



Pacific Northwest Swimming  
 2010 Storm November Distance Meet  
 Sanction #1011-SP04  
 Lake Stevens High School Pool  
 Lake Stevens, Washington  
 Hosted by Storm Aquatics



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

SCHEDULES	SUNDAY, NOVEMBER 14, 2010
Coaches' Meeting	6:50 AM - Coaches' packet at Clerk of Course
Officials' Meetings	7:40 AM
Warm-ups	7:00 AM – 7:55 AM
Timed Finals	8:00 AM
Positive Check-in Deadline:	7:30 AM

**MEET DIRECTOR:**

David Tourigny  
 • coachdavid@stormaquatics.net  
 • 206-719-3695

**MEET REFEREE:**

Dave Baer  
 • dlbaer@comcast.net  
 • 206-938-8388

**LOCATION AND DIRECTIONS**

Lake Stevens High School Pool  
 2908 113<sup>th</sup> Ave NE, Building 700  
 Lake Stevens, Washington 98258

**Directions:** From I-5: East on US 2 to Lake Stevens. Left on Hwy 204 to Frontier Village. Take a left on Hwy9 going North. Take a right to go East on highway 92 for 1.5 miles. Turn right onto 113th Ave NE. Go straight to the third stop sign. Take a left. Turn right into the Lake Stevens High School student parking lot. Pool faces the parking lot on the West side.

**FACILITY:**

- 25 yard, 6-lane competitive pool
- Starting lane 12 feet deep; turning end 4 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- 100–150 spectator seats
- Daktronics electronic timing system
- Scoreboard: one-lane readout

**ONSITE AMENITIES**

- **Vendor:** None
- **Heat Sheets:** None, a psych sheet will be posted
- **Results** on PNS web site
- **Concessions:** limited
- **Hospitality:** limited
- **Parking:** Lake Stevens High School Student Parking Lot

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- Open competition.

**ENTRY INFORMATION:**

- Each swimmer may enter up to a maximum of one (1) individual event per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- **Whole team entries will be accepted in order received until the pre-scratch time line reaches a total of four (4) hours.**
- On-deck USA Swimming registration will not be permitted.
- Deck entries for individual events will not be allowed until after the meet is deck seeded and lane assignments posted. Deck entries will be allowed in open lanes only at the discretion of the Meet Referee. 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
- No refunds or credits will be given for events entered but not swum.
- **All fees must accompany entries.**

**AWARDS AND SCORING:** None.

**MEET RULES:**

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- **Positive check-in prior to the check-in deadline is required in order to swim.**
- Seeding will be SCY, LCM.
- All events will be deck seeded, with all heats being swum fastest to slowest, mixed girls and boys.
- **Swimmers must provide their own timers and counters (if desired); lanes with no timers go unprotected.**

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last fifteen minutes of the warm-up period:
  - Lanes 1 & 6—pace lanes, no diving



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- 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.
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. 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 in the meet operations part of the 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 only be accepted upon receipt of all of the following prior to the entry deadline, November 3, 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.
4. **Master Entry Summary Form** – Completed and hand-signed hardcopy only (original); typed signatures will not be accepted.
5. **Meet Entry Fees** – one check payable to Storm Aquatics.

#### Submittal Formats:

- **Electronic files:** email attachments – preferred – or disk. If emailing the COMMLINK file, include items #2 and #3 above in Word or Windows format in your email. Items #4 and #5 must still be received by the entry deadline.
- **Hardcopies:** mail or hand-deliver. 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.hytek 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.
  - Please identify all entry times as SCY or LCM. If not otherwise identified, it is assumed that all entry times are SCY.
  - 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: *David Tourigny, 3116 164<sup>th</sup> St. SW #1313, Lynnwood, WA 98087*
  - Email entries to: *coachdavid@stormaquatics.net*
  - Meet Entry Contact/Questions: David Tourigny, 206-719-3695

## EVENT

### Event #1 – Mixed Open 1650 Freestyle



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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>TOTAL:</b>	<b>\$</b>

Make one check payable to **Storm Aquatics**.

**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.