



Pacific Northwest Swimming  
 November Age Group Invitational - Division 4 - Sanction #1011-AGD04  
 Kamiak High School Pool  
 Mukilteo, Washington  
 Hosted by West Coast Aquatics

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, November 20, 2010	Saturday, November 20, 2010	Sunday, November 21, 2010	Sunday, November 21, 2010
Coaches' Meeting	7:45 AM - Coaches' packet at Clerk of Course	as needed	as needed	as needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1	8:00 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
Positive Check-in Deadline: 400 IM/500 free		Available in Meet Program and announced during meet.		

**MEET DIRECTOR:**

Pam Williamson  
 • pamwilliamson.pmw@frontier.com  
 • 425-487-0875

**MEET REFEREE:**

Peter Keane  
 • pkeane@wwdb.org  
 • 425-745-8926

**LOCATION AND DIRECTIONS**

Kamiak High School Pool  
 10801 Harbour Pointe Blvd.  
 Mukilteo, Washington

**Directions: From the south:** Take I-5 north to exit #182. Follow signs to SR 525 and Mukilteo. Head north on SR 525 (Mukilteo Speedway) for about 5 1/2 miles to the second Harbour Pointe Blvd. Turn left. Go past the fire station and Harbour Pointe Middle School. The high school will be on your left after the curve.

**From the east:** Go north on I-405 until it ends. Follow SR 525 and the above directions.

**From the north:** Take I-5 to Highway 525 (Boeing/Mukilteo Freeway). Follow all the way to the end. At the "T" turn left onto SR 525 (Mukilteo Speedway). Take the first right onto Harbour Pointe Blvd. Go past the fire station and Harbour Pointe Middle School. The high school will be on your left after the curve.

**FACILITY**

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 5.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool in the shallow end
- 400 spectator seats
- Daktronic electronic timing system
- Scoreboard: six-lane readout

**ONSITE AMENITIES**

- **Vendor:** ISWIM
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions:** Fantastic concessions available
- **Hospitality** for coaches and officials only
- **Parking** adjacent to pool

**TEAMS:**

- West Coast Aquatics
- Bainbridge Island Swim Club
- Bellevue Eastside YMCA Swim Team
- Bellingham Bay Swim Team
- Metro Aquatics
- Mighty Marlins Swim Club
- North Whidbey Aquatic Club
- Rainier Foothills Swim Team
- South Snohomish County Dolphins
- StingRay Swim Club
- Storm Aquatics
- Thunderbird Aquatic Club
- Tigersharks Swimming

**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.
- Swimmers must have achieved the PNS "Gold" time standard for their current age in USA Swimming sanctioned, approved or observed competition in order to enter an event, except as noted below. Entries that do not meet these standards will be scratched without notification and entry fees will not be refunded.



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- **8&U swimmers:** The PNS 10&U "Gold" time standards apply to 8&U swimmers. No PNS 8&U "Gold" time may not be used to qualify for this meet.
- **13&O swimmers:** Qualifying times for the 50 backstroke, breaststroke, and butterfly are the PNS "Gold" time standards for the 100 yards of the respective stroke. Qualifying times for the 100 IM are the PNS "Gold" time standards for the 200 IM.
- All qualifying times must have been achieved between September 1, 2009, and the meet entry deadline.
- It is assumed that all entry times are SCY (short course yards) unless specified as LCM (long course meters). Converted times are not allowed.

#### ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of three (3) individual events 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. On-deck transfer to one of the listed teams 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.
- Seeding will be SCY/LCM.
- **Relay events:** Relay events will be pre-seeded. Teams are encouraged to pre-enter relays. 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, with all heats being swum fastest to slowest, combined girls and boys. Positive check-in prior to the check-in deadline is required to swim. 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 and may not enter the water at any time unless supervised by said 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 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.



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- 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, November 10, 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 or faxed); typed signatures will not be accepted
5. Meet Entry Fees—one check payable to West Coast Aquatics

**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.
- 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.
- 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.
- Identify each entry time as SCY or LCM. Unidentified times will be assumed to be SCY times.
- 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: Deb Keane, 14910 66<sup>th</sup> Ave W, Edmonds, WA 98026
- Email entries to: [golfandswim@comcast.net](mailto:golfandswim@comcast.net)
- Meet Entry Contact/Questions: Deb Keane, 425 745 8926

