



Pacific Northwest Swimming  
 2016 PN IST Fourth Annual Sockeye Spring Open -- Sanction #1605-SP01  
 Weyerhaeuser King County Aquatic Center  
 Federal Way, Washington  
 Hosted by the Issaquah Swim Team

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

	Friday, May 13, 2016	Saturday, May 14, 2016		Sunday, May 15, 2016	
	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5
<b>Coaches' Meeting</b>	Noon Check-In and Coaches' Packets at Clerk of Course	if needed	if needed	if needed	if needed
<b>Officials' Meeting</b>	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition
<b>Warm-ups</b>	12:30pm	7:30am	Immediately following conclusion of Session 2	7:30am	Immediately following conclusion of Session 4
<b>Competition</b>	1:30pm	8:30am	One hour after start of warm-ups	8:30am	One hour after start of warm-ups
<b>Positive Check-in Deadline</b>	12:45pm	Announced at Coaches' Meeting	Announced at Coaches' Meeting	Announced at Coaches' Meeting	Announced at Coaches' Meeting

**MEET DIRECTOR:**

Annie Choi

- meetdirector@istsockeyes.org
- 425-273-0870

**MEET REFEREE:**

Scott Allen

- issaquahswimofficial@gmail.com

**LOCATION AND DIRECTIONS**

Weyerhaeuser King County Aquatic Center  
 650 SW Campus Drive  
 Federal Way, Washington

**Directions from I-5:** Take Exit 142B west on 348th. It becomes Campus Drive after crossing 1st Ave S. Pool is on the right side approximately 1 1/4 miles from I-5.

**FACILITY**

- Site of the 1990 Goodwill Games, multiple NCAA Men's Division 1 Championships, 2009 U S Open, and many USA Swimming National and Junior National Championships .
- 50-meter, 9 feet deep, 8-lane competitive pool
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Diving tank will be available for continual warm-up
- 2500 spectator seats. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections.
- Omega electronic timing system and full-read scoreboard
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or starting block areas.
- Changing in or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Shaving is not permitted anywhere in the facility.

**ONSITE AMENITIES**

- **Vendor:** NW Swim Shop on Saturday and Sunday only.
- **Special Meet T-Shirts:** Northwest Designs will offer commemorative apparel items for purchase in the front lobby. Saturday and Sunday only.
- **Meet Heat Sheets:** Available on Meet Mobile
- **Results** on PNS web site
- **Concessions:** Operates under contract with King County; neither PNS nor the host team derives any benefit.
- **Hospitality:** Refreshments will be available for coaches and officials in the Hospitality Room. Swimmers, timers, and spectators are not allowed.
- **Parking:** Available at the Aquatic Center. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. No RV parking in Aquatic Center parking lots. Carpooling is recommended. If overflow parking is available at the adjacent Little League lot, signage will be posted at that lot.

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming.
- Age groups are based on the age of the swimmer as of the first day of competition. See Awards and Order of Events for more information.
  - Swimmers must have achieved the current PNS "Gold" time in each individual event they enter
  - 12&U: The PNS 11-12 "Gold" times apply to all 12&U swimmers. Neither the 8&U nor the 10&U standards apply to this meet.
  - Except for times achieved in compliance with PNS AD 02-01 may also be used, all times must have been achieved in USA Swimming sanctioned, approved, or observed competition.
  - The PNS Disability time standards apply to swimmers with a disability.



