



Pacific Northwest Swimming
 2015 PN January Challenge, Division 8-- Sanction #1501-CSD08
 Helene Madison Pool
 Seattle, Washington
 Hosted by Cascade Swim Club

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, January 10, 2015	Saturday, January 10, 2015	Sunday, January 11, 2015	Sunday, January 11, 2015
Coaches' Meeting	7:45 AM – Coaches' packet at Clerk of Course.	as needed	as needed	as needed
Officials' Meetings	8:15 AM	45 minutes before start of competition	8:15 AM	45 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1	8:00 AM	Immediately following conclusion of Session 3
Timed Finals	9:00 AM	One hour after start of warm-ups	9:00 AM	One hour after start of warm-ups
Positive Check-in Deadline: 400 IM/500 free		Will be announced during warm-ups	Will be announced during warm-ups	

MEET DIRECTOR:

Molly Cady
 • mollycady@gmail.com
 • 206-450-7347

MEET REFEREE

David Guffey
 • dguffey10@comcast.net

LOCATION AND DIRECTIONS

Helene Madison Pool
 13410 Meridian Ave N
 Seattle, Washington

Directions: From I-5 northbound, take 130th Street exit. Go west (left) on 130th to Meridian (2nd light). Go north (right) on Meridian. Pool is on left at 134th.

From I-5 southbound, take 145th Street exit. Go west (right) on 145th to Meridian (2nd light). Go south (left) on Meridian. Pool is on right at 134th.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 12.5 feet deep; turning end 4.5 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool: adjacent to main pool separated by bulkhead
- 300 spectator seats
- Colorado timing system – Scoreboard with 6 lane readout.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or in the starting block area.
- 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: TBD
- Heat Sheets: \$5.00

- Results on PNS web site
- Concessions: Wicked Pies food truck will be available outside for hot food: <http://www.wickedpies.com/curb-side-menu/>. Light concessions will be available in the lobby
- Hospitality for coaches and officials
- Parking: ample parking in high school lot (Ingraham H.S.)

TEAMS:

- Cascade Swim Club
- Central Area Aquatic Team
- Shadow Seals
- South Snohomish County Dolphins
- Washington Athletics Club

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through one of the teams listed above.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Age groups for competition will be 8&under, 9-10, 10&under, 11-12, 13-14, and 15&over. See Order of Events.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of eight (8) individual events over the course of the meet but no more than four (4) individual events on any one day. 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. On-deck transfer to one of the listed teams will not be permitted.
- Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards or team points. 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



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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: \$5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$4.00
- Relay: \$12.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** Ribbons 1st thru 8th places. Scoring: 9-7-6-5-4-3-2-1
- **Relay events:** Ribbons 1st thru 8th places. All relays eligible for scoring. Scoring: 18-14-12-10-8-6-4-2

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- **Relay events:** Teams are encouraged to pre-enter relays. All relays, whether pre-entered or deck-entered, are eligible for scoring and awards. Each swimmer may not compete on more than one (1) relay team per day.
- **Distance events:**
 - 10&U: The 500 freestyle will be pre-seeded and swum combined girls and boys, swum slowest to fastest, and awarded separately by gender. Swimmers must provide their own counter (if desired).
 - 11-12: The 400 IM and 500 freestyle events will be pre-seeded single-gender events and swum slowest to fastest. 500 freestyle swimmers must provide their own counter (if desired).
 - 13&O: The 400 IM and 500 freestyle events will be deck-seeded, with all heats being swum fastest to slowest, combined girls and boys. Positive check-in prior to the check-in deadline is required to swim. Swimmers must provide their own timers and counters (if desired) for these events; lanes with no timer go unprotected.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last 25 minutes of each warm-up period:
 - Lanes 1 & 6 – pace lanes, no diving
 - Lanes 2 & 5 - sprint lanes, dive starts, return in lanes 3 & 4
 - Lanes 3 & 4 - 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 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 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 authorized volunteers and working personnel can be 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 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.
- 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.

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ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, December 31, 2014:

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 Cascade Aquatic Club.

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.

