



Pacific Northwest Swimming  
 2013 PN Spring Divisional Championships -- Sanction #1303-DIV  
 Weyerhaeuser King County Aquatic Center  
 Federal Way, Washington  
 Hosted by Valley Aquatics

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

	SATURDAY, MARCH 9, 2013			SUNDAY, MARCH 10, 2013		
	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
<b>Coaches' Meetings</b>	7:45 AM – Check in and Coaches' packet at Clerk of Course	As needed	As needed	As needed	As needed	As needed
<b>Officials' Meetings</b>	8:15 AM	45 minutes before start of session	45 minutes before start of session	8:15 AM	45 minutes before start of session	45 minutes before start of session
<b>Warm-ups</b>	8:00 AM	Immediately following conclusion of Session 1	Immediately following conclusion of Session 2	8:00 AM	Immediately following conclusion of Session 4	Immediately following conclusion of Session 5
<b>Competition</b>	9:00 AM	Will be announced		9:00 AM	Will be announced	
<i>Spring forward into daylight savings time: Set your clocks ahead one hour Saturday night.</i>						
The estimated timeline, psych sheet, and team timing assignments will be posted at <a href="http://www.pns.org">www.pns.org</a> by Tuesday, March 5, 2013						

**MEET DIRECTOR:**

Suzanne Rychlik  
 • swimvast@hotmail.com  
 • 253-241-4827

**MEET REFEREE:**

Rick Cox  
 • nauticalrick@yahoo.com

**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.

**Note:** In the event of inclement weather, call the King County Aquatic Center Hotline: 206-296-4444 or toll-free 1-800-325-6165 x64444.

**FACILITY**

- Site of the 1990 Goodwill Games and 1991, 1994, 1997, 2000, and 2006 Spring National Championships, 2008 and 2012 NCAA Men's Division 1 Championships, 2009 U.S. Open, 2009 Junior Nationals, and 2009 Short Course Nationals.
- Two 25 yard, 9 feet deep, 8-lane competitive pools. The area between the bulkheads is closed at all times.
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Diving tank will be available for continual warm-up
- 2500 spectator seats
- Omega electronic timing system with full-read scoreboard
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

- Except where venue facilities require otherwise, changing in or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**ONSITE AMENITIES**

- **Vendor:** Northwest Swim Shop
- **Commemorative Meet T-Shirts:** Fine Designs
- **Heat Sheets:** \$5.00
- **Finals Heat Sheet:** \$1.00 per session
- **Results:** PNS web site
- **Concessions:** Under contract with King County; neither PNS nor the host team derive any benefit
- **Hospitality:** Refreshments will be available for coaches and officials in the Hospitality Room. Swimmers, timers, and spectators are not permitted.
- **Parking:** Pool parking lots (front and rear). Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in cars. Carpooling is strongly recommended. Overflow parking may be available at adjacent little league lot as indicated by signs posted at that lot on the day of the meet.

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Ages and age groups for competition will be 8&under, 9-10, 11-12, and 13&O. See Order of Events and Entry Information.
- **Qualifying and de-qualifying times:** The qualifying and de-qualifying time periods start February 1, 2012. See Special Information and Rules for each session.

**ENTRY INFORMATION:**

- Swimmers must meet the specific entry requirements for each individual event they enter.



Pacific Northwest Swimming  
2013 PN Spring Divisional Championships -- Sanction #1303-DIV  
Weyerhaeuser King County Aquatic Center  
Federal Way, Washington  
Hosted by Valley Aquatics

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

- All entry times must be SCY (short course yards) even though SCM (short course meters) and LCM (long course meters) qualifying and de-qualifying times apply. Neither non-conforming nor converted times will be accepted.
- On-deck USA Swimming registration will not be permitted.
- On-deck transfer to PNS will not be permitted.
- Deck entries for individual events will be allowed only in unassigned lanes during preliminary (Sessions 1 and 4) and timed finals (Sessions 2 and 5) sessions only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards, team points, or advancement from prelims to finals. Deck entry fees must be paid prior to the swim.
- 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 at the Clerk of Course in order to enter.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

**ENTRY FEES:**

- Surcharge: \$10.00.
- Individual event: \$5.00.
- Deck entry surcharge (swimmer not previously entered in meet): \$20.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

**MEET RULES:**

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Two pools may be used for Sessions 1, 2, 4, and 5, but only one pool will be used for Sessions 3 and 6. Announcements will be made at the Coaches' Meeting.

**SPECIAL INFORMATION AND RULES FOR 13&O SESSIONS:**

- Each swimmer may enter up to a maximum of three (3) individual events per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Events will be swum and scored by gender as a single age group.
- All entry times must be SCY (short course yards) even though SCM (short course meters) and LCM (long course meters) de-qualifying times apply to swimmers ages 13&O.
- There will be three (3) heats of finals for all prelims/finals events. See Order of Events for more information.

