



Pacific Northwest Swimming  
 March Madness Age Group Invitational –Sanction #0903-SP03  
 Mary Wayte Pool  
 Mercer Island, Washington  
 Hosted by the Chinook Aquatic Club

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, March 14, 2009	Saturday, March 14, 2009	Sunday, March 15, 2009	Sunday, March 15, 2009
Coaches' Meeting	7:45 AM Coaches' packet at Clerk of Course.	as needed	as needed	as needed
Officials' Meetings	40 minutes before start of competition	40 minutes before start of competition	40 minutes before start of competition	40 minutes before start of competition
Warm-ups	7:45 AM	Immediately following conclusion of Session 1	7:00 AM	Immediately following conclusion of Session 3
Timed Finals	9:00 AM	One hour after start of warm-ups	8:00 AM	One hour after start of warm-ups
Relay Entry Deadline:	8:45 AM	15 minutes before start of competition	7:45 AM	15 minutes before start of competition
Positive Check-in Deadline: 400 IM/500 free		60 minutes after the start of competition	60 minutes after the start of competition	

**MEET DIRECTOR:**

Souradeth Saysana  
 • mlssaysana@msn.com  
 • 425.378.0898

**MEET REFEREE:**

Steve Anderson  
 • sanders@simpson.com  
 • 425.641.6980

**ESTIMATED TIMELINE:** will be issued by meet host to attending teams and the PNS Office no later than the Wednesday before the meet.

**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 12.0 feet deep; turning end 4.0 feet deep
- The competition course has not been certified in accordance with 104.2.2(C)4.
- 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: six-lane readout

**ONSITE AMENITIES**

- **Vendor:** Sylvia's Swimwear
- **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

**INVITED TEAMS:** An invitation to the meet does not guarantee entrance. We will attempt to accommodate as many teams as possible and add swimmers based on receipt of entries. Do not delay your entries.

- Chinook Aquatic Club
- Cascade Swim Club
- West Coast Aquatics
- Wave Aquatics
- Bellevue Eastside Swim Team
- Central Area Aquatic Team
- PRO Swimming
- Gold's Aquatic Club

**ELIGIBILITY:**

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



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#### ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of three (3) 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 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: \$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 1<sup>st</sup> thru 6<sup>th</sup>. Scoring: 7-5-4-3-2-1
- **Relay events:** Ribbons 1<sup>st</sup> thru 6<sup>th</sup> places. 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. Pre-entered relays will be seeded slow to fast. Deck entered relays will be seeded in empty lanes. Additional heats, if needed, will be added. All relays, whether pre-entered or deck-entered, are eligible for awards. Swimmers must give the completed "lane" copy of the relay slip to their Head Lane Timer prior to the start of the heat.
- **Distance events:** The 500 freestyle and 400 IM events for 13&over swimmers 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. 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 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, March 5, 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



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5. **Meet Entry Fees**—one check payable to the 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.com/downloads/html> at no charge.

**Submittal Notes:**

- Late or incomplete entries will not be processed. Complete whole-team entries will be processed in the order received until any session reaches the four-hour limit.
- 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:  
Lori Morrison  
15428 SE 67<sup>th</sup> Place  
Bellevue, WA 98006  
Loritm1956@yahoo.com  
Phone: 425.641.2031  
Cell: 425.442.0325
- Meet Entry Contact/Questions Lori Morrison above
- Meet website: <http://www.chinookaquaticclub.org/Meets/2009/mi/>



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**ORDER OF EVENTS** - \*Asterisked events will be seeded with the preceding event, awarded separately.

**March 14 – Session 1 Warmups 7:45 a.m, Timed Finals 9:00 a.m.**

<u>Event #</u>	<u>Age</u>	<u>Event</u>
1	Girls 10&Under	200 Free Relay
2	Boys 10&Under	200 Free Relay
4	Boys 11-12	200 Free Relay
5	Girls 10&Under	200 Free
6	Boys 10&Under	200 Free
8	Boys 11-12	200 Free
9	Girls 10&Under	100 Fly
10	Boys 10&Under	100 Fly
12	Boys 11-12	100 Fly
13	Girls 10&Under	50 Free
14	Boys 10&Under	50 Free
16	Boys 11-12	50 Free
17	Girls 10&Under	50 Back
18	Boys 10&Under	50 Back
20	Boys 11-12	50 Back
22	Boys 11-12	200 Back
23	Girls 10&Under	100 Breast
24	Boys 10&Under	100 Breast
26	Boys 11-12	100 Breast
27	Girls 10&Under	100 IM
28	Boys 10&Under	100 IM
30	Boys 11-12	100 IM
32	Boys 11-12	400 IM