Submittal Notes:

- Late, incomplete, or paper entries will not be processed.
- 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).
- 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: Molly Cady, 2115 N 128th Street, Seattle WA 98133
- Email entries to : mollycady@gmail.com

**2015 JANUARY CHALLENGE
Order of Events**

SESSION 1 - SAT A.M. 10 UNDER, BOYS 11-12		
Event #	Event	Age Group
1,2	200 Free	10U
4	200 Free	B11-12
5,6	25 Back	8U
7,8	100 Back	10U
10	100 Back	B11-12
11, 12	25 Breast	8U
13, 14	100 Breast	10U
16	100 Breast	B11-12
17, 18	25 Fly	8U
19, 20	100 Fly	10U
22	100 Fly	B11-12
23, 24	25 Free	8U
25, 26	100 Free	10U
28	100 Free	B11-12
29, 30	100 IM	8U
31, 32	100 IM	9-10
34	100 IM	B11-12
35, 36	200 Free Relay	10U
38	200 Free Relay	B12U
40	400 IM	B11-12

SESSION 2 – SAT P.M. GIRLS 11-12, 13 & OVER		
41	200 Free	G11-12
43*, 44*	200 Free	13 - Over
45	100 Back	G11-12
47*, 48*	100 Back	13 - Over
49	100 Breast	G11-12
51*, 52*	100 Breast	13 - Over
53	100 Fly	G11-12
55*, 56*	100 Fly	13 - Over
57	100 Free	G11-12
59*, 60*	100 Free	13 - Over
61	100 IM	G11-12
63*, 64*	100 IM	13 - Over
65	200 Free Relay	G11-12
67	200 Free Relay	G11 - Over
68	200 Free Relay	B13-Over
69	400 IM	G11-12
70**	400 IM - Mixed	13 - Over

SESSION 3 - SUN A.M. BOYS 11-12, 13 - OVER		
Event #	Event	Age Group
72	200 IM	B11-12
73*, 74*	200 IM	13 - Over
76	50 Back	B11-12
77*, 78*	50 Back	13 - Over
80	200 Fly	B11-12
81*, 82*	200 Fly	13 - Over
84	50 Breast	B11-12
85*, 86*	50 Breast	13 - Over
88	200 Backstroke	B11-12
89*, 90*	200 Backstroke	13 - Over
92	50 Fly	B11-12
93*, 94*	50 Fly	13 - Over
96	200 Breast	B11-12
97*, 98*	200 Breast	13 - Over
100	50 Free	B11-12
101*, 102*	50 Free	13 - Over
104	200 Medley Relay	B11-12
105	200 Medley Relay	G13 - Over
106	200 Medley Relay	B11-Over
108	500 Free	B11-12
109**	500 Free - Mixed	13 - Over

SESSION 4 - SUN P.M. 10 UNDER, GIRLS 11-12		
111, 112	200 IM	10U
113	200 IM	G11-12
115, 116	50 Back	10U
117	50 Back	G11-12
119	200 Fly	G11-12
121, 122	50 Breast	10U
123	50 Breast	G11-12
125	200 Back	G11-12
127, 128	50 Fly	10U
129	50 Fly	G11-12
131	200 Breast	G11-12
133, 134	50 Free	10U
135	50 Free	G11-12
137, 138	200 Medley Relay	10U
139	200 Medley Relay	G12U
140***	500 Free - Mixed	10U
141	500 Free	G11-12

Individual event entry limits: 8 events for the weekend with maximum of 4 per day.

* 13 and over age groups swam together, scored separately 13-14, 15 and over

** 13 and over age groups and gender swam together, scored separately by gender and age (13-14 and 15 and over.)

*** 10 and under genders swam together, scored separately by gender

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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 EVENTS:		X \$ 4.00	\$
RELAYS:		X \$12.00	\$
		SUBTOTAL:	\$
LESS OUTREACH VOUCHERS:			(\$)
		TOTAL:	\$

Make one check payable to Cascade Swim Club

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc., or of a FINA-member organization included in USA Swimming's "open border" policy

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.