



Pacific Northwest Swimming
 Age Group Seattle Open - Sanction #0907-SP01
 Sponsored by the Washington Games and Greater Seattle Swim Association
 in cooperation with the Seattle Department of Parks and Recreation
 Colman Pool, Seattle, Washington
 Hosted by Chinook Aquatic Club

Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.
<http://www.chinookaquaticclub.org/Meets/2009/agso/>

SCHEDULES	Friday July 10, 2009	Saturday, July 11, 2009	Sunday, July 12, 2009
Coaches' Meetings	7:05 AM Check-in and Coaches' Packets at Clerk of Course	if needed	if needed

Officials' Meeting - AM Session (13&O)	7:50 AM	7:50 AM	7:50 AM
Warmups - AM Session (13&O)	7:15 AM	7:15 AM	7:15 AM
Competition - AM Session (13&O)	8:30 AM	8:30 AM	8:30 AM
Positive Check-in Deadline:	9:30 AM	9:30 AM	9:30 AM

Officials' Meeting - PM Session (12&U)	40 minutes before start of session	40 minutes before start of session	40 minutes before start of session
Warmups - PM Session (12&U)	Immediately following conclusion of AM session	Immediately following conclusion of AM session	Immediately following conclusion of AM session
Competition - PM Session (12&U)	One hour after start of warmups	One hour after start of warmups	One hour after start of warmups

MEET DIRECTOR:

Souradeth Saysana
 • mlssaysana@msn.com
 • 425 378 0898

MEET REFEREE:

Steve Anderson
 • sanders@simpson.com
 • 425 641 6980

LOCATION AND DIRECTIONS

Colman Pool - Lincoln Park
 8603 Fauntleroy Way SW
 Seattle, Washington
 206 684 7494

Directions: From I-5 or Highway 99: Take the West Seattle Bridge to Alaska Way and Fauntleroy. Follow Fauntleroy to Lincoln Park (on right). Park in either north or south lot and head west to the water through the park to the beach.

FACILITY

- Outdoor, 50 meter, 8-lane competitive pool
- Starting end 12.5 feet deep; turning end 3.5 feet deep
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

- No warm-up pool available. Warm-up periods of up to 10 minutes may be inserted prior to events of 400 meters or longer at the Meet Referee's discretion.
- 400 spectator seats on deck plus ample space in adjacent park.
- Colorado timing system
- Scoreboard: one-lane readout

ONSITE AMENITIES

- **Vendor:** Sylvia's will be on site with a wide variety of swimming apparel and equipment.
- **T-Shirts:** Commemorative T-Shirts will be available for sale.
- **Heat Sheets:** \$7.00
- **Results** on PNS web site
- **Concessions:** Adjacent to the pool, concessions will include pancake breakfast, donuts, coffee, juice and pop. Lunch will include baked potatoes, hamburgers, hot dogs, sandwiches and other traditional swim meet favorites.
- **Hospitality:** Refreshments will be available for coaches and officials in the pool office. Swimmers and spectators are not allowed.
- **Parking:** Park in either the north or south lot. Do not disregard signs if parking on Fauntleroy as cars may be ticketed and towed. Handicapped persons may arrange special access to the pool through the Meet Director.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming.



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- Swimmers not registered through PNS should contact the Meet Director regarding entry as PNS has limited non-PNS athletes to 20% of the allowable splashes.
- Swimmers in individual events must have achieved at least one 2009 PNS "Long Course Gold" qualifying time in USA Swimming sanctioned, approved, or observed competition, but are not required to enter that event. Times achieved in compliance with PNS AD 02-01 may also be used.
- In addition, PNS Championships times (any course) are the dequalifying times for all 15&O individual events. Swimmers in those events must not have bettered the PNS Championship qualifying time in any course.
- All entry times must be either LCM (long course meters) or SCY (short course yards). Converted times are not allowed. Seeding will be LCM then SCY.
- Age groups are based on the age of the swimmer as of the first day of competition.
- Age groups for competition will be 8&under, 9-10, 11-12, 13-14, and 15&over. 13-14 and 15&O events will be seeded and swum together but awarded and scored separately. See Order of Events.

