



Pacific Northwest Swimming  
2025 PN 14&Under Short Course Championships  
Sanction #2512-14CH -- Time Trials Sanction #2512-14TT  
Weyerhaeuser King County Aquatic Center  
650 SW Campus Drive, Federal Way, Washington  
Hosted by the Cascade Swim Club

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

SCHEDULES	FRIDAY/SATURDAY/SUNDAY, DECEMBER 12, 13, 14, 2025
Coaches' Meetings	7:00 AM Friday; others will be announced as needed. All coaches must check in with the Clerk of Course.
Officials' Meetings	One hour before start of each session of competition
Warm-ups/Prelims	7:30 AM
Competition/Prelims	9:00 AM
Warm-ups/ Finals	No earlier than 3:30 PM The Meet Referee will announce the start time by noon each day.
Competition/Finals	No earlier than 4:30 PM The Meet Referee will announce the start time by noon each day.
Positive Check-in Deadlines	9:00 AM Friday: Events 27-32 (10U 500 Free & All 400IM) 9:00 AM Saturday: Events 73-76 (11-14 500 Free) 9:00 AM Sunday: Events 107-108 (All 1650 Free)
ENTRY DEADLINE: 11:59 PM PST, Tuesday, December 2, 2025	

**MEET DIRECTORS:**

Tom and Michele Coates

- tcoates@cascadeswimclub.org
- mcoates@cascadeswimclub.org

**MEET REFEREE:**

Diane Wies

- dianewies@comcast.net

**ADMINISTRATIVE OFFICIAL:**

Erin Darrah

- erinkellydarrah@gmail.com

**TIME TRIAL REFEREE:**

Hank Chiang

- henrychenryhenry@gmail.com

**FACILITY:**

- Site of the 1990 Goodwill Games; 2008 and 2012 NCAA Men's Division 1 Championships; and many U.S. Open, Junior Nationals, and Nationals.
- Indoor 50-meter, 9 feet deep, 8-lane competitive pool divided into two 25-yard courses. The area between the bulkheads is closed at all times. Omega OSB starting blocks and take-off pads with adjustable setting back plates (fins). Backstroke ledges will be available.
- The host will ensure the required course dimensions.
- Diving tank will be available for continual coach-supervised warm-up. No diving at any time.
- 2500 spectator seats. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections.
- Omega electronic timing system w/full-read scoreboard
- Heat sheets and results on Meet Mobile and the PNS website
- Special Meet Apparel: Sold onsite by Northwest Designs

- Concessions: Under contract with King County; neither PNS nor the host team derive any benefit
- Hospitality for coaches and officials only
- Parking: Pool parking lots (front and rear). Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles.

**ELIGIBILITY & ENTRY INFORMATION:**

- All swimmers must be Premium or Outreach athletes registered with USA Swimming and Pacific Northwest Swimming in compliance with Article 302 by December 11, 2025. Neither on-deck USA Swimming registration nor any on-deck transfer will be allowed or recognized.
- 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&U, 11-12, and 13-14.
- Each swimmer may enter up to six (6) individual events over the three days of competition, but no more than three (3) per day. The daily limit includes Time Trials; the meet limit does not. Entries exceeding this limit will be scratched without notification, and entry fees will not be refunded.
- Deck entries will not be allowed.
- Each swimmer may participate on only one (1) relay team per relay event.

**QUALIFYING TIMES:**

- With the exception of individual bonus events clearly defined as such on all entry reports, each individual and relay entry must meet the event's qualifying time. All qualifying swims must have been achieved in USA Swimming sanctioned, approved, or observed competition no earlier than September 1, 2024.
  - PNS AD 02-01 applies to this meet. Such entries must be clearly identified on all entry correspondence.
  - PNS Disability time standards apply to swimmers with a disability. Such entries must be clearly identified on all entry correspondence and include the swimmer's classification.

**Entry Deadline and Meet Qualifying Window:** With the exception of "Last Chance" individual entries, all individual and relay entry times achieved on or prior to Tuesday, December 2, 2025, must be received no later than 11:59 PM PST on that date.

**"Last Chance" Individual Entries:** A first-time individual qualifier who achieves one or more qualifying times at a PNS Fall Divisional meet, December 6-7, 2025, may enter as a "Last Chance" entry, subject to the meet and daily entry limits listed above and the Bonus Swims information listed below. Such entries must be received no later than 11:59 PM PST, Sunday, December 7, 2025. Only individual events may be entered as "Last Chance;" all relay entries must be received by the regular entry deadline. See Entry Submittal Information for details.

