

36th Annual Washington Open—Approval #1201-SP02
 Time Trials Approval #1201-SP03
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by Valley Aquatics

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

SCHEDULES	Thursday	Friday	Saturday	Sunday
	January 19, 2012	January 20, 2012	January 21, 2012	January 22, 2012
Coaches' Meeting	4:30 PM - Check in and coaches' packets at Clerk of Course	8:15 AM		
Positive Check-in Deadlines	800 free--5:30 pm	400 free--9:30 AM	400 IM--9:30 AM	1500 free—9:30 AM
Officials Meeting (prelims)		8:30 AM	8:30 AM	8:30 AM
Warm-up (prelims)		8:00 AM	8:00 AM	8:00 AM
Prelims		9:30 AM	9:30 AM	9:30 AM
Officials Meeting (finals)	5:30 PM	4:30 PM	4:30 PM	3:30 PM
Warm-up (finals)	5:00 PM	4:00 PM	4:00 PM	3:00 PM
Finals	6:00 PM	5:30 PM	5:30 PM	4:30 PM
Dive Tank Pool	Available for Warmup & Cooldown			
Entries due	Entries are due by Wednesday, January 11, 2012			

MEET DIRECTOR:

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

MEET REFEREE:

Mike Murphy
 • 206-316-0234
 • Swimoff1@gmail.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.

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.
- 50-meter, 9 feet deep, 8-lane competitive pool
- 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
- 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.

ONSITE AMENITIES

- **Vendor:** Northwest Swim Shop
- **Meet Heat Sheets:** \$5.00
- **Finals Program:** \$1.00 per session
- **Results** on PNS web site
- **Concessions:** under contract with King County; the host organization, its member teams, and PNS receive no benefit.
- **Hospitality:** Refreshments will be available for coaches and officials in the Hospitality Room. Swimmers, timers, and spectators are not allowed.
- **Parking:** Available at the Aquatic Center and in the Federal Way Little League parking lot to the east. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. Carpooling is strongly recommended.
- **RV Parking:** Limited RV parking is available in only the north parking lot. Dry camping--no sewer, water, or electricity.
- **RV Hookups:** Dash Point State Park, 800 562 0900 (Five miles from KCAC)
- **Camping:** KOA Seattle South Campground, 5801 S. 212th Street, Kent, 206 872 8652 (13 miles from KCAC)
- **Warm-up, other than designated times, must be arranged directly with the King County Aquatic Center, 206 296 4444.**

ELIGIBILITY:

- All swimmers must be registered with USA Swimming, a FINA member covered under USA Swimming's "open border" policy included in its Registration Manual, or with the NCAA.

36th Annual Washington Open—Approval #1201-SP02
Time Trials Approval #1201-SP03
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
Hosted by Valley Aquatics

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

- Swimmers must have met the listed minimum qualifying time standards in each individual event entered, with the exception of bonus events.
- Swimmers with a disability must meet the qualifying standards for this meet in compliance with PNS Policy AD 97-02.

ENTRY INFORMATION:

- There is no entry limit, but each swimmer may not compete in more than three (3) individual events per day plus relays. Swimmers who compete in more than three individual events on any given day will be disqualified from all individual events following their third daily individual event.
- On-deck USA Swimming registration will not be permitted.
- No deck entries will be permitted.
- All USA Swimming registration numbers will be verified for PNS swimmers.

BONUS EVENTS

- Swimmers entered in at least one individual event with a qualifying time may enter up to two (2) additional events as bonus events, subject to the entry and splash limits listed above.
- For example:
 1. Qualify in 1=swim up to 3
 2. Qualify in 2=swim up to 4
 3. Qualify in 3=swim up to 5
- The 1500 freestyle events may not be entered as a bonus event.
- Bonus swims must be clearly identified in submitting entries; teams using Team Manager must designate bonus swims on the Meet Entries Screen. See Entry Submittal Information.
- Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.

