will be awarded to the top 3 (boys/girls). Swim caps will be given to all finalists.
- **Participants:** Special mementos to all participants.

**SCORING:**

- **Individual Events:** 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- **Relays:** 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**MEET RULES:**

- Current USA Swimming rules will govern throughout the meet.
- **Seeding will be LCM (long course meters) then SCY (short course yards).**
- **Fine Design 50-meter Challenge:** The top 16 performers in each of the "challenge events" on Friday will advance to the semi-final challenges to be staged at the beginning of the Saturday P.M. session. The top eight (8) sprinters in each of the "challenge events" will advance to the final round to be staged at the beginning of the Sunday PM session. Challenge events are for the 13 and over swimmers only.
- **Relays:** Teams must provide relay slips. Swimmers must take the LANE COPY with them to give to the timer in their lane to verify the order of swimmers participating. The remaining copies are to be turned in to the Clerk of Course for proper distribution and processing prior to swimming.
- **Double ended:** If the size of the meet warrants events 100 meters and longer may be conducted as a double-ended meet. If double ended, all 100 and 200 events and the 400 i.m. will start with the odd heats from the North (Dive Tank) end and the even heats from the South (Scoreboard) end of the pool.
- **Distance Events:** A positive check-in at the Clerk of Course desk for the 400-1500 meter freestyle and 400 IM meter events. Swimmers not checking in for these events will be automatically scratched without penalty. Swimmers checking in for these events and failing to show for the swim, will be disqualified from their next individual event in which they are entered.
- The events will alternate boys and girls swimming fastest to slowest.
  - The top eight (8) girls (13-Over) and top eight (8) boys (13-Over) will have their own heat in the 400-1500 meter freestyle events.
  - The remaining swimmers may be swum 2 per lane or seeded together if the need arises (Two girls' heats and then two boys' heats).
  - When swimming two to a lane and starting from both ends of the pool, the swimmer - upon entry to the water - will swim to the right side of their lane and **MUST** remain on that side of the lane throughout the race.
  - Circle swimming or swimming in the center of the lane is

NOT PERMITTED.

- **Positive Check-in deadlines:** Immediately following the challenge events.
- Swimmers must provide their own timers and counters for the 400-1500 freestyle and 400 individual events.

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last half hour of each 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 4,5 - 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:**

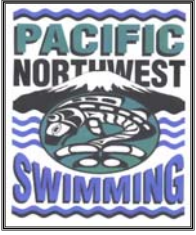
- No Diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool.
- Jumping into the pool is not allowed
- Backstroke swimmers enter the water feet first in rotation. No diving over persons in the water.
- Deck Marshals will be assigned to supervise the 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.

**TIMERS:**

- It is very possible that the size of this meet will require some sessions to be run in a double-ended format. This in turn will double the number of Timers required during these sessions. Volunteer Timers from the participating teams will be appreciated. If possible, please provide advanced notices of your volunteer Timers to the Head Timer at Clerk of Course.
- Timer's sign-in will be in the lobby during warm-ups each day.

**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.

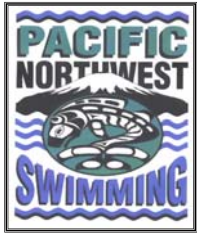


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- In order to be on deck and serve in their official capacity, all coaches, officials, meet directors, marshals and any other person required by sanction to be members of USA Swimming shall visibly display their membership credentials at all times.
- 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.