ENTRY INFORMATION:

- Each 12&under swimmer may enter up to two (2) individual events per day plus relays. Each 13&over swimmer may enter up to three (3) individual events per day plus relays. Entries exceeding this limit will be scratched without notification and entry fees for entry count limitation scratches will not be refunded.
- Complete whole team entries will be processed in the order received until any 12&U session exceeds four hours. All 12&U sessions will be scheduled to be completed in four hours or less.
- 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 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 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: \$3.00
- Relays: \$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: Medals 1st – 3rd places. Ribbons 4th – 8th

Scoring: 9-7-6-5-4-3-2-1

- **Relay events:** Medals 1st - 3rd places
Scoring: 18-14-12-10-8-6-4-2
- **Team High Point:** Trophies 1st - 3rd place teams
- **Individual High Point:** Trophies for 1st place girl and boy in each age group.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be LCM (long course meters) then SCY (short course yards).

13&O 400 Free, 400 IM, and 1500 Free:

- These events will be deck-seeded. A positive check-in with the Clerk of Course by the posted deadline is required in order to swim. Swimmers not checking in will be scratched without penalty. Swimmers who check in but who do not swim will be disqualified from the next individual event in which they are entered.
- The 400 Free and 400 IM events will be seeded and swum fastest to slowest alternating girls and boys
- The 1500 Free will be limited to the fastest 32 girls and 32 boys who check in, with the following exception: Of the 32 swimmers, at least 12 must be from each age group unless fewer than 12 swimmers from any age group fail to check in. These events will be seeded and swum fastest to slowest, alternating girls and boys.
- Swimmers must provide own timers and counter, if desired. Lanes with no timer go unprotected.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
 - Lanes 1 & 8—pace lanes, no diving, except as noted below.
 - Lanes 2 & 7—sprint lanes, dive starts, return in lanes 3 & 6
 - Lanes 4 & 5—general warm-up, no diving
 - Lane 8 will be reserved for 8&U swimmers only during Session IV and VI warm-ups
 - 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
- Pool closes at 8:20 a.m. for morning sessions and 5 minutes before the afternoon sessions.

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.



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- 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 in the natatorium. All others must remain in the designated spectator area or in public lobbies 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 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.
- GSSA member clubs are asked to provide timers and officials. Timing lane assignments for timing will be in the heat sheet.

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, 8:00 PM, Wednesday, July 1, 2009:

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 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.
- See Entry Information regarding four-hour rule.
- 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:
AG Seattle Open
c/o Lori Morrison
15428 SE 67th Place
Bellevue, WA 98006
- Email entries to: Loritm1956@yahoo.com
Phone: 425.641.2031
Cell: 425.442.0325



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Order of Events

Friday, July 10, 2009 - Session I: 13 and over swimmers
Warmups: 7:15 a.m.; Competition 8:30 a.m.

Event #	Event	Age Group	Qualifying Girls	Qualifying Boys	Dequal Girls	Dequal Boys
1,2	400 Medley Relay	13-14	NT	NT		
3,4	400 Medley Relay	15-Over	NT	NT		
5,6	200 I.M.	13-14	PNSGold	PNSGold		
7,8	200 I.M.	15-Over	PNSGold	PNSGold	PNSChamps	PNSChamps
9,10	200 Back *	13-14	PNSGold	PNSGold		
		15-Over	PNSGold	PNSGold	PNSChamps	PNSChamps
11,12	100 Fly	13-14	PNSGold	PNSGold		
13,14	100 Fly	15-Over	PNSGold	PNSGold	PNSChamps	PNSChamps
15,16	400 Free *	13-14	PNSGold	PNSGold		
		15-Over	PNSGold	PNSGold	PNSChamps	PNSChamps

Session I Note: * events are seeded and swum together, scored separately.

Friday, July 10, 2009 - Session II: 12 and under Swimmers
Warmup: Immediately following conclusion of Session I
Competition: 60 minutes after the beginning of warmup

Event #	Event	Age Group	Qualify Girls	Qualify Boys	Dequal Girls	Dequal Boys
17,18	100 free	11-12	PNSGold	PNSGold		
19,20	200 I.M.	10&U	PNSGold	PNSGold		
21,22	200 I.M.	11-12	PNSGold	PNSGold		
23,24	100 Back	10&U	PNSGold	PNSGold		
25,26	100 Back	11-12	PNSGold	PNSGold		
27,28	100 Fly	10&U	PNSGold	PNSGold		
29,30	100 Fly	11-12	PNSGold	PNSGold		



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Saturday, July 11, 2009 - Session III - 13 and over swimmers
Warmup 7:15 a.m.; Competition 8:30 a.m.