ENTRY FEES:

- Surcharge: \$15.00
- Individual Event: \$ 7.50
- Relay: \$15.00
- Time trials \$ 7.50 (pay at meet)
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** Medals 1st - 3rd places.
Scoring 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- **Relay events:** Medals 1st
Scoring 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- **Team trophies:** Top three teams--combined men's and women's scores

MEET RULES:

- This year's meet course will be long course meters. Current USA Swimming and PNS rules govern throughout the meet, including warm-ups.
- The meet will be swum as prelims/finals (C/B/A) except for relays and the 800/1500 events.
- See Order of Events for more information.
- Seeding will be LCM/SCY.

- At the Meet Referee's discretion, all individual events 100M or longer may be swum double-ended. If so, all odd-numbered heats will start at the dive tank end of the pool and all even-numbered heats will start at the scoreboard end of the pool. An announcement will be made at the Coaches' Meeting.
- All 50M events will start at the scoreboard end of the pool.

DISTANCE EVENTS:

- The 400, 800, and 1500 freestyle, and the 400 IM events will require a positive check-in. Swimmers not checking in for these events will automatically be scratched without penalty. Swimmers checking in for any of these events who do not swim will be disqualified from their next scheduled individual event.
- The check-in deadlines are:
 - 800 freestyle: Thursday 5:00 PM
 - 400 freestyle: Friday 9:30 AM
 - 400 IM: Saturday 9:30 AM
 - 1500 freestyle: 9:30 AM
- The 800 free and 1500 free events may be limited to six (6) heats of women and six (6) heats of men.
- Each swimmer must provide their own timer and counter, if desired, for the 800 and 1500 free events. Lanes with no timer go unprotected.
- Timers will be provided for the 400M events.

SCRATCH PROCEDURE FOR PRELIMS/FINALS EVENTS:

Prelims:

- There is no penalty for a failure to swim a preliminary heat of a pre-seeded prelims/finals individual event.

Finals:

- Once the C, B, and A finalists are announced, those swimmers have 30 minutes to declare their intention to scratch and until 30 minutes after the completion of their last preliminary (not timed finals) event to finalize their intention to scratch. There is no penalty for scratches during this time.
- A swimmer for the C, B, or A finals of any prelims/finals event who fails to show will be barred from competing in the rest of the meet, including relays, unless properly scratched. A swimmer who is not an announced C, B, or A finalist 30 minutes after the announcement of an event's results will not be penalized for a failure to scratch.
- Reseeding due to scratches made after the initial 30 minute deadline will be at the discretion of the meet referee.

RELAYS:

Relay Information:

- The top sixteen (16) entry times for each gender of the 200 freestyle, 200 medley, and 400 medley relays will swim in finals--i.e., two heats of women's relays and two heats of men's relays.
- The top eight (8) entry times for each gender of the 800 freestyle relay will swim in finals--i.e., one heat of women's relays and one heat of men's relays.
- All other relays, including all heats of the 400 free relay, will be swum during prelims.

Relay Slips:

- The top two copies of the relay slips must be submitted to the Clerk of Course by the deadline to be stated at the Coaches' meeting.

36th Annual Washington Open—Approval #1201-SP02
Time Trials Approval #1201-SP03
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
Hosted by Valley Aquatics

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

- The Lane Copy of the relay slip must be presented to the Head Lane Timer of the appropriate lane prior to the swim to verify the order in which the athletes will swim. This copy must be complete and legible.

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 ten (10) 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 USA Swimming, a FINA-member organization coach included in USA Swimming's "open border" policy, or of an NCAA 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 USA Swimming swimmer entered in the meet must be certified by a USA Swimming 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.
- **Shaving is not permitted in the facility.**
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

OTHER NOTES:

- In granting this approval it is understood and agreed that Valley Aquatics, Pacific Northwest Swimming 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 credentialed athletes, coaches, officials, authorized volunteers and facility employees are allowed on deck or in the locker rooms. All volunteers must check in prior to their assigned shift for a name tag which must be displayed while on deck.
- All others must remain in the designated spectator area or in public lobbies and are not allowed in the natatorium unless timing for an event in which swimmers must provide their own timers.