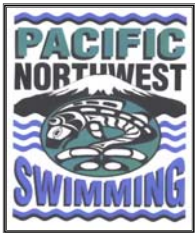
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<b>Pacific Rim Classic</b> <b>Friday, June 16, 2006</b> <b>Warm-ups: 8:00 a.m.; Meet 9:00 a.m.</b>						
GIRLS LC	GIRLS SC	AGR	EVENT #	EVENT	BOYS LC	BOYS SC
5:48.89	6:28.39	11-12	1,2	400 FREE	5:58.09	6:37.49
3:17.29	2:49.89	11-12	3,4	200 BACK	3:17.99	2:48.79
3:44.09	3:15.49	11-12	5,6	200 BREAST	3:50.39	3:17.69
3:25.09	2:58.99	11-12	7,8	200 FLY	3:21.69	2:57.69
3:24.99	2:58.99	11-12	9,10	200 I.M.	3:25.39	2:58.49
<b>Friday, June 16, 2006</b> <b>Warm-ups: Immediately after the A.M. Session</b> <b>Meet: One hour after the start of Warm-ups</b>						
GIRLS LC	GIRLS SC	AGR	EVENT #	EVENT	BOYS LC	BOYS SC
*FINE DESIGN 50 METER CHALLENGE		13 & OVER	11,12*	50 FLY	*FINE DESIGN 50 METER CHALLENGE	
		13 & OVER	13,14*	50 BACK		
		13 & OVER	15,16*	50 BREAST		
		13 & OVER	17,18*	50 FREE		
2:33.99	2:15.19	13-14	19,20	200 FREE	2:30.29	2:10.59
2:29.19	2:11.29	15 & OVER			2:22.89	2:03.79
3:22.69	2:56.99	13-14	21,22	200 BREAST	3:17.39	2:51.29
3:16.99	2:52.59	15 & OVER			3:06.89	2:40.99
2:59.29	2:38.29	13-14	23,24	200 FLY	2:49.69	2:28.99
2:53.69	2:33.09	15 & OVER			2:40.09	2:21.19
21:23.59	20:50.99	13-14	25,26	1500 FREE	21:21.29	20:42.69
20:45.99	20:15.29	15 & OVER			20:17.29	19:38.89

\* May only enter one of these events. The Top Sixteen Performers will advance to the semi-finals on Saturday. The Top Eight Performers on Saturday will advance to the finals on Sunday.



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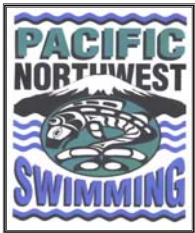
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**Pacific Rim Classic**  
**Saturday, June 17, 2006**  
**Warm-ups: 8:00 a.m.; Meet 9:00 a.m.**

GIRLS LC	GIRLS SC	AGR	EVENT #	EVENT	BOYS LC	BOYS SC
1:59.49	1:43.89	10 UNDER	27,28	100 BREAST	2:00.69	1:45.29
1:42.49	1:29.19	11-12	29,30	100 BREAST	1:43.09	1:29.19
3:11.39	2:48.69	10 UNDER	31,32	200 FREE	3:12.19	2:49.59
2:46.69	2:26.59	11-12	33,34	200 FREE	2:49.29	2:27.99
N/A	N/A	10 UNDER	35,36	200 FREE RELAY	N/A	N/A
N/A	N/A	11-12	37,38	200 FREE RELAY	N/A	N/A
53.49	47.49	10 UNDER	39,40	50 FLY	52.89	46.69
46.79	40.49	11-12	41,42	50 FLY	45.09	39.89
54.39	47.29	10 UNDER	43,44	50 BACK	54.79	47.89
46.79	40.79	11-12	45,46	50 BACK	47.29	41.09
46.99	41.59	10 UNDER	47,48	50 FREE	47.59	41.79
41.09	36.19	11-12	49,50	50 FREE	41.19	36.19

**Saturday, June 17, 2006**  
**Warm-ups: Immediately after the A.M. Session**  
**Meet: One hour after the start of Warm-ups**

