



Pacific Northwest Swimming
2025 PN November Age Group Invitational, Division 2
Sanction #2511-AG02
Snohomish Aquatic Center
516 Maple Avenue, Snohomish, Washington
Hosted by the Seattle Metropolitan Swim Club



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

SCHEDULES	SESSIONS 1 & 2 SATURDAY, NOVEMBER 22, 2025	SESSIONS 3 & 4 SUNDAY, NOVEMBER 23, 2025
Coaches' Meeting	7:45 AM Saturday All coaches must check in with the Clerk of Course	
Officials' Meetings	45 minutes before start of competition	
Warm-ups	Session 1: 8:00 AM Session 2: Immediately following conclusion of Session 1	Session 3: 8:00 AM Session 4: Immediately following conclusion of Session 3
Timed Finals	One hour after start of warm-ups	One hour after start of warm-ups
Deck Entry Deadlines:	Start of warm-ups	Start of warm-ups
Positive Check-in Deadlines:	15 minutes after start of warm-ups	15 minutes after warm-ups
ENTRY DEADLINE: Tuesday, November 11, 2025		

MEET DIRECTORS:

Caroline Johnson, Laurie Robbins, and Lauren Silver

- meetdirector@smac.email
- pastboosterspresident@smac.email
- lepaschen@gmail.com

MEET REFEREE:

Shawn Moon

- shawnmoon2010@gmail.com

ADMINISTRATIVE OFFICIAL:

Kenneth Lu

- kcethan@gmail.com

FACILITY INFORMATION:

- 25 yard x 25 meter pool. All ten lanes will be used during general warm-up. Up to eight lanes will be used for competition, during which time at least one lane will be available for coach-supervised warm-up/cool-down and one lane will be closed between the competition and warm-up/cool-down lane(s).
- Starting and turning ends 7.0 - 12.5 feet deep.
- The host will ensure the required course dimensions.
- Spectator viewing: competition may be livestreamed. Limited spectator seating may be available in the bleachers on a session-by-session basis, but seating priority will be given to athletes. No spectators on deck at any time; do not block the doors!
- Automatic timing system with scoreboard readout
- Heat Sheets posted at venue and on Meet Mobile; Results on Meet Mobile & PNS web page.
- Hospitality for coaches and officials only
- Vendor: Snohomish Aquatic Center Swim Shop
- Parking: Please use the lots behind the pool, not those in front.

ELIGIBILITY & ENTRY INFORMATION:

- All swimmers must be registered with USA Swimming in compliance with Article 302 no later than November 21, 2025.

- Club assignments are posted on the PNS webpage. Swimmers registered through a member-club must be registered through one of the assigned clubs. Properly registered PNS swimmers not registered through a member-club must request permission from PNS Program Operations to enter this meet and include that authorization with their entry. Neither on-deck USA Swimming registration nor any on-deck club transfer will be allowed or recognized.
- Age groups are based on the age of swimmer on the first day of meet.
- Each swimmer may enter up to a maximum of six (6) individual events over the course of the meet but no more than four (4) individual events on any one day. Each swimmer may compete on only one relay per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Individual Event Qualifying Times: To enter any individual event, swimmers must have achieved the current PNS "AGI" time standard for their current age in USA Swimming sanctioned, approved or observed competition. Entries that do not meet these standards will be scratched without notification and entry fees will not be refunded. All qualifying times must have been achieved between September 1, 2024, and the meet entry deadline.
 - Times achieved in compliance with PNS AD 02-01 may be used only if clearly identified as such on all entry reports.
 - Swimmers with a disability and an IPC classification may use the appropriate PNS Disability Time Standard.
 - Converted times are not allowed.
- Deck Entries: 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.
 - Only a swimmer who did not pre-enter the maximum number of individual events may deck enter one or more additional individual events, subject to deck entry parameters and meet/session limits.
 - Deck entered swimmers who are not already in the meet are required to show proof of appropriate USA Swimming athlete registration and complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.
 - Proof of event eligibility will be required for all deck entries.

- Deck entries will not be eligible for awards or scoring.
- No deck entry will be considered complete without payment of all appropriate entry fees.

ENTRY FEES:

- Surcharge: \$15.00
- Deck entry surcharge: \$30.00 (swimmer not previously in meet)
- Individual Event: \$4.50
- Relay: \$14.00
- No refunds or credits will be given for events entered but not swum, except as noted below.