- 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, of a FINA member covered by USA Swimming's "open border" policy, or of the NCAA shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming, of a FINA member covered by USA Swimming's "open border" policy or Canadian equivalent or of the NCAA.
- 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.
- **Lost and Found:** Items will be left in place during the meet. After the meet, contact KCAC.
- **Team Banners:** Banners must be fabric. No helium balloons or paper signs.

OFFICIALS:

- All certified officials are welcome. The dress code will conform to PNS official's dress code (no shorts for finals).
- This meet is applying for designation as a training meet for N2 officials Certification. Officials wishing to obtain or renew N2 certification must apply by January 11, 2012. Preference will be given to those who agree to work all sessions. Instructions for certification will be provided during the Official's meetings.
- Once N2 designation has been granted, this meet information sheet will be updated, and the Application to Officiate form will be made available.

TIMERS:

- All participating teams are asked to provide timers.
- Lane assignments will be posted on Valley Aquatics' web page, www.swimvast.org, the week prior to the meet.
- Larger teams should be prepared to take the first shift Friday.
- We appreciate your cooperation in facilitating this request.

TIME TRIALS:

- Time Trials will first be seeded in open lanes during the meet. Additional time trial may be available at the conclusion of prelims, subject to the Meet Referee's discretion. There will be no additional Time Trials on Sunday (after prelims).
- Only swimmers who are pre-entered into the meet (i.e., meet entry surcharge paid prior to the entry deadline) are eligible for time trials.
- One Time Trial per day per swimmer, subject to meet entry limitations.
- Deck-entry only at the Clerk of Course.
- Time Trial fee: \$7.50 per event.
- Each swimmer should provide a timer and counter, if needed. Lanes with no timer go unprotected.

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, January 11, 2012:

1. COMMLINK file exported from Team Manager, if used.

36th Annual Washington Open—Approval #1201-SP02
Time Trials Approval #1201-SP03
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
Hosted by Valley Aquatics

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

2. **Meet Entry Reports** for individual (proof of time format sorted by swimmer) and relay (sorted by event) events from Team Manager—preferred—or equivalent hardcopy.
3. **Meet Entry Fee Report** from Team Manager—preferred—or equivalent hardcopy.
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 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, waive signature requirement.
- Teams using non-Hy-Tek products are advised that their bonus events may not properly import into Meet Manager and are advised to use can use Hy-Tek Lite to complete and submit entries for this meet. It is available at <http://www.hy-tek.com/downloads.html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Meet Entry Report or equivalent hardcopy must include full name of club, and, for each swimmer, first and last names, actual age as of the first day of the meet, gender, USA Swimming permanent 14-character identification number for USA Swimming athletes, events entered, and entry time for each.
- Bonus swims must be clearly identified as such.
- 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).
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to:
Suzanne Rychlik
27435 Maple Ridge way SE
Maple Valley, wa 98038
- Email: swimvast@hotmail.com
- Telephone: 253-241-4827

36th Annual Washington Open—Approval #1201-SP02
 Time Trials Approval #1201-SP03
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by Valley Aquatics

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

2012 WASHINGTON OPEN ORDER OF EVENTS

WOMEN			EVENT	MEN		
#	LCM	SCY		SCY	LCM	#

Thursday						
1	10:30.00	11:40.00	800 FREE (1)	10:59.00	9:55.00	2
(1) The 800 Free will be deck seeded, positive check-in (which will close at 5:30 PM), swum fastest to slowest, alternating women then men. This event may be limited to six (6) heats each. At the Meet Referee's discretion, this event may be double-ended or swum in two pools.						