## 2010 NOVEMBER AGE GROUP INVITE ORDER OF EVENTS

Saturday A.M.			Saturday P.M.			Sunday A.M.			Sunday P.M.		
#	Age	Event	#	Age	Event	#	Age	Event	#	Age	Event
1	Girls 10 & U	200 Free	33	Girls 13 - 14	200 Free	51	Girls 13 - 14	200 IM	69	Girls 10 & U	200 IM
2	Boys 10 & U	200 Free	*	Girls 15 & O	200 Free	*	Girls 15 & O	200 IM	70	Boys 10 & U	200 IM
3	Girls 11 - 12	200 Free	34	Boys 13 - 14	200 Free	52	Boys 13 - 14	200 IM	71	Girls 11 - 12	200 IM
4	Boys 11 - 12	200 Free	*	Boys 15 & O	200 Free	*	Boys 15 & O	200 IM	72	Boys 11 - 12	200 IM
5	Girls 10 & U	200 Md Relay	35	Girls 13 & O	200 Md Relay	53	Girls 13 & O	200 Fr Relay	73	Girls 10 & U	200 Fr Relay
6	Boys 10 & U	200 Md Relay	36	Boys 13 & O	200 Md Relay	54	Boys 13 & O	200 Fr Relay	74	Boys 10 & U	200 Fr Relay
7	Girls 12 & U	200 Md Relay	37	Girls 13 - 14	100 IM	55	Girls 13 - 14	50 Fly	75	Girls 12 & U	200 Fr Relay
8	Boys 12 & U	200 Md Relay	*	Girls 15 & O	100 IM	*	Girls 15 & O	50 Fly	76	Boys 12 & U	200 Fr Relay
9	Girls 10 & U	100 IM	38	Boys 13 - 14	100 IM	56	Boys 13 - 14	50 Fly	77	Girls 10 & U	50 Fly
10	Boys 10 & U	100 IM	*	Boys 15 & O	100 IM	*	Boys 15 & O	50 Fly	78	Boys 10 & U	50 Fly
11	Girls 11 - 12	100 IM	39	Girls 13 - 14	100 Fly	57	Girls 13 - 14	100 Back	79	Girls 11 - 12	50 Fly
12	Boys 11 - 12	100 IM	*	Girls 15 & O	100 Fly	*	Girls 15 & O	100 Back	80	Boys 11 - 12	50 Fly
13	Girls 10 & U	100 Fly	40	Boys 13 - 14	100 Fly	58	Boys 13 - 14	100 Back	81	Girls 10 & U	100 Back
14	Boys 10 & U	100 Fly	*	Boys 15 & O	100 Fly	*	Boys 15 & O	100 Back	82	Boys 10 & U	100 Back
15	Girls 11 - 12	100 Fly	41	Girls 13 - 14	50 Back	59	Girls 13 - 14	50 Breast	83	Girls 11 - 12	100 Back
16	Boys 11 - 12	100 Fly	*	Girls 15 & O	50 Back	*	Girls 15 & O	50 Breast	84	Boys 11 - 12	100 Back
17	Girls 10 & U	50 Back	42	Boys 13 - 14	50 Back	60	Boys 13 - 14	50 Breast	85	Girls 10 & U	50 Breast
18	Boys 10 & U	50 Back	*	Boys 15 & O	50 Back	*	Boys 15 & O	50 Breast	86	Boys 10 & U	50 Breast
19	Girls 11 - 12	50 Back	43	Girls 13 - 14	50 Free	61	Girls 13 - 14	200 Fly	87	Girls 11 - 12	50 Breast
20	Boys 11 - 12	50 Back	*	Girls 15 & O	50 Free	*	Girls 15 & O	200 Fly	88	Boys 11 - 12	50 Breast
21	Girls 10 & U	50 Free	44	Boys 13 - 14	50 Free	62	Boys 13 - 14	200 Fly	89	Girls 11 - 12	200 Fly
22	Boys 10 & U	50 Free	*	Boys 15 & O	50 Free	*	Boys 15 & O	200 Fly	90	Boys 11 - 12	200 Fly
23	Girls 11 - 12	50 Free	45	Girls 13 - 14	200 Back	63	Girls 13 - 14	100 Free	91	Girls 10 & U	100 Free
24	Boys 11 - 12	50 Free	*	Girls 15 & O	200 Back	*	Girls 15 & O	100 Free	92	Boys 10 & U	100 Free
25	Girls 11 - 12	200 Back	46	Boys 13 - 14	200 Back	64	Boys 13 - 14	100 Free	93	Girls 11 - 12	100 Free
26	Boys 11 - 12	200 Back	*	Boys 15 & O	200 Back	*	Boys 15 & O	100 Free	94	Boys 11 - 12	100 Free
27	Girls 10 & U	100 Breast	47	Girls 13 - 14	100 Breast	65	Girls 13 - 14	200 Breast	95	Girls 11 - 12	200 Breast
28	Boys 10 & U	100 Breast	*	Girls 15 & O	100 Breast	*	Girls 15 & O	200 Breast	96	Boys 11 - 12	200 Breast
29	Girls 11 - 12	100 Breast	48	Boys 13 - 14	100 Breast	66	Boys 13 - 14	200 Breast	97	Mixed 10 & U	500 Free
30	Boys 11 - 12	100 Breast	*	Boys 15 & O	100 Breast	*	Boys 15 & O	200 Breast	98	Mixed 11 - 12	500 Free
31	Mixed 11 - 12	400 IM	49	Mixed 13&O	400 IM	67	Mixed 13&O	500 Free			