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#### ENTRY INFORMATION:

- Each swimmer may enter to a maximum of eight (8) individual events not more than two (2) on Friday, three (3) on Saturday, and three (3) on Sunday. 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 will be accepted in the order received until any session scored for 12&U swimmers reaches the four-hour limit.
- Swimmers must be age 11 or older to enter an "Open" event.
- All entry times should be LCM (long course meters). SCM and SCY times should be clearly identified as such in all entry information. Neither converted times nor NT (no time) entries will be allowed.
- On-deck USA Swimming registration will not be permitted.
- Deck entries for individual events will be allowed in open lanes at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards. Deck entry fees must be paid prior to the swim. Proof of time will be required for all non-bonus deck entries.
- Deck entered swimmers who are not already in the meet are required to show proof of USA Swimming athlete registration 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: \$ 15.00
- Deck entry surcharge: \$ 30.00 (swimmer not previously entered in meet)
- Individual Event \$ 5.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

#### AWARDS:

- Session 1: No awards.
- Session 2-5: Medals 1st - 3rd places; Ribbons 4th - 16th places, by age group and gender. Age groups for awards will be 10&U, 11-12, 13-14, and 15&O.

#### BONUS EVENTS:

- A swimmer entered in one or more qualifying events may enter up to two bonus events the same day, subject to the maximum entry limitations stated above.
- NT (no time) entries will not be accepted.

#### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be LCM/SCM/SCY.
- All events will be seeded and swum together mixed girls and boys.
- **50M events:** All 50M events will start at the scoreboard end of the pool.
- **100M and longer events:** At the discretion of the Meet Referee, events 100M or longer may be swum double-ended. If so, odd numbered heats will start at the dive tank end of the pool and even numbered heats will start at the scoreboard end of the pool.

- **400M or longer events:** Swimmers must provide their own timers and counters (if desired) for these events. Lanes with no timers will go unprotected. These events will be seeded and swum fast to slow.
- At the discretion of the Meet Referee, freestyle events may be swum two-per-lane. If so, swimmers must enter the water at the right side of their lane and stay on that side throughout the race. No circle swimming.

**Positive Check-in Requirements: All events: Each swimmers must check in each session.** All events will be deck-seeded, requiring a positive check-in with the Clerk of Course by the posted deadline in order to swim. Swimmers not checking in for any of these events by the posted and announced deadline will be scratched without penalty.

#### 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, return in lanes 3 & 6
  - Lanes 3, 4, 5 & 6—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.
- Marshals will be assigned to supervise the warm-up. 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. When unaccompanied by a member-coach, 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.



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- Only credentialed athletes, coaches, officials, authorized volunteers and facility employees are allowed on deck or in the locker rooms. All volunteers must check in prior to their assigned shift for a name tag which **must** be displayed while on deck.
- All others must remain in the designated spectator area or in public lobbies and are not allowed in the natatorium unless timing for an event in which swimmers must provide their own timers.
- 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.
- No electronic recording devices are allowed in the starting area(s) behind and around the starting blocks
- Shaving is not permitted in the facility.
- 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.
- **Timers:** All participating teams will be requested to provide timers, especially for any double-ended sessions. A volunteer from the host team will contact teams to organize timing assignments which will be posted on the PNS Website and emailed to each team prior to the meet.
- **Team Areas:** Please keep your area clean, and pick up all trash before leaving each session.
- **Lost and Found:** Items will be left in place during the meet. After the meet, contact KCAC.
- **Team Banners:** Banners must be fabric. No helium balloons or paper signs.

**ENTRY SUBMITTAL INFORMATION: Entries open at noon, Wednesday, March 23, 2016. Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, May 4, 2016:**

1. **Entry File** from Team Manager or equivalent.
2. **Meet Entry Reports** for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager or equivalent.
3. **Meet Entry Fee Report** from Team Manager or equivalent.
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 Issaquah Swim Team. Meet entry fees should arrive to the meet host three weeks following the confirmation of your team entries or before the meet entry deadline, whichever is sooner. Any team that feels this will cause a financial hardship should contact the Meet Director to make arrangements.