Friday						
3	NT	NT	200 FREE RELAY (2)	NT	NT	4
5	2:45.00	2:28.00	200 IM	2:20.00	2:35.00	6
7	31.50	28.00	50 FREESTYLE	25.50	29.00	8
9	5:05.00	5:45.00	400 FREESTYLE (3)	5:30.00	4:52.00	10
11	NT	NT	400 MEDLEY RELAY (2)	NT	NT	12
(2) Fastest two heats in finals; all others in prelims.						
(3) 500 Free will be deck seeded, positive check-in (which will close at 9:30 AM)						

Saturday						
13	NT	NT	200 MEDLEY RELAY (2)	NT	NT	14
15	1:15.00	1:07.50	100 BUTTERFLY	1:03.00	1:10.00	16
17	2:24.00	2:08.00	200 FREESTYLE	2:00.00	2:15.00	18
19	1:29.00	1:20.00	100 BREASTSTROKE	1:15.00	1:24.00	20
21	1:18.00	1:09.00	100 BACKSTROKE	1:05.00	1:13.00	22
23	5:46.00	5:00.00	400 IM (3)	4:45.00	5:29.00	24
25	NT	NT	800 FREE RELAY (4)	NT	NT	26
(2) Fastest two heats in finals; all others in prelims.						
(3) 400 IM will be deck seeded, positive check-in (which will close at 9:30 AM)						
(4) Fastest heat of women and fastest heat of men in finals; all others in prelims.						

Sunday						
27	2:45.00	2:26.00	200 BACKSTROKE	2:20.00	2:38.00	28
29	1:09.00	1:01.00	100 FREESTYLE	58.00	1:03.00	30
31	3:10.00	2:50.00	200 BREASTSTROKE	2:41.00	3:00.00	32
33	2:50.00	2:30.00	200 BUTTERFLY	2:21.00	2:40.00	34
35	20:00.0	19:30.00	1500 FREE (5)	18:45.00	19:05.00	36
37	NT	NT	400 FREE RELAY (6)	NT	NT	38
(5) The 1500 Free will be deck-seeded, positive check-in (which will close at the beginning of Event #32 prelims), swum fastest to slowest, alternating women then men. This event may be limited to six (6) heats each. At the Meet Referee's discretion, this event may be double ended.						
(6) All heats will swim in prelims.						

DISABILITY TIME STANDARDS – LONG COURSE METERS

WOMEN	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11	S12	S13
50 Free	03:38.00	02:22.00	02:01.00	01:28.00	01:17.00	01:00.50	00:49.50	00:45.10	00:39.60	00:38.50	00:49.50	00:42.90	00:39.60
100 Free	06:36.00	04:46.00	04:02.00	03:07.00	02:45.00	02:01.00	01:44.50	01:39.00	01:28.00	01:22.50	01:50.00	01:39.00	01:33.50
200 Free		08:35.00	07:40.00	06:39.00	05:30.00	04:12.00	03:29.00	03:28.00	03:06.00	02:55.00	03:50.00	03:28.00	03:12.00
400 Free						08:46.00	08:15.00	08:04.00	07:09.00	06:47.00	08:15.00	07:42.00	07:20.00
50 Back	03:18.00	02:23.00	02:12.00	01:39.00	01:28.00	01:06.50	01:01.00	00:56.50	00:50.00	00:44.50	01:01.00	00:56.50	00:50.00
100 Back	06:46.00	04:56.00	04:34.00	03:28.00	03:06.00	02:23.00	02:12.00	02:01.00	01:50.00	01:39.00	02:12.00	02:01.00	01:50.00
200 Back		10:02.00	09:18.00	07:06.00	06:22.00	04:54.00	04:24.00	04:13.50	03:29.00	03:27.50	04:12.00	03:31.50	03:30.00
50 Breast	03:51.00	02:56.00	02:12.00	01:34.00	01:28.50	01:23.00	01:12.00	01:01.00	00:55.50		01:12.00	01:01.00	00:55.50
100 Breast	07:52.00	06:02.00	04:34.00	03:18.00	03:07.00	02:56.00	02:34.00	02:12.00	02:01.00		02:34.00	02:12.00	02:01.00
200 Breast			09:08.00	07:15.00	06:05.00	05:34.00	05:07.00	04:03.50	04:03.00		04:28.00	04:08.00	04:03.00
50 Fly	02:45.00	02:34.00	02:12.00	02:01.00	01:50.00	01:22.50	01:06.00	01:01.00	00:55.50	00:50.00	01:01.00	00:55.50	00:50.00
100 Fly	05:40.00	05:13.00	04:29.00	04:06.00	03:45.00	02:55.00	02:17.00	02:12.00	02:01.00	01:50.00	02:12.00	02:01.00	01:50.00
200 Fly			08:58.00	08:12.00	07:30.00	05:50.00	04:34.00	04:00.00	03:35.00	03:34.00	04:13.50	04:07.50	04:06.00
200 IM	09:59.00	08:31.50	08:53.00	07:36.00	06:36.00	05:30.00	04:46.00	04:24.00	03:40.00	03:29.00	04:24.00	04:13.00	03:51.00
400 IM							09:42.00	08:07.00	07:05.00	06:48.00	07:37.00	06:35.50	06:30.00