#### **BONUS SWIMS:**

- A swimmer entered in one or more individual events with an event qualifying time may also enter up to two (2) bonus events, subject to the meet and daily event limits. A bonus event does not need to be on the same day as a qualifying event.
- All bonus entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition or in compliance with PNS AD 02-01 during the meet qualifying window. NT ("no time") entries are not allowed except as follows:
  - A swimmer who has qualified for the 500Y Freestyle may enter the 1650Y Freestyle as a bonus event and may enter it as NT. If the swimmer has also entered the 500Y Freestyle as a qualifying event, so indicate in your cover email; otherwise, eligible 500Y Freestyle proof of time must be provided in your cover email.
- All bonus entries must be clearly identified as such on all entry files and reports. Please be advised that bonus entries may not import into Meet Manager from non-Hy-Tek products. If entries are submitted using non-Hy-Tek products, hard copies of entries must accompany submission of entries with bonus events clearly marked, or events will be scratched without notification and entry fees will not be refunded.

#### **PROOF OF TIME:**

- With the exception of alternate acceptable times complying with PNS AD 02-01 and "Last Chance" individual entries, all individual entry times submitted must be in USA Swimming's SWIMS database by the meet entry deadline and will be reconciled with SWIMS.
- Entry times which are neither in SWIMS nor identified as complying with PNS AD 02-01 will be scratched without notification and entry fees will not be refunded.
- Converted times may not be used.

#### **ENTRY FEES:**

- Surcharge: \$30.00
- Individual Event: \$11.00
- Relay Event: \$18.00
- No refunds or credits will be given for events entered but not swum.

#### **AWARDS AND SCORING:**

- **Individual events:** Medals 1st - 8th places, ribbons 9th - 16th places.
- **Individual high point** awards for each age group and gender, based on individual events only. High point award will be based on Hy-Tek Age Group Points.
- **Relay events:** Medals 1st - 3rd places, ribbons 4th - 16th places.
- **14&U Team trophies:** 1st - 10th place teams.
- **Scoring:** Individual events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Relay events 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.
  - While there is no limit to the number of relay teams a club may enter in a relay event, no more than two relay teams per club will be awarded or may score in each event.
- **Presentation of medals** to the 1st, 2nd, and 3rd place finishers in 11-12 and 13-14 individual events will be made during Finals if time

allows. Relay and 10&U awards will not be presented. Additional information will be provided at the Coaches' Meeting. Each team is responsible for picking up swimmer and team awards at the end of the meet. Awards will not be mailed.

#### **MEET RULES:**

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- This is a prelim/final meet for all events except:
  - All individual events 400Y or longer
  - All relay events.
- There will be one heat of Finals for all 10&U prelims/finals individual events and two heats of Finals for all 11-14 prelims/finals individual events.
- Seeding will be YSL. Except as noted below, all events will be seeded slow-to-fast.
- The National Championship eligibility and technical rules protest policies apply.
- Details of any changes to normal meet operations protocol will be announced at the Coaches' Meeting(s). It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information announcement and any information or changes announced at the Coaches' Meeting(s)
- All published timelines are estimates only. Events may start earlier or later.

#### **Distance Events: 500 Freestyle, 1650 Freestyle, 400 IM:**

- These events will be deck-seeded timed finals events. All participating swimmers must check in by the positive check-in deadline in order to swim. See Scratch and Check-in Procedures below.
- Swimmers must provide two of their own timers, and distance freestyle swimmers must also provide their own counter, if desired. All timers and counters must be individuals authorized to be on deck at that time, and all timers must be age 11 or older.
- **400 IM and 500 Freestyle:** These events will be seeded fast-to-slow in event number order, but the Meet Referee may combine genders to accommodate the usage of pool time.
- **1650 Freestyle:** The top-seeded eight (8) swimmers in each age group and gender who check in will be seeded separately and will swim as follows: 11-12 girls, 13-14 girls, 11-12 boys, and 13-14 boys. The remaining heats will be seeded and swum together fastest to slowest, combined age groups and genders.

#### **Relays:**

##### **All relay events:**

- All relay events will be pre-seeded, with no penalty for a relay that fails to show.
- Should timeline constraints so necessitate, some or all relay events may be cancelled and relay fees refunded
- The completed (white) original copy of the relay slip is due to the Clerk of Course by the announced deadline.
- Swimmers must take the (pink) lane copy of the relay slip with them to give to the timer in their lane to verify the order of swimmers participating prior to the start of the heat; if not, no relay names will appear in the official results and lead-off times will not go into SWIMS.