GIRLS LC	GIRLS SC	AGR	EVENT #	EVENT	BOYS LC	BOYS SC
		13 & OVER	11,12*	50 FLY		
*FINE DESIGN 50 METER CHALLENGE TOP 16 FROM FRIDAY PRELIMS		13 & OVER	13,14*	50 BACK	*FINE DESIGN 50 METER CHALLENGE TOP 16 FROM FRIDAY PRELIMS	
		13 & OVER	15,16*	50 BREAST		
		13 & OVER	17,18*	50 FREE		
2:57.39	2:35.49	13-14			2:50.29	2:27.49
2:52.89	2:31.09	15 & OVER	51,52	200 IND. MEDLEY	2:41.89	2:18.69
1:26.89	1:15.19	13-14			1:27.09	1:15.89
1:23.99	1:12.79	15 & OVER	53,54	100 BACK	1:22.89	1:11.29
1:25.09	1:15.19	13-14			1:23.69	1:14.99
1:22.69	1:12.79	15 & OVER	55,56	100 FLY	1:19.49	1:09.99
N/A	N/A	13-14	57,58	200 FREE RELAY	N/A	N/A
N/A	N/A	15 & OVER	59,60	200 FREE RELAY	N/A	N/A
5:20.99	5:56.79	13-14			5:19.09	5:52.49
5:10.69	5:46.99	15 & OVER	61,62	400 FREE	5:01.49	5:34.69



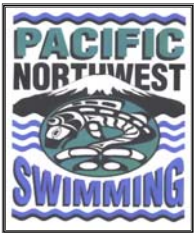
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<b>Pacific Rim Classic</b> <b>Sunday, June 18, 2006</b> <b>Warm-ups: 8:00 a.m.; Meet 9:00 a.m.</b>						
GIRLS LC	GIRLS SC	AGR	EVENT #	EVENT	BOYS LC	BOYS SC
1:45.89	1:33.49	10 UNDER	63,64	100 FLY	1:43.99	1:31.19
1:29.89	1:19.29	11-12	65,66	100 FLY	1:29.19	1:18.29
1:44.19	1:30.49	10 UNDER	67,68	100 BACK	1:44.79	1:31.19
1:30.09	1:18.09	11-12	69,70	100 BACK	1:31.79	1:18.09
1:35.89	1:24.29	10 UNDER	71,72	100 FREE	1:36.49	1:24.59
1:23.19	1:13.19	11-12	73,74	100 FREE	1:23.49	1:13.19
N/A	N/A	10 UNDER	75,76	200 MEDLEY RELAY	N/A	N/A
N/A	N/A	11-12	77,78	200 MEDLEY RELAY	N/A	N/A
3:42.09	3:15.39	10 UNDER	79,80	200 IND. MEDLEY	3:40.09	3:12.99
6:57.59	6:03.99	11-12	81,82	400 IND. MEDLEY	7:05.69	6:04.59
1:01.19	53.49	10 UNDER	83,84	50 BREAST	1:01.69	54.29
52.49	46.09	11-12	85,86	50 BREAST	52.29	45.89
<b>Sunday, June 18, 2006</b> <b>Warm-ups: Immediately after the A.M. Session</b> <b>Meet: One hour after the start of Warm-ups</b>						
GIRLS LC	GIRLS SC	AGR	EVENT #	EVENT	BOYS LC	BOYS SC
<b>FINE DESIGN 50 METER CHALLENGE</b> <b>TOP 8 FROM SATURDAY SEMI-FINALS</b>		13 & OVER	11,12	50 FLY	<b>FINE DESIGN 50 METER CHALLENGE</b> <b>TOP 8 FROM SATURDAY SEMI-FINALS</b>	
		13 & OVER	13,14	50 BACK		
		13 & OVER	15,16	50 BREAST		
		13 & OVER	17,18	50 FREE		
1:33.59	1:21.69	13-14	87,88	100 BREAST	1:34.19	1:22.19
1:30.89	1:19.49	15 & OVER			1:29.89	1:17.39
2:58.39	2:34.59	13-14	89,90	200 BACK	2:50.89	2:27.39
2:52.89	2:30.59	15 & OVER			2:40.99	2:18.59
1:12.59	1:03.69	13-14	91,92	100 FREE	1:13.69	1:04.39
1:10.39	1:01.79	15 & OVER			1:10.39	1:01.19
N/A	N/A	13-14	93,94	200 MEDLEY RELAY	N/A	N/A
N/A	N/A	15 & OVER	95,96	200 MEDLEY RELAY	N/A	N/A
6:15.99	5:30.19	13-14	97,98	400 IND. MEDLEY	6:04.49	5:16.79
6:06.79	5:21.89	15 & OVER			5:44.99	5:01.29





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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.

<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:**