MEN	S1 SB1 SM1	S2 SB3 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11	S12	S13
50 Free	02:56.00	01:50.00	01:28.00	01:17.00	01:00.50	00:49.50	00:39.60	00:38.50	00:35.20	00:34.10	00:44.00	00:38.50	00:35.20
100 Free	05:30.00	03:51.00	03:18.00	02:45.00	02:12.00	01:44.50	01:33.50	01:28.00	01:17.00	01:12.60	01:28.00	01:22.50	01:17.00
200 Free		07:40.00	05:54.00	05:30.00	05:08.00	03:38.00	03:17.00	03:06.00	02:44.00	02:34.00	03:06.00	02:55.00	02:44.00
400 Free						07:42.00	07:20.00	07:09.00	06:36.00	06:25.00	07:42.00	06:58.00	06:39.00
50 Back	02:56.00	02:12.00	01:50.00	01:28.00	01:06.00	00:55.50	00:50.00	00:47.25	00:39.00	00:37.90	00:55.50	00:50.00	00:44.50
100 Back	05:57.00	04:29.00	03:45.00	03:01.00	02:17.00	02:01.00	01:50.00	01:44.50	01:28.00	01:25.00	02:01.00	01:50.00	01:39.00
200 Back		09:08.00	07:40.00	06:12.00	05:44.00	04:00.00	03:50.00	03:29.00	03:06.00	03:00.00	04:11.00	03:50.00	03:28.00
50 Breast	03:38.00	02:12.00	01:50.00	01:12.00	01:09.25	01:06.50	01:01.00	00:50.00	00:42.30		01:01.00	00:50.00	00:44.50
100 Breast	07:26.00	04:34.00	03:50.00	02:34.00	02:28.50	02:23.00	02:12.00	01:50.00	01:34.60		02:12.00	01:50.00	01:39.00
200 Breast		09:18.00	07:50.00	05:15.00	04:52.00	04:50.00	04:22.00	03:58.50	03:52.00		04:34.00	03:50.00	03:38.00
50 Fly	02:12.00	02:01.00	01:39.00	01:28.00	01:17.00	01:00.50	00:49.50	00:47.25	00:39.00	00:36.00	00:50.00	00:41.75	00:39.00
100 Fly	04:34.00	04:12.00	03:28.00	03:06.00	02:44.00	02:11.00	01:49.00	01:44.50	01:28.00	01:22.00	01:50.00	01:33.50	01:28.00
200 Fly	09:18.00	08:34.00	07:06.00	06:22.00	05:43.00	04:32.00	03:48.00	03:35.00	03:23.00	03:10.00	03:40.00	03:37.00	03:15.00
200 IM	08:53.00	08:09.00	07:14.00	05:57.00	05:30.00	04:24.00	03:51.00	03:40.00	03:18.00	03:07.00	04:02.00	03:40.00	03:18.00
400 IM						08:53.00	07:52.00	07:30.00	06:46.00	06:24.00	08:14.0	07:30.0	06:46.0