Event #	Event	Age Group	Qualify Girls	Qualify Boys	Dequal Girls	Dequal Boys
37,38	200 Free	13-14	PNSGold	PNSGold		
39,40	200 Free	15-Over	PNSGold	PNSGold	PNSChamp	PNSChamp
41,42	200BR	13-14	PNSGold	PNSGold		
	*	15-Over	PNSGold	PNSGold	PNSChamp	PNSChamp
43,44	50 Free	13-14	PNSGold	PNSGold		
45,46	50 Free	15-Over	PNSGold	PNSGold	PNSChamp	PNSChamp
47,48	100 Back	13-14	PNSGold	PNSGold		
49,50	100 Back	15-Over	PNSGold	PNSGold	PNSChamp	PNSChamp
51,52	400 I.M.	13-14	PNSGold	PNSGold		
	*	15-Over	PNSGold	PNSGold	PNSChamp	PNSChamp

Session III Note: * events are seeded and swum together, scored separately.

Saturday, July 11, 2009 - Session IV - 12 and under swimmers
Warmup: Immediately following conclusion of Session III
Competition: 60 minutes after the beginning of warmup

Event #	Event	Age Group	Qualify Girls	Qualify Boys	Dequal Girls	Dequal Boys
53,54	200 Med Relay	10&U	NT	NT		
55,56	400 Med Relay	11-12	NT	NT		
57,58	50 Free	8&U	PNSGold	PNSGold		
59,60	50 Free	9-10	PNSGold	PNSGold		
61,62	50 Free	11-12	PNSGold	PNSGold		
63,64	50 Back	8&U	PNSGold	PNSGold		
65,66	50 Back	9-10	PNSGold	PNSGold		
67,68	50 Back	11-12	PNSGold	PNSGold		
69,70	100 BR	10&U	PNSGold	PNSGold		
71,72	100 BR	11-12	PNSGold	PNSGold		
75,76	100 Free	10&U	PNSGold	PNSGold		
77,78	200 Free	11-12	PNSGold	PNSGold		



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Sunday, July 12, 2009 - Session V: 13 and over swimmers
Warmup: 7:15 a.m.; Competition 8:30 a.m.

Event #	Event	Age Group	Qualify Girls	Qualify Boys	Dequal Girls	Dequal Boys
79,80	400 Free Relay	13-14	NT	NT		
81,82	400 Free Relay	15-Over	NT	NT		
83,84	100 Free	13-14	PNSGold	PNSGold		
85,86	100 Free	15-Over	PNSGold	PNSGold	PNSChamp	PNSChamp
87,88	100 BR	13-14	PNSGold	PNSGold		
89,90	100 BR	15-Over	PNSGold	PNSGold	PNSChamp	PNSChamp
91,92	200 Fly *	13-14 15-Over	PNSGold PNSGold	PNSGold PNSGold	PNSChamp	PNSChamp
93,94	1500 Free *	13-14 15-Over	PNSGold PNSGold	PNSGold PNSGold	PNSChamp	PNSChamp

Session V Note: * events are seeded and swum together, scored separately.

Sunday, July 12, 2009 - Session VI: 12 and under swimmers
Warmup: Immediately following conclusion of Session V
Competition: 60 minutes after the beginning of warmup

Event #	Event	Age Group	Qualify Girls	Qualify Boys	Dequal Girls	Dequal Boys
95,96	200 Free Relay	10&U	NT	NT		
97,98	400 Free Relay	11-12	NT	NT		
99,100	50 breast	8&U	PNSGold	PNSGold		
101,102	50 breast	9-10	PNSGold	PNSGold		
103,104	50 breast	11-12	PNSGold	PNSGold		
105,106	50 fly	8&U	PNSGold	PNSGold		
107,108	50 fly	9-10	PNSGold	PNSGold		
109,110	50 fly	11-12	PNSGold	PNSGold		
113,114	200 free	10&U	PNSGold	PNSGold		
115,116	400 free	11-12	PNSGold	PNSGold		



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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 \$3.00	\$
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.