AWARDS AND SCORING:

- **Individual events:** Ribbons 1st-8th places. Scoring 9-7-6-5-4-3-2-1.
- **Relay events:** Ribbons 1st-8th places. Scoring 18-14-12-10-8-6-4-2.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be YLS. All events are timed finals.
- **50Y & 100Y individual events:** These events will be pre-seeded slow-to-fast, with no penalty for a swimmer who fails to show.
- **200Y individual events:** These events will be deck-seeded slow-to-fast, and requiring a positive check-in by the stated deadline in order to swim. While there will be no penalty for a swimmer who checks in but fails to show, coaches are asked not to check in swimmers not present. Any late arrival should check in with the Meet Referee for a possible heat/lane assignment.
- **400Y individual events:** These events will be deck seeded, requiring a positive check in by the stated deadline in order to swim. While there will be no penalty for a swimmer who checks in but fails to show, coaches are asked not to check in swimmers not present. Any late arrival should check in with the Meet Referee for a possible heat/lane assignment.
 - The 11-12 400 IM events will be seeded slow-to-fast. The 13&O 400 IM event will be seeded fast-to-slow.
 - Swimmers must provide their own timers. All timers must be individuals age 11 or older and authorized to be on deck at that time.
- **500Y individual events:** These events will be deck seeded, requiring a positive check in by the stated deadline in order to swim. While there will be no penalty for a swimmer who checks in but fails to show, coaches are asked not the check in swimmers not present. Any late arrival should check in with the Meet Referee for a possible heat/lane assignment.
 - The 10&U and 11-12 500 Freestyle events will be seeded slow-to-fast. The 13&O 500 Freestyle event will be seeded fast-to-slow.
 - Swimmers must provide their own timers.
 - Swimmers must provide their own counter, if desired.
 - All timers and counters must be individuals authorized to be on deck at that time. All timers must be age 11 or older.

Relay Events: All relay events will be pre-seeded with no penalty for a relay that fails to show. Relay cards will be in the Coaches' packet, and swimmers are responsible for providing updated cards to the lane timers prior to the start of their heat.

- All relays are mixed gender relays.
- Should timeline constraints so necessitate, some or all relay events may be cancelled and relay fees refunded.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last 25 minutes of each warm-up period:
 - Lanes 1 & 10– pace lanes, no diving
 - Lanes 2 & 9 - sprint lanes, dive starts

- Remaining lanes - 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 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 AED is located on the wall behind the Lane 3 starting block; an additional AED is in the lobby. Additional emergency information is available from the Front Desk.
- 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 shallow end of the pool 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 on deck. All participating teams will be required to provide timers and chaperones to help ensure a safe and smooth meet process.

- 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 Seattle Metropolitan 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.

HOW TO ENTER THIS MEET:

Before processing your entries, confirm that

- ✓ You have read the Meet Announcement, noting the meet's and the daily 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.
- ✓ Your software's swimmer registration information matches SWIMS.
- ✓ Your 18O swimmers to be entered into this meet have current APT.
- ✓ Your "Flex" members to be entered into this meet will not have already competed in two sanctioned meets.

Email the following to entry email meetdirector@smac.email no later than **Tuesday, November 11.**

- ✓ Entry file from your team management software
- ✓ Meet Entry Report for individual (sorted by swimmer)
- ✓ Meet Entry Fee Report
- ✓ All applicable Outreach Vouchers

AND

- ✓ **Mail hardcopies and checks to**
Seattle Metropolitan Aquatic Club
PO Box 22564
Seattle WA 98122.

In your cover email,

- ✓ List the names of Outreach Voucher athletes whose Vouchers you have included.
- ✓ List all swimmers who must compete as unattached.
- ✓ 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 **SMAC** -- will be paid no later than 30 minutes before the start of the first session of the meet in which your swimmers will compete.