DISABILITY CHAMPIONSHIP TIME STANDARDS – SHORT COURSE YARDS

WOMEN	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11	S12	S13
50 Free	03:20.41	02:10.48	01:51.18	01:20.86	01:09.36	00:54.50	00:43.70	00:39.81	00:34.96	00:33.99	00:43.70	00:42.82	00:34.96
100 Free	06:03.89	04:22.81	03:42.37	02:51.83	02:28.64	01:49.00	01:32.26	01:27.40	01:17.69	01:12.83	01:37.11	01:35.17	01:22.54
200 Free		07:53.24	07:02.70	06:06.64	04:57.29	03:47.02	03:04.52	03:03.63	02:44.21	02:34.50	03:23.06	03:19.00	02:49.51
500 Free						10:01.14	09:14.40	08:38.67	08:00.48	07:35.84	09:14.40	09:03.31	08:12.80
50 Back	03:01.94	02:11.40	02:01.29	01:30.97	01:19.27	00:36.00	00:53.85	00:49.88	00:44.14	00:39.28	00:53.85	00:52.77	00:44.14
100 Back	06:13.08	04:32.00	04:11.78	03:11.13	02:47.56	02:08.82	01:56.54	01:46.82	01:37.11	01:27.40	01:56.54	01:54.20	01:37.11
200 Back		09:13.18	08:32.75	06:31.45	05:44.14	04:24.86	03:53.08	03:43.81	03:04.52	03:03.19	03:42.48	03:38.03	03:05.40
50 Breast	03:32.27	02:41.72	02:01.29	01:26.37	01:19.72	01:14.77	01:03.56	00:53.85	00:49.00		01:03.56	01:02.29	00:49.00
100 Breast	07:13.72	05:32.64	04:11.78	03:01.94	02:48.46	02:38.55	02:15.96	01:56.54	01:46.82		02:15.96	02:13.24	01:46.82
200 Breast			08:23.56	06:39.72	05:28.82	05:00.90	04:31.04	03:34.41	03:34.54		03:56.61	03:51.88	03:34.54
50 Fly	02:31.62	02:21.51	02:01.29	01:51.18	01:39.09	01:14.32	00:58.27	00:53.85	00:49.00	00:44.14	00:53.85	00:52.77	00:44.14
100 Fly	05:12.43	04:47.62	04:07.18	03:46.05	03:22.70	02:37.65	02:00.95	01:56.54	01:46.82	01:37.11	01:56.54	01:54.20	01:37.11
200 Fly			08:14.37	07:32.10	06:45.40	05:15.31	04:01.90	03:32.89	03:09.81	03:08.93	03:43.81	03:39.33	03:37.18
200 IM	09:10.43	07:50.02	08:09.78	06:59.02	05:56.75	04:57.29	04:12.50	03:53.08	03:14.23	03:04.52	03:53.08	03:48.42	03:23.94
400 IM						10:03.60	08:33.83	07:09.96	06:15.22	06:00.21	06:43.47	06:35.40	05:44.32

