



Pacific Northwest Swimming  
 January Challenge – Division 1 -- Sanction #1201-CSD01  
 Helene Madison Pool  
 Seattle, Washington  
 Hosted by the 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 14, 2012	Saturday, January 14, 2012	Sunday, January 15, 2012	Sunday, January 15, 2012
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

- **Concessions:** available all day
- **Hospitality** for coaches and officials
- **Parking:** ample parking in high school lot (Ingraham H.S.)

**MEET REFEREE:**

Mark Jaeger  
 • officialschaircascade@hotmail.com  
 • 425-483-8321

**TEAMS:**

- Cascade Swim Club
- Chinook Aquatic Club
- Washington Athletic Club
- West Coast Aquatics

**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.

**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.

**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: one-lane readout
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**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 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.

**ONSITE AMENITIES**

- Vendor: NW Swim Shop
- Heat Sheets: \$5.00
- Results on PNS web site



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#### ENTRY FEES:

- Surcharge: \$5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$3.00
- Relay: \$8.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

#### AWARDS AND SCORING:

- **Individual events:** Ribbons 1st thru 8<sup>th</sup> 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, 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.
- **8&U events:** All 25 yard events will be staged at the southeast corner of the pool deck. 8&U swimmers should report to the marked staging area at the first announcement of their event. **No parents will be allowed in the staging area or behind the blocks.** Swimmers will start from the start end of the pool and finish at the bulkhead end of the pool.

#### 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 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 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.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- 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 only be accepted upon receipt of all of the following prior to the entry deadline, January 4, 2012:**

1. **COMMLINK** file exported from Team Manager, if used.
2. **Meet Entry Reports** for individual (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.



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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 the Cascade Swim Club.

**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, 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 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, events entered, and entry time for each.
- 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.
- Email entries to Martha Layzer – [mmlayzer@q.com](mailto:mmlayzer@q.com)
- Mail Hard Copies & Check to: Cascade Swim Club  
7263 28th Ave NE  
Seattle, WA 98115

2012 JANUARY CHALLENGE Order of Events					
SESSION 1 - SAT A.M. 10 UNDER, BOYS 11-12			SESSION 3 - SUN A.M. BOYS 11-12, 13 - OVER		
Event #	Event	Age Group	Event #	Event	Age Group
1,2	200 Free	10U	72	200 IM	B11-12
4	200 Free	B11-12	73*, 74*	200 IM	13 - Over
5,6	25 Back	8U	76	50 Back	B11-12
7,8	100 Back	10U	77*, 78*	50 Back	13 - Over
10	100 Back	B11-12	80	200 Fly	B11-12
11, 12	25 Breast	8U	81*, 82*	200 Fly	13 - Over
13, 14	100 Breast	10U	84	50 Breast	B11-12
16	100 Breast	B11-12	85*, 86*	50 Breast	13 - Over
17, 18	25 Fly	8U	88	200 Backstroke	B11-12
19, 20	100 Fly	10U	89*, 90*	200 Backstroke	13 - Over
22	100 Fly	B11-12	92	50 Fly	B11-12
23, 24	25 Free	8U	93*, 94*	50 Fly	13 - Over
25, 26	100 Free	10U	96	200 Breast	B11-12
28	100 Free	B11-12	97*, 98*	200 Breast	13 - Over
29, 30	100 IM	8U	100	50 Free	B11-12
31, 32	100 IM	9-10	101*, 102*	50 Free	13 - Over
34	100 IM	B11-12	104	200 Medley Relay	B11-12
35, 36	200 Free Relay	10U	105	200 Medley Relay	G13 - Over
38	200 Free Relay	B12U	106	200 Medley Relay	B11-Over
40	400 IM	B11-12	108	500 Free	B11-12
			109**	500 Free - Mixed	13 - Over
SESSION 2 - SAT P.M. GIRLS 11-12, 13 & OVER			SESSION 4 - SUN P.M. 10 UNDER, GIRLS 11-12		
Event #	Event	Age Group	Event #	Event	Age Group
41	200 Free	G11-12	111, 112	200 IM	10U
43*, 44*	200 Free	13 - Over	113	200 IM	G11-12
45	100 Back	G11-12	115, 116	50 Back	10U
47*, 48*	100 Back	13 - Over	117	50 Back	G11-12
49	100 Breast	G11-12	119	200 Fly	G11-12
51*, 52*	100 Breast	13 - Over	121, 122	50 Breast	10U
53	100 Fly	G11-12	123	50 Breast	G11-12
55*, 56*	100 Fly	13 - Over	125	200 Back	G11-12
57	100 Free	G11-12	127, 128	50 Fly	10U
59*, 60*	100 Free	13 - Over	129	50 Fly	G11-12
61	100 IM	G11-12	131	200 Breast	G11-12
63*, 64*	100 IM	13 - Over	133, 134	50 Free	10U
65	200 Free Relay	G11-12	135	50 Free	G11-12
67	200 Free Relay	G11 - Over	137, 138	200 Medley Relay	10U
68	200 Free Relay	B13-Over	139***	200 Medley Relay	G12U
69	400 IM	G11-12	140***	500 Free - Mixed	10U
70**	400 IM - Mixed	13 - Over	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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