**March 15 – Session 3 – Warmups 7:45 a.m., Timed Finals 9:00 a.m**

<u>Event #</u>	<u>Age</u>	<u>Event</u>
55	Girls 10&Under	200 Md Relay
56	Boys 10&Under	200 Md Relay
57	Girls 11-12	200 Md Relay
59	Girls 10&Under	200 IM
60	Boys 10&Under	200 IM
61	Girls 11-12	200 IM
63	Girls 10&Under	100 Back
64	Boys 10&Under	100 Back
65	Girls 11-12	100 Back
67	Girls 10&Under	50 Fly
68	Boys 10&Under	50 Fly
69	Girls 11-12	50 Fly
71	Girls 11-12	200 Fly
73	Girls 10&Under	100 Free
74	Boys 10&Under	100 Free
75	Girls 11-12	100 Free
77	Girls 10&Under	50 Breast
78	Boys 10&Under	50 Breast
79	Girls 11-12	50 Breast
81	Girls 11-12	200 Breast
83	Girls 11-12	500 Free

**March 14 – Session 2 – Warmups Immediately following Session 1, Timed Finals 60 minutes after the start of warmups**

<u>Event #</u>	<u>Age</u>	<u>Event</u>
33	Girls 11-12	200 Free Relay
35	Girls 13&Over	200 Free Relay
36	Boys 13&Over	200 Free Relay
37*	Girls 11-12	200 Free
	Girls 13-14	200 Free
	Girls 15&Over	200 Free
38*	Boys 13-14	200 Free
	Boys 15&Over	200 Free
39*	Girls 11-12	100 Fly
	Girls 13-14	100 Fly
	Girls 15&Over	100 Fly
40*	Boys 13-14	100 Fly
	Boys 15&Over	100 Fly
41*	Girls 11-12	50 Free
	Girls 13-14	50 Free
	Girls 15&Over	50 Free
42*	Boys 13-14	50 Free
	Boys 15&Over	50 Free
43	Girls 11-12	50 Back

**March 15 – Session 4 – Warmups Immediately following Session 3, Timed Finals 60 minutes after the start of warmups**

<u>Event #</u>	<u>Age</u>	<u>Event</u>
84	Boys 11-12	200 Md Relay
85	Girls 13&Over	200 Md Relay
86	Boys 13&Over	200 Md Relay
87*	Girls 13-14	200 IM
	Girls 15&Over	200 IM
88*	Boys 11-12	200 IM
	Boys 13-14	200 IM
	Boys 15&Over	200 IM
89*	Girls 13-14	100 Back
	Girls 15&Over	100 Back
90*	Boys 11-12	100 Back
	Boys 13-14	100 Back
	Boys 15&Over	100 Back
92	Boys 11-12	50 Fly
93*	Girls 13-14	200 Fly
	Girls 15&Over	200 Fly
94*	Boys 11-12	200 Fly
	Boys 13-14	200 Fly
	Boys 15&Over	200 Fly
95*	Girls 13-14	100 Free
	Girls 15& Over	100 Free



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45*	Girls 11-12	200 Back	96*	Boys 11-12	100 Free
	Girls 13-14	200 Back		Boys 13-14	100 Free
	Girls 15&Over	200 Back		Boys 15&Over	100 Free
46*	Boys 13-14	200 Back	98	Boys 11-12	50 Breast
	Boys 15&Over	200 Back	99*	Girls 13-14	200 Breast
47*	Girls 11-12	100 Breast		Girls 15&Over	200 Breast
	Girls 13-14	100 Breast	100*	Boys 11-12	200 Breast
	Girls 15&Over	100 Breast		Boys 13-14	200 Breast
48*	Boys 13-14	100 Breast		Boys 15&Over	200 Breast
	Boys 15&Over	100 Breast	102	Boys 11-12	500 Free
49	Girls 11-12	100 IM	103	Mixed 13&Over	500 Free
51	Girls 11-12	400 IM			
53	Girls 13&Over	400 IM			
54	Boys 13&Over	400 IM			



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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.**

<b>TEAM NAME:</b>			
<b>TEAM CODE:</b>		<b>LSC CODE:</b>	
<b>COACH:</b>		<b>HOME PHONE:</b>	
<b>EMAIL ADDRESS:</b>		<b>OFFICE PHONE:</b>	
<b>TEAM MAIL ADDRESS:</b>		<b>CELL PHONE:</b>	
<b>CITY, STATE, ZIP:</b>		<b>POOL PHONE:</b>	
<b>ENTRY INFORMATION PREPARED BY:</b>		<b>PHONE:</b>	

### MEET ENTRY FEES ENCLOSED:

<b>SURCHARGE:</b>		<b>X \$5.00</b>	<b>\$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$3.00</b>	<b>\$</b>
<b>RELAYS:</b>		<b>X \$8.00</b>	<b>\$</b>
		<b>TOTAL:</b>	<b>\$</b>

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.