##### **11&O 200-yard relays only:**

- The fastest sixteen (16) relay teams by seed time -- but no more than two (2) per club -- will swim during the Finals sessions. All others will swim during the Prelims sessions as indicated in the Order of Events.
- If fewer than sixteen teams enter any 11&O 200-yard relay event, then all relays in that event will swim in Finals.

### SCRATCH AND CHECK-IN PROCEDURES:

- **Preliminary heats of all individual events 200Y or shorter and all relay events:** No check-in requirement; no penalty for failure to show.
- **All individual events 400Y or longer:** Swimmers must check in with the Clerk of Course by the announced deadline to swim. Swimmers not checking in for these events will automatically be scratched without penalty. Swimmers checking in for these events who fail to show for the swim will be disqualified from the next individual preliminary or timed final event in which they are entered.
- **Finals and Consolations:** Swimmers whose names are announced as qualifying for the finals or consolation heat of any prelims/finals event who fail to show will be barred from competing in the rest of the meet unless properly scratched or as noted in USA Swimming rule 207.11.6D. Rule 207.11.6E(4) does not apply to this meet.
- **Intention to Scratch:** Once event results are announced, finalists and consolation finalists have 30 minutes to declare their intention to scratch. Swimmers declaring an intention to scratch will have until 30 minutes after the completion of their last preliminary individual (not timed final or relay) event of the session to finalize their intention to scratch. There is no penalty for scratches during this time.
  - Athletes who are seeded into an event as a result of other athletes scratching will not themselves be penalized for a failure to properly scratch.
  - Reseeding to include scratches made after the scratch deadline may occur at the discretion of the Meet Referee.

### WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
  - Lanes 1 & 8—pace lanes, no diving
  - Lanes 2 & 7—sprint lanes, dive starts
  - Lanes 3 - 6—general warm-up, no diving
  - Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closed promptly ten (10) 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 INFORMATION:

- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach's credentials include current Red Cross lifeguarding, first aid, and CPR/AED certification. The facility's AEDs are located in the southwest corner of the natatorium by the doors to the recreation pool and in the main lobby behind the front desk next to the viewing windows. A third AED is on the Banquet Hall wall by the reception desk. Additional emergency information is available from the front desk in the lobby.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding.
- Deck changes are prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

- No diving from the bulkheads at any time. 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.
- All participating swimmers must be under the supervision of a USA Swimming member coach and may not enter the water at any time unless under the supervision of said coach. The Meet Director or Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- Any swimmer entered in the meet 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance with this requirement.
- Only authorized volunteers and working personnel can be on deck. All others are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet. Authorized volunteers will need to wear an ID badge or receive a lanyard from the Clerk of Course. No spectators will be permitted.
- In order to be on deck and serve in their official capacity, all officials shall visibly display their membership credentials, including current certification(s), at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming and must show proof of current coaching credentials when checking in for the meet.
- 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.
- It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event
- It is further understood that Pacific Northwest Swimming and the Cascade Booster Club d/b/a Cascade Swim Club shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

### TIMERS:

- The Meet Director will assign lanes for timing during all Prelims sessions to participating teams, and lane assignments will be posted on the PNS website, [www.pns.org](http://www.pns.org). Include your Volunteer Coordinator's name and contact information with your meet entry.
- Timers for Finals will be provided by the host team.
- USA Swimming requires all timers to be age 11 or older.

### TIME TRIALS

- Time Trials will be held between prelims and finals each day, time permitting.
- Time Trial sign-up will be at the Clerk of Course. The daily entry window will be announced and is scheduled to open at 7:15 AM and close at 10:30 AM or when the allotted time window for Time Trials has filled.

- Entry fees will be \$11.00 per individual event and \$18.00 per relay event. Payment must accompany entry; make check payable to the Cascade Swim Club or bring exact cash. Change will not be available for cash overpayment.
- A swimmer must be pre-entered in the meet – listed on the Master Entry Summary and surcharge paid by the meet entry deadline – in order to enter a Time Trial event.
- Each eligible swimmer may enter up to two (2) Time Trials over the course of the meet, but no more than one (1) per day. A Time Trial counts as one of a swimmer's three-events-per-day entry limit.
- Swimmers must provide two of their own timers. Distance freestyle swimmers must also provide their own counter, if desired. All timers must be individuals authorized to be on deck at that time, and all timers must be age 11 or older.
- The 1650Y Freestyle Time Trial will only be offered in available empty lanes on Sunday.
- Additional information will be provided at Friday's Coaches' Meeting.

