



Pacific Northwest Swimming
 March Challenge – Division 4 -- Sanction #0703-CSD04
 Mary Wayte Pool
 Mercer Island, Washington
 Hosted by Chinook Aquatic Club



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

<http://www.chinookaquaticclub.org/Meets/2007/mc/>

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, March 10, 2007	Saturday, March 10, 2007	Sunday, March 11, 2007	Sunday, March 11, 2007
Coaches' Meeting	7:45 AM Check-in and coaches' packet at Clerk of Course.	as needed	as needed	as needed
Officials' Meetings	8:20 a.m.	40 minutes prior to timed finals	8:20 a.m.	40 minutes prior to timed finals
Warm-ups	8:00 AM	Immediately following conclusion of Session 1 but not before 12:00 p.m.	8:00 AM	Immediately following conclusion of Session 3, but not before 11:30 a.m.
Timed Finals	9:00 AM	One hour after start of warm-ups	9:00 AM	One hour after start of warm-ups
Relay Entry Deadline:	8:45 AM	15 minutes before start of competition	8:45 AM	15 minutes before start of competition
Positive Check-in Deadline: 400 IM/500 free		One hour after start of timed finals	10:00 AM	

MEET DIRECTOR:

Souradeth Saysana
 • missaysana@msn.com
 • 425.378.0898

MEET REFEREE:

Steve Anderson
 • sanders@simpson.com
 • 425.641.6980

LOCATION AND DIRECTIONS

Mary Wayte Pool
 8815 SE 40th Street
 Mercer Island, Washington

Directions: Take I-90 to Island Crest exit, Mercer Island. Travel south to the top of the hill. At the light, turn left onto SE 40th St. Go two blocks. The pool is on the right.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 4.0 feet deep; turning end 12.0 feet deep
- Warm-up pool at shallow end of pool
- 150 spectator seats in gallery, plus space for one row of personal chairs; limited space at warm-up end of pool deck for personal chairs
- Electronic timing system
- Scoreboard: one-lane readout

ONSITE AMENITIES

- **Vendor:** Sylvia's Swimwear and Fine Design
- **Heat Sheets:** \$5.00
- **Results** on PNS web site

- **Concessions** available in the lobby
- **Hospitality** for coaches and officials only in room at far end of warm-up pool
- **Parking** available west of pool building; additional parking at Mercer Island High School

TEAMS:

- Chinook Aquatic Club
- Bellevue Eastside Swim Team
- Central Area Aquatic Club
- Issaquah Swim Team
- Salmon Bay Aquatics
- Washington Athletic Club

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.
- 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 five (5) individual events plus one (1) relay event per 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.
- Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. Deck entry individual swims are



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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.**

ENTRY FEES:

- Surcharge: \$5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$2.00
- 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 6th in each division, based on seed times. Scoring also based on seed times: 7-5-4-3-2-1
- **Relay events:** Gold ribbons 1st thru 6th places. All relays eligible for scoring. Scoring: 14-10-8-6-4-2

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- **Relay events:** Relay events may be pre-entered or deck-entered, as long as all fees are paid prior to the appropriate entry deadline. Relay events will be deck-seeded. All relays, whether pre-entered or deck-entered, are eligible for awards.
- **Distance events:** The 500 freestyle and 400 IM events for 13&over swimmers will be deck-seeded and swum fastest to slowest, combined girls and boys. Positive check-in prior to the check-in deadline is required. Swimmers must provide their own timers and counters (if desired) for these events; lanes with no timers go unprotected.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour 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.
- 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.

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, 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.
- 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.

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, February 28, 2007:

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.
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 Chinook Aquatic 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.
- **Disk:** CD, or DVD, which should be mailed or delivered in a protective envelope
- To ensure correct entries, teams that do not have Team Manager or equivalent software can use Hy-Tek Lite to complete and submit



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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.
- Mail entries to:
Steve Preston
7640 NE 32nd Street
Medina, WA 98039
425-688-9965
stevepr@acm.org

2006-2007 PNS Challenge Series – Order of Events (November, January, March)

Saturday A.M.

#	Age	Event
1	Girls 8 & U	25 Free
2	Boys 8 & U	25 Free
3	Girls 10 & U	200 Free
4	Boys 10 & U	200 Free
6	Boys 11 – 12	200 Free
7	Girls 10 & U	200 Md Relay
8	Boys 10 & U	200 Md Relay
10	Boys 12 & U	200 Md Relay
11	Girls 8 & U	25 Fly
12	Boys 8 & U	25 Fly
13	Girls 10 & U	100 Fly
14	Boys 10 & U	100 Fly
16	Boys 11 – 12	100 Fly
17	Girls 8 & U	50 Free
*	Girls 9 – 10	50 Free
18	Boys 8 & U	50 Free
*	Boys 9 – 10	50 Free
20	Boys 11 – 12	50 Free
21	Girls 8 & U	25 Back
22	Boys 8 & U	25 Back
23	Girls 10 & U	50 Back
24	Boys 10 & U	50 Back
26	Boys 11 – 12	50 Back
28	Boys 11 – 12	200 Back
29	Girls 8 & U	25 Breast
30	Boys 8 & U	25 Breast
31	Girls 10 & U	100 Breast
32	Boys 10 & U	100 Breast
34	Boys 11 – 12	100 Breast
35	Girls 8 & U	100 IM
*	Girls 10 & U	100 IM
36	Boys 8 & U	100 IM
*	Boys 10 & U	100 IM
38	Boys 11 – 12	100 IM
40	Boys 11 – 12	400 IM

Saturday P.M.