**Submittal Formats & Notes:**

- **Electronic files:** email items #1, #2, and #3. Please note that bonus events may not import correctly from non-Hy-Tek products. Clubs using non-Hy-Tek products must clearly circle all bonus events on the Meet Entry Report as the host club cannot otherwise be responsible for resulting entry errors.
- **Hardcopies:** mail or hand-deliver items #4 and #5. If sending via express mail, waive signature requirement.
- Late, incomplete, or paper entries will not be processed.
- 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:** IST Sockeye Spring Open Meet  
c/o Annie Choi  
213 259<sup>th</sup> Ave NE  
Sammamish, WA 98074

**Email:** meetdirector@istsockeyes.org

**Meet Entry Contact/Questions:** Annie Choi (425) 273-0870



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## ORDER OF EVENTS

<b>SESSION 1 - FRIDAY PM</b>			
May 15, 2015 ( Event Limit = 2 )			
1	•	Mixed OPEN	• <b>400M FREESTYLE</b>
2	•	Mixed OPEN	• <b>400M INDIVIDUAL MEDLEY</b>
3	•	Mixed OPEN	• <b>800M FREESTYLE</b>
4	•	Mixed OPEN	• <b>1500M FREESTYLE</b>

<b>SESSION 2 - SATURDAY AM</b>			
May 16, 2015 ( Event Limit = 3 )			
5	•	Mixed 12&U	• <b>50M FREESTYLE</b>
6	•	Mixed 12&U	• <b>50M BREASTSTROKE</b>
7	•	Mixed 12&U	• <b>100M BUTTERFLY</b>
8	•	Mixed 11-12	• <b>200M BREASTSTROKE</b>
9	•	Mixed 12&U	• <b>100M BACKSTROKE</b>
10	•	Mixed 12&U	• <b>200M INDIVIDUAL MEDLEY</b>

<b>SESSION 3 - SATURDAY PM</b>			
May 16, 2015 ( Event Limit = 3 )			
11	•	Mixed 13&O	• <b>50M FREESTYLE</b>
12	•	Mixed 13&O	• <b>50M BREASTSTROKE</b>
13	•	Mixed 13&O	• <b>100M BUTTERFLY</b>
14	•	Mixed 13&O	• <b>200M BREASTSTROKE</b>
15	•	Mixed 13&O	• <b>100M BACKSTROKE</b>
16	•	Mixed 13&O	• <b>200M INDIVIDUAL MEDLEY</b>

<b>SESSION 4 - SUNDAY AM</b>			
May 17, 2015 ( Event Limit = 3 )			
17	•	Mixed 12&U	• <b>50M BACKSTROKE</b>
18	•	Mixed 12&U	• <b>50M BUTTERFLY</b>
19	•	Mixed 12&U	• <b>100M FREESTYLE</b>
20	•	Mixed 11-12	• <b>200M BUTTERFLY</b>
21	•	Mixed 11-12	• <b>200M BACKSTROKE</b>
22	•	Mixed 12&U	• <b>100M BREASTSTROKE</b>
23	•	Mixed 12&U	• <b>200M FREESTYLE</b>

<b>SESSION 5 - SUNDAY PM</b>			
May 17, 2015 ( Event Limit = 3 )			
24	•	Mixed 13&O	• <b>50M BACKSTROKE</b>
25	•	Mixed 13&O	• <b>50M BUTTERFLY</b>
26	•	Mixed 13&O	• <b>100M FREESTYLE</b>
27	•	Mixed 13&O	• <b>200M BUTTERFLY</b>
28	•	Mixed 13&O	• <b>200M BACKSTROKE</b>
29	•	Mixed 13&O	• <b>100M BREASTSTROKE</b>
30	•	Mixed 13&O	• <b>200M FREESTYLE</b>



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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 \$15.00</b>	<b>\$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$ 5.00</b>	<b>\$</b>
			<b>\$</b>
		<b>SUBTOTAL:</b>	<b>\$</b>
<b>LESS OUTREACH VOUCHERS:</b>			<b>(\$ )</b>
		<b>TOTAL:</b>	<b>\$</b>

Make one check payable to **Issaquah Swim Team**.

**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.