



Pacific Northwest Swimming
 March Madness Age Group Invitational -- Sanction #1003-SP02
 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/2010/mi/>

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, March 6, 2010	Saturday, March 6, 2010	Sunday, March 7, 2010	Sunday, March 7, 2010
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	7:45 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
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		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 104.2.2C(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

- 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:

- Chinook Aquatic Club
- Central Area Aquatic Team
- Gold's Aquatic Club
- Mighty Marlins
- Pacific Dragons Swim Team
- PRO Swimming
- Valley Aquatics Swim Team
- West Coast Aquatics

NOTE: An invitation to the meet does not guarantee entrance due to the four-hour rule. We will attempt to accommodate as many teams as possible and add swimmers based on receipt of entries. Do not delay your entries.

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 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 four (4) 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.
- Complete whole-team entries from invited teams will be accepted in the order received until any session reaches the four-hour limit.
- 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 1st thru 6th. Scoring 7-5-4-3-2-1
- **Relay events:** Ribbons 1st thru 6th 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 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 24, 2010:

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 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 from invited teams will be accepted 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:

Chinook March Madness
Steve Preston
7640 NE 32nd St
Medina, Wa. 98039

Email address: stevepr@acm.org
Phone: (425) 688-9965



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March 6, 2010 – Session 1 – Warmups 7:45 a.m. – Timed Finals 9:00 a.m.

March 6, 2010 – 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>	<u>Event #</u>	<u>Age</u>	<u>Event</u>
1	Girls 10&Under	200 Free Relay	33	Girls 11-12	200 Free Relay
2	Boys 10&Under	200 Free Relay	35	Girls 13&Over	200 Free Relay
4	Boys 11-12	200 Free Relay	36	Boys 13&Over	200 Free Relay
5	Girls 10&Under	200 Free	37*	Girls 11-12	200 Free
6	Boys 10&Under	200 Free		Girls 13-14	200 Free
8	Boys 11-12	200 Free		Girls 15&Over	200 Free
9	Girls 10&Under	100 Fly	38*	Boys 13-14	200 Free
10	Boys 10&Under	100 Fly		Boys 15&Over	200 Free
12	Boys 11-12	100 Fly	39*	Girls 11-12	100 Fly
13	Girls 10&Under	50 Free		Girls 13-14	100 Fly
14	Boys 10&Under	50 Free		Girls 15&Over	100 Fly
16	Boys 11-12	50 Free	40*	Boys 13-14	100 Fly
17	Girls 10&Under	50 Back		Boys 15&Over	100 Fly
18	Boys 10&Under	50 Back	41*	Girls 11-12	50 Free
20	Boys 11-12	50 Back		Girls 13-14	50 Free
22	Boys 11-12	200 Back		Girls 15&Over	50 Free
23	Girls 10&Under	100 Breast	42*	Boys 13-14	50 Free
24	Boys 10&Under	100 Breast		Boys 15&Over	50 Free
26	Boys 11-12	100 Breast	43	Girls 11-12	50 Back
27	Girls 10&Under	100 IM	45*	Girls 11-12	200 Back
28	Boys 10&Under	100 IM		Girls 13-14	200 Back
30	Boys 11-12	100 IM		Girls 15&Over	200 Back
32	Boys 11-12	400 IM	46*	Boys 13-14	200 Back
				Boys 15&Over	200 Back
			47*	Girls 11-12	100 Breast
				Girls 13-14	100 Breast
				Girls 15&Over	100 Breast
			48*	Boys 13-14	100 Breast
				Boys 15&Over	100 Breast
			49	Girls 11-12	400 IM
			51	Girls 13&Over	400 IM
			52	Boys 13&Over	400 IM

*Asterisked events will be seeded with the preceding event, awarded separately.



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March 7, 2010 – Session 3 – Warmups 7:45 a.m. – Timed Finals 9:00 a.m

March 7, 2010 – 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>	<u>Event #</u>	<u>Age</u>	<u>Event</u>
53	Girls 10&Under	200 Md Relay	84	Boys 11-12	200 Md Relay
54	Boys 10&Under	200 Md Relay	85	Girls 13&Over	200 Md Relay
55	Girls 11-12	200 Md Relay	86	Boys 13&Over	200 Md Relay
57	Girls 10&Under	200 IM	87*	Girls 13-14	200 IM
58	Boys 10&Under	200 IM		Girls 15&Over	200 IM
59	Girls 11-12	200 IM	88*	Boys 11-12	200 IM
61	Girls 10&Under	100 Back		Boys 13-14	200 IM
62	Boys 10&Under	100 Back		Boys 15&Over	200 IM
63	Girls 11-12	100 Back	89*	Girls 13-14	100 Back
65	Girls 10&Under	50 Fly		Girls 15&Over	100 Back
66	Boys 10&Under	50 Fly	90*	Boys 11-12	100 Back
67	Girls 11-12	50 Fly		Boys 13-14	100 Back
69	Girls 11-12	200 Fly		Boys 15&Over	100 Back
71	Girls 10&Under	100 Free	92	Boys 11-12	50 Fly
72	Boys 10&Under	100 Free	93*	Girls 13-14	200 Fly
73	Girls 11-12	100 Free		Girls 15&Over	200 Fly
75	Girls 10&Under	50 Breast	94*	Boys 11-12	200 Fly
76	Boys 10&Under	50 Breast		Boys 13-14	200 Fly
77	Girls 11-12	50 Breast		Boys 15&Over	200 Fly
79	Girls 11-12	200 Breast	95*	Girls 13-14	100 Free
81	Girls 11-12	500 Free		Girls 15& Over	100 Free
			96*	Boys 11-12	100 Free
				Boys 13-14	100 Free
				Boys 15&Over	100 Free
			98	Boys 11-12	50 Breast
			99*	Girls 13-14	200 Breast
				Girls 15&Over	200 Breast
			100*	Boys 11-12	200 Breast
				Boys 13-14	200 Breast
				Boys 15&Over	200 Breast
			102	Boys 11-12	500 Free
			103	Mixed 13&Over	500 Free

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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.