## **OFFICIALS**

- We appreciate the help of USA Swimming certified officials from all teams. To assist in planning, please use the posted Application to Officiate, submitting it at your earliest convenience. The meet host will give a special meet polo shirt to those officials who work at least four sessions and whose application is received Sunday, November 16.
- The dress is white shirt/blouse for Prelims and Finals; navy pants, shorts, or skirts (no shorts at Finals); white socks; and white deck-friendly shoes.
- Officials desiring an assigned position must submit their application no later than Friday, November 21. Preference will be given to those who agree to work all sessions.
- This meet has been designated as a training meet for N2 Officials Certification. Instructions for certification will be provided during the Officials' Meetings.
- All officials are welcome even if you can only work a few sessions, and walk-ins are always welcome!



## 2025 14&U PNS SHORT COURSE CHAMPIONSHIPS

### ORDER OF EVENTS

FRIDAY PRELIMS SESSION 1			
#	Event		Age
1, 2	100 Back		10&U
3, 4	100 Back		11-12
5, 6	100 Back		13-14
7, 8	200 Fly		11-12
9, 10	200 Fly		13-14
11, 12	50 Free		10&U
13, 14	50 Free		11-12
15, 16	50 Free		13-14
17, 18	100 Breast		10&U
19, 20	100 Breast		11-12
21, 22	100 Breast		13-14
23, 24	200 Md Relay	17+	11-12
25, 26	200 Md Relay	17+	13-14
27, 28	500 Free	TF	10&U
29, 30	400IM	TF	11-12
31, 32	400IM	TF	13-14

SATURDAY PRELIMS SESSION 3			
#	Event		Age
33, 34	200 Md Relay	TF	10&U
35, 36	400 Md Relay	TF	11-12
37, 38	400 Med Relay	TF	13-14
39, 40	50 Fly		10&U
41, 42	50 Fly		11-12
43, 44	50 Fly		13-14
45, 46	200 Breast		11-12
47, 48	200 Breast		13-14
49, 50	50 Back		10&U
51, 52	50 Back		11-12
53, 54	50 Back		13-14
55, 56	100 Free		10&U
57, 58	100 Free		11-12
59, 60	100 Free		13-14
61, 62	200 IM		10&U
63, 64	200 IM		11-12
65, 66	200 IM		13-14
67, 68	200 Fr Relay	TF	10&U
69, 70	200 Fr Relay	17+	11-12
71, 72	200 Fr Relay	17+	13-14
73, 74	500 Free	TF	11-12
75, 76	500 Free	TF	13-14

SUNDAY PRELIMS SESSION 5			
#	Event		Age
77, 78	400 Fr Relay	TF	11-12
79, 80	400 Fr Relay	TF	13-14
81, 82	50 Breast		10&U
83, 84	50 Breast		11-12
85, 86	50 Breast		13-14
87, 88	200 Back		11-12
89, 90	200 Back		13-14
91, 92	100 Fly		10&U
93, 94	100 Fly		11-12
95, 96	100 Fly		13-14
97, 98	200 Free		10&U
99, 100	200 Free		11-12
101, 102	200 Free		13-14
103, 104	100 IM		10&U
105, 106	100 IM		11-12
107, 108	1650 Free	TF	11-14

FRIDAY FINALS SESSION 2			
#	Event		Age
1, 2	100 Back		10&U
3, 4	100 Back		11-12
5, 6	100 Back		13-14
7, 8	200 Fly		11-12
9, 10	200 Fly		13-14
11, 12	50 Free		10&U
13, 14	50 Free		11-12
15, 16	50 Free		13-14
17, 18	100 Breast		10&U
19, 20	100 Breast		11-12
21, 22	100 Breast		13-14
23, 24	200 Med Rly	1-16	11-12
25, 26	200 Med Rly	1-16	13-14

SATURDAY FINALS SESSION 4			
#	Event		Age
39, 40	50 Fly		10&U
41, 42	50 Fly		11-12
43, 44	50 Fly		13-14
45, 46	200 Breast		11-12
47, 48	200 Breast		13-14
49, 50	50 Back		10&U
51, 52	50 Back		11-12
53, 54	50 Back		13-14
55, 56	100 Free		10&U
57, 58	100 Free		11-12
59, 60	100 Free		13-14
61, 62	200 IM		10&U
63, 64	200 IM		11-12
65, 66	200 IM		13-14
69, 70	200 Free Rly	1-16	11-12
71, 72	200 Free Rly	1-16	13-14