**De-qualifying Times:** There are no qualifying times for 13&O swimmers but they may not enter any event in which they have achieved a Northwest Region Age Group Championship time (any course) for their current age since February 1, 2012. The 15-18 NWAG times apply to all 15&O swimmers.

**Awards and Scoring:**

- Individual events: Medals 1st-8th places; ribbons 9th-16th places.
- There will be three heats of finals (A/B/C) for all prelims/finals events.
- Scoring: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

**Scratch information for 13 & over sessions:**

- **Prelims:** No check-in required. No penalty for failure to show.
- **Finals:** Unless properly scratched, swimmers whose names are announced as qualifying for the A, B, or C finals of any prelims/finals event who fail to show will be barred from competing in the next individual event in which they are entered.
- **Scratching:** Once preliminary event results are announced, all qualifying A/B/C finalists have 30 minutes to declare their intention to scratch. Swimmers declaring an intention to scratch will have until 30 minutes after the completion of their last preliminary event of the session to finalize their intention to scratch. There is no penalty for scratches during this time.
- Athletes who are seeded into an event as a result of other athletes scratching will not themselves be penalized for a failure to properly scratch. Reseeding to include scratches made after the scratch deadline may occur at the discretion of the Meet Referee.

**SPECIAL INFORMATION AND RULES FOR 12&U SESSIONS:**

- Each 12&U swimmer may enter up to a maximum of four (4) individual events. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- All 10&U events will be seeded and swum together by gender, but scored separately by age group and gender. All 11-12 events will be seeded and swum together by gender, but scored separately by age group and gender.
- All entry times must be SCY (short course yards) even though SCM (short course meters) and LCM (long course meters) de-qualifying times apply to swimmers ages 11 and 12.
- All 12&U events will be pre-seeded timed finals with no scratch requirement or penalty for failure to show.

**Qualifying and Dequalifying Times:**

- Swimmers ages 8&U must have achieved a PNS 8&U "Gold" time (any course) in each event they enter. There are no de-qualifying times for 8&U swimmers.
- Swimmers ages 9 or 10 must have achieved a PNS 10&U "Silver" time (any course) in each event they enter. There are no de-qualifying times for 9-10 swimmers.
- Swimmers aged 11 or 12 have no qualifying times but they may not enter any event in which they have achieved a Northwest Region Age Group Championship time for their current age (any course) since February 1, 2012.

**Awards and Scoring:**

- **High Point:** Individual "High Point" awards – 1st place trophy; 2nd-8th place certificates -- will be presented to the swimmers in each age group and gender who have achieved the highest Hy-Tek Single Year Age Group Points in four (4) events. Swimmers must compete in four



Pacific Northwest Swimming  
2013 PN Spring Divisional Championships -- Sanction #1303-DIV  
Weyerhaeuser King County Aquatic Center  
Federal Way, Washington  
Hosted by Valley Aquatics

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

events without being disqualified in order to qualify for a High Point award.

- **Individual event awards:** Ribbons for 1st-8th in each event for each awards age/gender group.
- **Age groups** for awards will be 8&U, 9, 10, 11, and 12.
- No scoring .

**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 five (5) 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/ends of pool except for official competition purposes or for designated sprint lanes during warmups
- Diving from the sides of the pool is not allowed
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first .
- 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.
- All participating swimmers must be under the supervision of a USA Swimming member coach and may not enter the water at any time unless under the supervision of said coach. The Meet Director or Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**OTHER NOTES:**

- In granting this sanction it is understood and agreed that 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 athletes, coaches, officials, authorized volunteers and working personnel may be on deck. All others must remain in the spectator area.
- In order to be on deck and serve in their official capacity, all coaches, officials and anyone else required by sanction shall visibly display their membership credentials at all times.

- All persons acting in any coaching capacity must be coach members of USA Swimming.
- **Timers:** All participating teams are required to provide timers during sessions where two courses are in use (Sessions 1, 2, 4, and 5). A volunteer from the host team will contact teams to organize timing assignments. The host team will provide timers for one pool for Sessions 3 and 6.
- All attendees are required to cooperate with meet officials and working personnel to ensure a safe and enjoyable meet for all participants
- 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

**ENTRY SUBMITTAL INFORMATION:**

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, February 27, 2013:

1. **Entry File** from Team Manager or equivalent.
2. **Meet Entry Reports** for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager or equivalent.
3. **Meet Entry Fee Report** from Team Manager or equivalent.
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 Valley Aquatics.