- “Asterisked events” will be seeded with the preceding event, awarded separately.
- “Mixed Events” will be swum combined by gender and age groups, seeded fast to slow. Awards will be broken out by gender and age group.
- Qualifying for 50s of the technical strokes for 13-Over is achieving the PNS Gold time in the 100 of the same stroke
- Qualifying for 100 i.m. for 13-Over is achieving the PNS Gold time in the 200 i.m.
- Eight and under swimmers must meet ten and under standards to enter the meet.
- Swimmers may enter a maximum of three individual events per day



## PNS GOLD TIMES

10U	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	37.69	42.59	38.19	43.99
100 Free	1:20.69	1:31.79	1:21.19	1:33.89
200 Free	2:52.29	3:15.59	2:53.29	3:19.29
500 Free	7:39.69	6:59.19	7:47.59	6:59.69
50 Back	42.69	49.09	43.29	50.29
100 Back	1:32.39	1:46.39	1:33.19	1:48.69
50 Breast	48.49	55.49	49.19	56.79
100 Breast	1:46.09	2:02.09	1:47.59	2:05.09
50 Fly	42.29	47.69	41.59	47.79
100 Fly	1:35.79	1:48.49	1:33.39	1:48.39
100 IM	1:32.69	N/A	1:32.29	N/A
200 IM	3:19.69	3:46.89	3:17.19	3:48.29
11-12	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	33.69	38.19	33.59	38.29
100 Free	1:11.79	1:21.59	1:11.39	1:21.39
200 Free	2:32.29	2:53.29	2:33.19	2:55.19
500 Free	6:43.59	6:02.49	6:51.29	6:10.49
1000 Free	14:13.59	12:50.21	14:25.09	13:02.09
1650 Free	24:03.69	24:47.99	24:38.59	25:40.39
50 Back	37.89	43.49	37.99	43.69
100 Back	1:21.19	1:33.69	1:20.79	1:34.99
200 Back	2:56.69	3:25.29	2:54.59	3:24.89
50 Breast	42.99	48.89	42.39	48.29
100 Breast	1:32.79	1:46.59	1:32.29	1:46.69
200 Breast	3:23.29	3:53.09	3:24.49	3:58.29
50 Fly	37.49	42.02	36.59	41.29
100 Fly	1:22.69	1:33.79	1:21.19	1:32.59
200 Fly	3:06.69	3:33.89	3:04.29	3:29.19
100 IM	1:21.89	N/A	1:20.69	N/A
200 IM	2:55.69	3:21.19	2:53.79	3:19.99
400 IM	6:18.59	7:14.19	6:17.29	7:12.99

13-14	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	31.59	35.92	30.19	34.59
100 Free	1:07.19	1:16.69	1:08.09	1:12.89
200 Free	2:22.59	2:42.39	2:17.19	2:37.89
500 Free	6:16.29	5:38.49	6:10.29	5:35.19
1000 Free	13:06.39	11:42.89	12:38.49	11:33.79
1650 Free	22:00.79	22:35.29	21:45.89	22:26.39
100 Back	1:15.29	1:26.99	1:11.89	1:23.59
200 Back	2:43.39	3:08.59	2:34.89	2:59.59
100 Breast	1:26.39	1:38.99	1:21.89	1:34.39
200 Breast	3:07.19	3:30.29	2:59.89	3:27.39
100 Fly	1:15.39	1:25.39	1:16.39	1:20.29
200 Fly	2:47.29	3:09.59	2:36.59	2:58.29
200 IM	2:44.29	3:07.49	2:34.99	2:58.89
400 IM	5:48.99	6:37.39	5:32.89	6:22.99
15-over	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	30.99	35.29	27.99	32.79
100 Free	1:05.89	1:14.99	59.89	1:09.39
200 Free	2:19.69	2:38.69	2:08.99	2:28.29
500 Free	6:09.09	5:30.49	5:49.79	5:15.09
1000 Free	12:50.39	11:27.09	12:11.29	10:55.89
1650 Free	21:34.59	22:07.29	20:39.80	21:19.99
100 Back	1:13.59	1:24.79	1:06.29	1:17.59
200 Back	2:40.69	3:04.39	2:23.69	2:47.39
100 Breast	1:24.79	1:36.99	1:15.49	1:27.89
200 Breast	3:04.19	3:30.29	2:46.29	3:13.39
100 Fly	1:13.59	1:23.59	1:05.29	1:14.59
200 Fly	2:43.59	3:05.39	2:26.29	2:46.59
200 IM	2:41.09	3:04.29	2:24.79	2:52.09
400 IM	5:43.29	6:31.19	5:12.49	5:59.99





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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 **West Coast 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.