SUNDAY FINALS SESSION 6			
#	Event		Age
81, 82	50 Breast		10&U
83, 84	50 Breast		11-12
85, 86	50 Breast		13-14
87, 88	200 Back		11-12
89, 90	200 Back		13-14
91, 92	100 Fly		10&U
93, 94	100 Fly		11-12
95, 96	100 Fly		13-14
97, 98	200 Free		10&U
99, 100	200 Free		11-12
101, 102	200 Free		13-14
103, 104	100 IM		10&U
105, 106	100 IM		11-12

# 2025 PNS 14&U SC

## Championships Time Standards

Girls			10&U Events	Boys		
SCM	LCM	SCY		SCY	LCM	SCM
35.39	36.89	31.89	50 Free	32.49	36.79	35.99
1:20.09	1:23.49	1:11.59	100 Free	1:13.89	1:23.39	1:20.99
2:57.29	3:04.69	2:38.99	200 Free	2:44.89	3:06.29	3:00.59
6:08.49	6:14.89	6:53.39	400/500 Free	6:53.39	6:14.89	6:08.49
42.09	43.09	37.59	50 Back	38.69	42.89	42.19
1:33.59	1:35.79	1:21.79	100 Back	1:23.89	1:35.09	1:33.59
48.79	50.09	42.89	50 Breast	43.99	50.69	49.99
1:47.09	1:48.99	1:35.09	100 Breast	1:36.49	1:50.49	1:48.89
41.39	42.59	36.29	50 Fly	38.09	43.49	43.39
1:40.79	1:42.19	1:28.29	100 Fly	1:36.79	1:50.19	1:47.59
1:30.09	N/A	1:21.39	100 IM	1:24.09	N/A	1:31.09
3:26.19	3:27.29	3:00.29	200 IM	3:08.79	3:33.09	3:30.79
2:47.99	2:52.79	2:30.49	4x50 Free Relay	2:46.49	3:13.59	3:05.89
3:18.29	3:24.39	2:57.59	4x50 Medley Relay	3:13.19	3:45.19	3:35.69

Girls			11-12 Events	Boys		
SCM	LCM	SCY		SCY	LCM	SCM
31.29	32.49	27.89	50 Free	28.19	32.49	31.79
1:09.99	1:12.19	1:01.19	100 Free	1:01.69	1:10.99	1:09.49
2:31.19	2:38.79	2:16.09	200 Free	2:17.79	2:39.39	2:33.79
5:32.89	5:37.49	6:09.49	400/500 Free	6:10.59	5:26.69	5:40.59
21:54.89	22:22.99	21:32.09	1500/1650 Free	21:32.09	22:22.99	21:54.89
37.99	38.89	33.29	50 Back	32.99	38.79	38.69
1:21.89	1:23.59	1:10.69	100 Back	1:11.59	1:23.39	1:22.89
2:57.19	3:01.49	2:33.29	200 Back	2:37.29	3:02.99	2:59.09
43.69	43.69	38.59	50 Breast	37.59	44.49	43.59
1:34.09	1:35.59	1:23.29	100 Breast	1:19.99	1:35.69	1:35.09
3:23.09	3:28.29	2:56.49	200 Breast	3:02.49	3:31.59	3:30.59
35.29	36.79	31.69	50 Fly	31.09	36.99	36.49
1:24.89	1:25.79	1:13.79	100 Fly	1:13.29	1:24.99	1:23.49
3:13.19	3:15.99	2:50.29	200 Fly	2:43.99	3:10.19	3:07.39
1:19.89	N/A	1:11.39	100 IM	1:10.79	N/A	1:18.89
2:53.39	3:00.29	2:35.79	200 IM	2:32.39	2:58.69	2:58.59
6:50.09	6:56.79	5:44.49	400 IM	6:03.79	6:46.59	6:40.19
2:15.19	2:19.09	2:01.09	4x50 Free Relay	1:58.09	2:17.39	2:11.89
5:00.79	5:09.49	4:29.49	4x100 Free Relay	4:20.99	5:03.49	4:51.29
2:34.79	2:39.69	2:18.69	4x50 Medley Relay	2:17.39	2:40.19	2:33.39
5:41.29	5:52.29	5:05.79	4x100 Medley Relay	5:25.59	6:20.39	6:03.39