MEN	S1 SB1 SM1	S2 SB3 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11	S12	S13
50 Free	02:41.72	01:41.08	01:20.86	01:10.75	00:54.50	00:44.59	00:34.96	00:33.99	00:31.08	00:30.10	00:38.84	00:33.99	00:31.08
100 Free	04:57.29	03:32.27	03:01.94	02:31.62	01:58.91	01:34.14	01:25.91	01:20.86	01:10.75	01:06.71	01:17.69	01:12.83	01:07.98
200 Free	09:54.59	07:02.70	05:25.29	05:03.24	04:37.47	03:16.39	03:01.02	02:50.91	02:30.70	02:21.51	02:44.21	02:34.50	02:24.79
500 Free						08:48.00	08:32.91	08:20.09	07:41.62	07:28.80	08:37.44	07:48.16	07:26.88
50 Back	02:38.55	02:01.29	01:41.08	01:20.86	00:59.45	00:50.00	00:46.34	00:43.41	00:35.83	00:35.22	00:49.00	00:44.14	00:39.28
100 Back	05:21.62	04:11.78	03:26.75	02:46.32	02:03.42	01:49.00	01:41.08	01:46.02	01:20.86	01:18.10	01:46.82	01:37.11	01:27.40
200 Back		08:23.47	07:02.70	05:41.83	05:09.90	03:36.21	03:31.35	03:12.05	02:50.91	02:45.40	04:17.11	03:23.06	03:03.63
50 Breast	03:16.39	02:01.29	01:41.08	01:06.16	01:02.38	00:59.90	00:56.05	00:45.94	00:38.87		00:53.85	00:44.14	00:39.28
100 Breast	06:41.80	04:07.18	03:31.35	02:21.51	02:13.78	02:08.82	02:01.29	01:41.08	01:26.92		01:56.54	01:37.11	01:27.40
200 Breast		08:32.75	07:11.89	04:49.45	04:23.06	04:21.26	04:00.75	03:39.16	03:33.18		03:41.60	02:03.06	03:12.46
50 Fly	01:58.91	01:51.18	01:30.95	01:20.86	01:09.36	00:54.50	00:45.48	00:43.41	00:35.83	00:33.08	00:44.14	00:36.86	00:34.43
100 Fly	04:06.84	03:51.56	02:11.13	02:59.91	02:27.74	01:58.01	01:40.16	01:36.02	01:20.86	01:15.35	01:37.11	01:22.54	01:17.69
200 Fly	08:22.70	07:52.32	06:31.45	05:51.02	05:09.00	04:05.04	03:29.51	03:17.56	03:06.54	02:54.59	03:14.23	03:11.58	02:52.16
200 IM	08:00.18	07:29.35	06:40.61	05:28.05	02:27.74	03:57.83	03:32.27	03:22.16	03:01.94	02:51.83	03:33.65	03:14.23	02:54.81
400 IM					09:59.09	08:00.18	07:13.72	06:53.51	06:13.08	05:52.86	07:16.14	06:37.29	05:58.45

DISABILITY TIME STANDARDS – SHORT COURSE METERS

WOMEN	S1 SB1 SM1	S2 SB3 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11	S12	S13
50 Free	03:42.36	02:24.84	02:03.42	01:29.76	01:17.00	01:00.50	00:48.51	00:44.20	00:38.81	00:37.73	00:48.51	00:47.54	00:38.81
100 Free	06:43.92	04:51.72	04:06.84	03:10.74	02:45.00	02:01.00	01:42.41	01:37.02	01:26.24	01:20.85	01:47.80	01:45.64	01:31.63
200 Free		08:45.30	07:49.20	06:46.98	05:30.00	04:12.00	03:24.82	03:23.84	03:02.28	02:51.50	03:45.40	03:40.89	03:08.16
400 Free						08:46.00	08:05.10	07:54.32	07:00.42	06:38.86	08:05.10	07:55.40	07:11.20
50 Back	03:21.96	02:25.86	02:14.64	01:40.98	01:28.00	01:06.50	00:59.78	00:55.37	00:49.00	00:43.61	00:59.78	00:58.58	00:49.00
100 Back	06:54.12	05:01.92	04:39.48	03:32.16	03:06.00	02:23.00	02:09.36	01:58.58	01:47.80	01:37.02	02:09.36	02:06.77	01:47.80
200 Back			09:29.16	07:14.52	06:22.00	04:54.00	04:18.72	04:08.43	03:24.82	03:23.35	04:06.96	04:02.02	03:25.80
50 Breast	03:55.62	02:59.52	02:14.64	01:35.88	01:28.50	01:23.00	01:10.56	00:59.78	00:54.39		01:10.56	01:09.15	00:54.39
100 Breast	08:01.44	06:09.24	04:39.48	03:21.96	03:07.00	02:56.00	02:30.92	02:09.36	01:58.58		02:30.92	02:27.90	01:58.58
200 Breast			09:18.96	07:23.70	06:05.00	05:34.00	38:24.00	03:58.63	03:58.14		04:22.64	04:17.39	03:58.14
50 Fly	02:48.30	02:37.08	02:14.64	02:03.42	01:50.00	01:22.50	01:04.68	00:59.78	00:54.39	00:49.00	00:59.78	00:58.58	00:49.00
100 Fly	05:46.80	05:19.26	04:34.38	04:10.92	03:45.00	02:55.00	02:14.26	02:09.36	01:58.58	01:47.80	02:09.36	02:06.77	01:47.80
200 Fly			09:08.76	08:21.84	07:30.00	05:50.00	04:28.52	03:55.20	03:30.70	03:29.72	04:08.43	04:03.46	04:01.08
200 IM		08:41.73	09:03.66	07:45.12	06:36.00	05:30.00	04:40.28	04:18.72	03:35.60	03:24.82	04:18.72	04:13.55	03:46.38
400 IM							09:30.36	07:57.26	06:56.50	06:39.84	07:27.86	07:18.90	06:22.20