2025 PNS NOVEMBER AGE GROUP INVITATIONAL

ORDER OF EVENTS

SESSION 1 - SATURDAY		
#	AGE	EVENT
1	Mixed 10&U	200 M Rly
2	Mixed 12&U	200 M Rly
3	Girls 10&U	200 Free
4	Boys 10&U	200 Free
5	Girls 11-12	200 Free
6	Boys 11-12	200 Free
7	Girls 10&U	100 IM
8	Boys 10&U	100 IM
9	Girls 11-12	100 IM
10	Boys 11-12	100 IM
11	Girls 10&U	100 Fly
12	Boys 10&U	100 Fly
13	Girls 11-12	100 Fly
14	Boys 11-12	100 Fly
15	Girls 10&U	50 Back
16	Boys 10&U	50 Back
17	Girls 11-12	50 Back
18	Boys 11-12	50 Back
19	Girls 10&U	50 Free
20	Boys 10&U	50 Free
21	Girls 11-12	50 Free
22	Boys 11-12	50 Free
23	Girls 11-12	200 Back
24	Boys 11-12	200 Back
25	Girls 10&U	100 Breast
26	Boys 10&U	100 Breast
27	Girls 11-12	100 Breast
28	Boys 11-12	100 Breast
30	Mixed 11-12	400 IM

SESSION 2 - SATURDAY		
#	AGE	EVENT
31	Mixed 13&O	200 M Rly
33	Girls 13-14	200 Free
*	Girls 15&O	200 Free
34	Boys 13-14	200 Free
*	Boys 15&O	200 Free
35	200 Fly	100 IM
*	Girls 15&O	100 IM
36	Boys 13-14	100 IM
*	Boys 15&O	100 IM
37	Girls 13-14	100 Fly
*	Girls 15&O	100 Fly
38	Boys 13-14	100 Fly
*	Boys 15&O	100 Fly
39	Girls 13-14	50 Back
*	Girls 15&O	50 Back
40	Boys 13-14	50 Back
*	Boys 15&O	50 Back
41	Girls 13-14	50 Free
*	Girls 15&O	50 Free
42	Boys 13-14	50 Free
*	Boys 15&O	50 Free
43	Girls 13-14	200 Back
*	Girls 15&O	200 Back
44	Boys 13-14	200 Back
*	Boys 15&O	200 Back
45	Girls 13-14	100 Breast
*	Girls 15&O	100 Breast
46	Boys 13-14	100 Breast
*	Boys 15&O	100 Breast
48	Mixed 13&O	400 IM

SESSION 3 - SUNDAY		
#	AGE	EVENT
49	Mixed 13&O	200 F Rly
51	Girls 13-14	200 IM
*	Girls 15&O	200 IM
52	Boys 13-14	200 IM
*	Boys 15&O	200 IM
53	Girls 13-14	50 Fly
*	Girls 15&O	50 Fly
54	Boys 13-14	50 Fly
*	Boys 15&O	50 Fly
55	Girls 13-14	100 Back
*	Girls 15&O	100 Back
56	Boys 13-14	100 Back
*	Boys 15&O	100 Back
57	Girls 13-14	50 Breast
*	Girls 15&O	50 Breast
58	Boys 13-14	50 Breast
*	Boys 15&O	50 Breast
59	Girls 13-14	200 Fly
*	Girls 15&O	200 Fly
60	Boys 13-14	200 Fly
*	Boys 15&O	200 Fly
61	Girls 13-14	100 Free
*	1-Sep	100 Free
62	Boys 13-14	100 Free
*	Boys 15&O	100 Free
63	Girls 13-14	200 Breast
*	Girls 15&O	200 Breast
64	Boys 13-14	200 Breast
*	Boys 15&O	200 Breast
66	Mixed 13&O	500 Free

SESSION 4 - SUNDAY		
#	AGE	EVENT
67	Mixed 10&U	200 F Rly
68	Mixed 12&U	200 F Rly
69	Girls 10&U	200 IM
70	Boys 10&U	200 IM
71	Girls 11-12	200 IM
72	Boys 11-12	200 IM
73	Girls 10&U	50 Fly
74	Boys 10&U	50 Fly
75	Girls 11-12	50 Fly
76	Boys 11-12	50 Fly
77	Girls 10&U	100 Back
78	Boys 10&U	100 Back
79	Girls 11-12	100 Back
80	Boys 11-12	100 Back
81	Girls 10&U	50 Breast
82	Boys 10&U	50 Breast
83	Girls 11-12	50 Breast
84	Boys 11-12	50 Breast
85	Girls 11-12	200 Fly
86	Boys 11-12	200 Fly
87	Girls 10&U	100 Free
88	Boys 10&U	100 Free
89	Girls 11-12	100 Free
90	Boys 11-12	100 Free
91	Girls 11-12	200 Breast
92	Boys 11-12	200 Breast
93	Mixed 10&U	500 Free
95	Mixed 12&U	500 Free