Girls			13-14 Events	Boys		
SCM	LCM	SCY		SCY	LCM	SCM
29.39	31.19	26.79	50 Free	24.89	28.49	27.29
1:04.59	1:06.99	57.69	100 Free	54.49	1:02.09	59.99
2:22.89	2:28.09	2:08.49	200 Free	1:58.99	2:21.39	2:14.29
5:15.09	5:18.89	5:50.99	400/500 Free	5:31.79	5:04.79	4:54.89
20:33.99	20:58.59	20:19.59	1500/1650 Free	19:11.09	19:46.79	19:22.79
36.39	37.79	32.59	50 Back	29.39	35.79	34.19
1:16.59	1:17.89	1:06.49	100 Back	1:01.89	1:12.89	1:10.69
2:45.79	2:50.09	2:22.29	200 Back	2:19.39	2:43.09	2:34.39
41.89	43.59	36.99	50 Breast	33.99	40.69	37.99
1:27.99	1:28.89	1:15.39	100 Breast	1:09.89	1:22.19	1:19.99
3:05.89	3:11.39	2:46.89	200 Breast	2:34.09	3:00.29	2:55.59
34.69	35.79	30.69	50 Fly	28.79	33.59	32.49
1:14.09	1:15.79	1:04.89	100 Fly	1:01.29	1:09.79	1:07.69
3:09.29	3:12.09	2:37.49	200 Fly	2:25.29	2:46.79	2:45.79
2:41.69	2:47.59	2:22.59	200 IM	2:15.69	2:36.09	2:31.79
5:58.19	6:07.59	5:14.29	400 IM	4:54.39	5:34.09	5:33.59
2:00.39	2:03.79	1:47.79	4x50 Free Relay	1:42.59	1:59.29	1:54.59
4:27.49	4:35.09	3:59.59	4x100 Free Relay	3:53.09	4:31.09	4:20.19
2:16.49	2:20.79	2:02.29	4x50 Medley Relay	1:53.39	2:12.19	2:06.59
5:01.59	5:11.29	4:30.19	4x100 Medley Relay	4:21.09	5:05.09	4:51.49



## HOW TO ENTER THIS MEET:

Before processing your entries, confirm that

- ✓ You have read the Meet Announcement, noting entry limits, time standards, and other eligibility parameters.
- ✓ You have set "Enforce Qualifying Times."
- ✓ You have set the "Use Since Date" date to September 1, 2024.
- ✓ You have clicked on your team management software's "Proof of Times" option.
- ✓ Your software's swimmer registration information matches SWIMS.
- ✓ All swimmers are either Premium or Outreach Athlete members. Neither Flex nor Seasonal athletes may enter this meet.

Before submitting your entries, confirm that

- ✓ You have checked your meet entry file and reports to ensure that all are complete.
- ✓ Your entry file includes all relay-only swimmers
- ✓ All entry times are SCY unless otherwise indicated.

Email the following to entry email [tcoates@cascadeswimclub.org](mailto:tcoates@cascadeswimclub.org) no later than **Tuesday, December 2:**

- ✓ Entry file from your team management software
- ✓ Meet Entry Report for individual (sorted by swimmer) and relay (sorted by event) events, with all individual bonus swims clearly marked as such
- ✓ Meet Entry Fee Report, including all relay-only swimmers
- ✓ All applicable Outreach Vouchers

In your cover email,

- ✓ List the names of Outreach Voucher athletes whose Vouchers you have included.
- ✓ List all swimmers who must compete as unattached.
- ✓ Provide the qualifying 500Y Freestyle time and date/meet achieved for each swimmer entering the 1650 Freestyle as NT ("no time") bonus.
- ✓ Name and contact information for your Volunteer Coordinator
- ✓ Your name and title (Coach, Club Administrator, etc.)

By submitting entries, you attest that

- ✓ All athletes listed in your entry form are properly registered athlete members of USA Swimming, Inc., and all registration issues will be resolved prior to the first day of the meet.
- ✓ All meet-coaches will be properly certified coach members of USA Swimming, Inc., and will show proof of such when checking in with the Clerk of Course upon arrival at the venue.
- ✓ All entry fees – one check payable to **Cascade Swim Club** -- will be paid no later than 30 minutes before the start of the first session of the meet in which your swimmers will compete unless alternate arrangements have been made with the Meet Director prior to the meet entry deadline.

NOTE: "Last Chance" entry instructions will be posted on the PNS web page.