MEN	S1 SB1 SM1	S2 SB3 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11	S12	S13
50 Free	02:59.52	01:52.20	01:29.76	01:18.54	01:00.50	00:49.50	00:38.81	00:37.73	00:34.50	00:33.42	00:43.12	00:37.73	00:34.50
100 Free	05:30.00	03:55.62	03:21.96	02:48.30	02:12.00	01:44.50	01:35.37	01:29.76	01:18.54	01:14.05	01:26.24	01:20.85	01:15.46
200 Free		07:49.20	06:01.08	05:36.60	05:08.00	03:38.00	03:20.94	03:09.72	02:47.28	02:37.08	03:02.28	02:51.50	02:40.72
400 Free						07:42.00	07:28.80	07:17.58	06:43.92	06:32.70	07:32.76	06:49.64	06:31.02
50 Back	02:56.00	02:14.64	01:52.20	01:29.76	01:06.00	00:55.50	00:51.00	00:48.19	00:39.78	00:38.66	00:54.39	00:49.00	00:43.61
100 Back	05:57.00	04:34.38	03:49.50	03:04.62	02:17.00	02:01.00	01:52.20	01:46.59	01:29.76	01:26.70	01:58.58	01:47.80	01:37.02
200 Back		09:18.96	07:49.20	06:19.44	05:44.00	04:00.00	03:54.60	03:33.18	03:09.72	03:03.60	04:05.98	03:45.40	03:23.84
50 Breast	03:38.00	02:14.64	01:52.20	01:13.44	01:09.25	01:06.50	01:02.22	00:51.00	00:43.15		00:59.78	00:49.00	00:43.61
100 Breast	07:26.00	04:39.48	03:54.60	02:37.08	02:28.50	02:23.00	02:14.64	01:52.20	01:36.49		02:09.36	01:47.80	01:37.02
200 Breast		09:29.16	07:59.40	05:21.30	04:52.00	04:50.00	04:27.24	04:03.27	03:56.64		04:28.52	03:45.40	03:33.64
50 Fly	02:12.00	02:03.42	01:40.98	01:29.76	01:17.00	01:00.50	00:50.49	00:48.19	00:39.78	00:36.72	00:49.00	00:40.92	00:38.22
100 Fly	04:34.00	04:17.04	03:32.16	03:09.72	02:44.00	02:11.00	01:51.18	01:46.59	01:29.76	01:23.64	01:47.80	01:31.63	01:26.24
200 Fly	09:18.00	08:44.28	07:14.52	06:29.64	05:43.00	04:32.00	03:52.56	03:39.30	03:27.06	03:13.80	03:35.60	03:32.66	03:11.10
150 IM	06:36.00	06:10.26	05:36.60	04:29.28									
200 IM	08:53.00	08:18.78	07:22.68	06:04.14	05:30.00	04:24.00	03:55.62	03:44.40	03:21.96	03:10.74	03:57.16	03:35.60	03:14.04
400 IM						08:53.00	08:01.44	07:39.00	06:54.12	06:31.68	08:04.12	07:21.00	06:37.88

36th Annual Washington Open—Approval #1201-SP02
 Time Trials Approval #1201-SP03
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 Hosted by Valley Aquatics
Held under approval 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.

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 \$15.00	\$
INDIVIDUAL EVENTS:		X \$ 7.50	\$
RELAY:		X \$15.00	\$
		TOTAL:	\$

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., a FINA member covered under USA Swimming's "open border" policy, or of the NCAA.

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.