**Submittal Formats:**

- **Electronic files:** email items #1, #2, and #3.
- **Hardcopies:** mail or hand-deliver items #4 and #5. If sending via express mail, waive signature requirement.
- 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, incomplete, or paper entries will not be processed.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- All entry times must be SCY (short course yards).
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to:  
Valley Aquatics  
27435 Maple Ridge Way SE  
Maple Valley, WA 98038
- Email entries to: [swimvast@hotmail.com](mailto:swimvast@hotmail.com)
- Meet Entry Contact/Questions: Suzanne Rychlik, 253-241-4827 or by email: [swimvast@hotmail.com](mailto:swimvast@hotmail.com)

2013 SPRING DIVISIONAL Order of Events					
SESSION 1 (PRELIMS) SAT A.M.			SESSION 4 (PRELIMS) SUN A.M.		
Event #	Event	Age Group	Event #	Event	Age Group
1,2	200 IM	13 and over@	23, 24	200 Free	13 and over@
3,4	100 Fly	13 and over@	25, 26	100 Back	13 and over@
5,6	200 Back	13 and over@	27, 28	200 Fly	13 and over@
7, 8	100 Free	13 and over@	29,30	100 Breast	13 and over@
9,10	200 Breast	13 and over@	31,32	50 Free	13 and over@
SESSION 2 (TIMED FINALS)			SESSION 5 (TIMED FINALS)		
11, 12	100 Free	10U*	33,34	100 Free	11 - 12‡
13, 14	50 Fly	10U*	35,36	50 Fly	11 - 12‡
15, 16	50 Back	10U*	37,38	50 Back	11 - 12‡
17, 18	50 Breast	10U*	39,40	50 Breast	11 - 12‡
19, 20	50 Free	10U*	41,42	50 Free	11 - 12‡
21, 22	100 IM	10U*	43,44	100 IM	11 - 12‡
SESSION 3 (TOP 24 FINALS) SAT P.M.			SESSION 6 (TOP 24 FINALS) SUN P.M.		
Event #	Event	Age Group	Event #	Event	Age Group
1,2	200 IM	13 and over@	31,32	200 Free	13 and over@
3,4	100 Fly	13 and over@	33,34	100 Back	13 and over@
5,6	200 Back	13 and over@	35,36	200 Fly	13 and over@
7, 8	100 Free	13 and over@	37,38	100 Breast	13 and over@
9,10	200 Breast	13 and over@	39,40	50 Free	13 and over@

\*All 10U events will be scored as separate ages: Eight (8) and under, Nine (9) year-olds and Ten (10) year-olds, but swum together as timed finals. Eight (8) and under swimmers must have achieved an "8 and under Gold Time Standard" in each event they enter. Nine (9) and Ten (10) swimmers must have achieved a "Ten and under Silver Time Standard" in each event they enter. There are not any de-qualifying times for these age groups.

‡All 11-12 events will be scored as separate ages: 11 year-olds and 12 year-olds, but swum together. Swimmers are de-qualified by event (Age Group Regional time standard). There are not any qualifying times for this age group.

@ 13 and over - Prelims in the AM (open events) with a de-qualifying time of an Age Group Regional time standard; The 13 and over swimmers do not have a qualifying time – only de-qualifying times.

Overall "High Point" placement is determined by total "Hy-tek Single Year Age Group Points" for four (4) events. An event DQ disqualifies swimmer from overall "High Point" awards. A swimmer must compete in four events to be considered for awards. "High Point" awards will be presented to the highest accumulation of hy-tek points in each age category and gender: Eight (8) and under, 9, 10, 11, and 12.



Pacific Northwest Swimming  
 2013 PN Spring Divisional Championships -- Sanction #1303-DIV  
 Weyerhaeuser King County Aquatic Center  
 Federal Way, Washington  
 Hosted by Valley Aquatics

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

### 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.**

<b>TEAM NAME:</b>			
<b>TEAM CODE:</b>		<b>LSC CODE:</b>	
<b>COACH:</b>		<b>HOME PHONE:</b>	
<b>EMAIL ADDRESS:</b>		<b>OFFICE PHONE:</b>	
<b>TEAM MAIL ADDRESS:</b>		<b>CELL PHONE:</b>	
<b>CITY, STATE, ZIP:</b>		<b>POOL PHONE:</b>	
<b>ENTRY INFORMATION PREPARED BY:</b>		<b>PHONE:</b>	

### MEET ENTRY FEES ENCLOSED:

<b>SURCHARGE</b>		<b>X \$10.00</b>	<b>\$</b>	
<b>INDIVIDUAL EVENTS:</b>		<b>X \$ 5.00</b>	<b>\$</b>	
		<b>TOTAL:</b>	<b>\$</b>	

Make one check payable to **Valley 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 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.