#	Age	Event
41	Girls 11 - 12	200 Free
43	Girls 13 - 14	200 Free
*	Girls 15 & O	200 Free
44	Boys 13 - 14	200 Free
*	Boys 15 & O	200 Free
45	Girls 11 - 12	200 Md Relay
47	Girls 11 & O	200 Md Relay
48	Boys 13 & O	200 Md Relay
49	Girls 11 - 12	100 Fly
51	Girls 13 - 14	100 Fly
*	Girls 15 & O	100 Fly
52	Boys 13 - 14	100 Fly
*	Boys 15 & O	100 Fly
53	Girls 11 - 12	50 Free
55	Girls 13 - 14	50 Free
*	Girls 15 & O	50 Free
56	Boys 13 - 14	50 Free
*	Boys 15 & O	50 Free
57	Girls 11 - 12	50 Back
59	Girls 11 - 12	200 Back
*	Girls 13 - 14	200 Back
*	Girls 15 & O	200 Back
60	Boys 13 - 14	200 Back
*	Boys 15 & O	200 Back
61	Girls 11 - 12	100 Breast
63	Girls 13 - 14	100 Breast
*	Girls 15 & O	100 Breast
64	Boys 13 - 14	100 Breast
*	Boys 15 & O	100 Breast
65	Girls 11 - 12	100 IM
67	Girls 11 - 12	400 IM
69	Mixed 13 & O	400 IM
#	Girls 13 - 14	400 IM
#	Girls 15 & O	400 IM
#	Boys 13 - 14	400 IM
#	Boys 15 & O	400 IM

Sunday A.M.

#	Age	Event
70	Boys 11 - 12	200 IM
71	Girls 13 - 14	200 IM
*	Girls 15 & O	200 IM
72	Boys 13 - 14	200 IM
*	Boys 15 & O	200 IM
74	Boys 11 - 12	200 Fr Relay
75	Girls 13 & O	200 Fr Relay
76	Boys 11 & O	200 Fr Relay
78	Boys 11 - 12	100 Back
79	Girls 13 - 14	100 Back
*	Girls 15 & O	100 Back
80	Boys 13 - 14	100 Back
*	Boys 15 & O	100 Back
82	Boys 11 - 12	50 Fly
83	Girls 13 - 14	200 Fly
*	Girls 15 & O	200 Fly
84	Boys 11 - 12	200 Fly
*	Boys 13 - 14	200 Fly
*	Boys 15 & O	200 Fly
86	Boys 11 - 12	100 Free
87	Girls 13 - 14	100 Free
*	Girls 15 & O	100 Free
88	Boys 13 - 14	100 Free
*	Boys 15 & O	100 Free
90	Boys 11 - 12	50 Breast
91	Girls 13 - 14	200 Breast
*	Girls 15 & O	200 Breast
92	Boys 11 - 12	200 Breast
*	Boys 13 - 14	200 Breast
*	Boys 15 & O	200 Breast
94	Boys 11 - 12	500 Free
95	Mixed 13 & O	500 Free
#	Girls 13 - 14	500 Free
#	Girls 15 & O	500 Free
#	Boys 13 - 14	500 Free
#	Boys 15 & O	500 Free

Sunday P.M.

#	Age	Event
97	Girls 10 & U	200 IM
98	Boys 10 & U	200 IM
99	Girls 11 - 12	200 IM
101	Girls 10 & U	200 Fr Relay
102	Boys 10 & U	200 Fr Relay
103	Girls 12 & U	200 Fr Relay
105	Girls 10 & U	100 Back
106	Boys 10 & U	100 Back
107	Girls 11 - 12	100 Back
109	Girls 10 & U	50 Fly
110	Boys 10 & U	50 Fly
111	Girls 11 - 12	50 Fly
113	Girls 11 - 12	200 Fly
115	Girls 10 & U	100 Free
116	Boys 10 & U	100 Free
117	Girls 11 - 12	100 Free
119	Girls 10 & U	50 Breast
120	Boys 10 & U	50 Breast
121	Girls 11 - 12	50 Breast
123	Girls 11 - 12	200 Breast
125	Girls 10 & U	500 Free
126	Boys 10 & U	500 Free
127	Girls 11 - 12	500 Free

Notes

1. Asterisk (*) events are seeded and swum with previous event, scored separately
2. Events 69 and 95 will be seeded and swum as 'Mixed', scored separately by gender and age groups as shown by events marked with '#'.



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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 \$2.00	\$
RELAYS:		X \$8.00	\$
		TOTAL:	\$

Make one check payable to **Chinook Aquatic Club**.

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.