



Pacific Northwest Swimming
 2012 Daffodil Meet -- Sanction #1203-SP07
 Mt. Tahoma High School Pool
 Tacoma, Washington
 Hosted by Metro Aquatics



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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, March 10, 2012	Saturday, March 10, 2012	Sunday, March 11, 2012	Sunday, March 11, 2012
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
Timers' Meetings	20 minutes before start of competition	20 minutes before start of competition	20 minutes before start of competition	20 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

MEET DIRECTOR:

Bryan Murdach
 • meetdirector@metroaquatics.org
 • 253-730-9935

MEET REFEREE:

Mike Howard
 • howard_mi@msn.com
 • 206-227-0520

LOCATION AND DIRECTIONS

Mt. Tahoma High School Pool
 4634 South 74th Street
 Tacoma, Washington, 98409

Directions from I-5 southbound: From I-5 southbound, take the 72nd/84th Street exit. Stay to the right to exit onto 74th Street. Travel west over S. Tacoma Way and railroad tracks. Continue on 74th approx. one mile. School and sports complex are on the left. Take left at stoplight. Pool is the building on the right, second main door.

Northbound: From I-5 northbound, take the 72nd/74th Street exit. Take a left at 72nd St. Travel west over S. Tacoma Way and railroad tracks. Continue on 74th approx one mile. School and sports complex are on the left. Take a left at stoplight. Pool is on the building on the right, second main door.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 11.5 feet deep; turning end 5.5 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool: shallow end of pool
- 250 spectator seats
- Colorado Five electronic timing system
- Scoreboard: six-lane readout
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

ONSITE AMENITIES

- **Vendor:** NW Swim Shop

- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions** available in the lobby
- **Hospitality** for coaches and officials only
- **Parking** available next to pool

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 8&under, 9-10, 11-12, 13-14, and 15&over. See Order of Events and Awards.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of five (5) individual events and one (1) relay event per day. 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 with 12&U swimmers reaches the four-hour limit.
- On-deck USA Swimming registration 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.



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- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** Ribbons 1st thru 6th places. Scoring: 7-5-4-3-2-1
- **Relay events:** Ribbons 1st thru 6th places. Scoring: 18-14-12-10-8-6-4-2
- **Team trophy:** Highest scoring team. Each team may only score a maximum of two athletes per individual event and one relay per relay event.
- Heat winners will receive raffle tickets for iTunes gift cards.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.

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.
- 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.
- 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.
- 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, February 29, 2012:

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 Metro Aquatics Boosters.

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.
- Complete whole-team entries will be accepted in the order received until any session with 12&U swimmers reaches the four-hour limit.



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- 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: Metro Aquatics, PO Box 65902, University place, Wa 98464
- Email entries to: meetentries@metroaquatics.org
- Meet Entry Contact/Questions: Ed Muranaka 253 370 8785

ORDER OF EVENTS

Saturday A.M.			Sunday A.M.		
#	Age	Event	#	Age	Event
1	Girls 8 & U	25 Free	67	Girls 13 - 14	200 IM
2	Boys 8 & U	25 Free	68	Boys 13 - 14	200 IM
3	Girls 10 & U	200 Free	69	Girls 15 & O	200 IM
4	Boys 10 & U	200 Free	70	Boys 15 & O	200 IM
6	Boys 11 – 12	200 Free	71	Girls 13 - 14	50 Fly
7	Girls 8 & U	25 Fly	72	Boys 13 - 14	50 Fly
8	Boys 8 & U	25 Fly	73	Girls 15 & O	50 Fly
9	Girls 10 & U	100 Fly	74	Boys 15 & O	50 Fly
10	Boys 10 & U	100 Fly	75	Girls 13 - 14	100 Free
12	Boys 11 – 12	100 Fly	76	Boys 13 - 14	100 Free
13	Girls 10 & U	50 Free	77	Girls 15 & O	100 Free
14	Boys 10 & U	50 Free	78	Boys 15 & O	100 Free
16	Boys 11 – 12	50 Free	79	Girls 13 - 14	50 Back
17	Girls 8 & U	25 Back	80	Boys 13 - 14	50 Back
18	Boys 8 & U	25 Back	81	Girls 15 & O	50 Back
19	Girls 10 & U	100 Back	82	Boys 15 & O	50 Back
20	Boys 10 & U	100 Back	83	Girls 13 - 14	100 Breast
22	Boys 11 – 12	100 Back	84	Boys 13 - 14	100 Breast
23	Girls 8 & U	25 Breast	85	Girls 15 & O	100 Breast
24	Boys 8 & U	25 Breast	86	Boys 15 & O	100 Breast
25	Girls 10 & U	50 Breast	87	Girls 13 & O	200 Fr Relay
26	Boys 10 & U	50 Breast	88	Boys 13 & O	200 Fr Relay
28	Boys 11 – 12	50 Breast			
29	Girls 10 & U	200 Md Relay			
30	Boys 10 & U	200 Md Relay			
32	Boys 11-12	200 Md Relay			



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<i>Saturday P.M.</i>			<i>Sunday P.M.</i>		
<u>#</u>	<u>Age</u>	<u>Event</u>	<u>#</u>	<u>Age</u>	<u>Event</u>
33	Girls 11 - 12	200 Free	89	Girls 10 & U	100 IM
35	Girls 13 - 14	200 Free	90	Boys 10 & U	100 IM
36	Boys 13 - 14	200 Free	91	Girls 11-12	100 IM
37	Girls 15 & O	200 Free	92	Boys 11-12	100 IM
38	Boys 15 & O	200 Free	93	Girls 10 & U	50 Fly
39	Girls 11 - 12	100 Fly	94	Boys 10 & U	50 Fly
41	Girls 13 - 14	100 Fly	95	Girls 11 - 12	50 Fly
42	Boys 13 - 14	100 Fly	96	Boys 11 - 12	50 Fly
43	Girls 15 & O	100 Fly	97	Girls 10 & U	100 Free
44	Boys 15 & O	100 Fly	98	Boys 10 & U	100 Free
45	Girls 11 - 12	50 Free	99	Girls 11 - 12	100 Free
47	Girls 13 - 14	50 Free	100	Boys 11 - 12	100 Free
48	Boys 13 - 14	50 Free	101	Girls 10 & U	50 Back
49	Girls 15 & O	50 Free	102	Boys 10 & U	50 Back
50	Boys 15 & O	50 Free	103	Girls 11 - 12	50 Back
51	Girls 11 - 12	100 Back	104	Boys 11 - 12	50 Back
53	Girls 13 - 14	100 Back	105	Girls 10 & U	100 Breast
54	Boys 13 - 14	100 Back	106	Boys 10 & U	100 Breast
55	Girls 15 & O	100 Back	107	Girls 11 - 12	100 Breast
56	Boys 15 & O	100 Back	108	Boys 11 - 12	100 Breast
57	Girls 11 - 12	50 Breast	109	Girls 10 & U	200 Fr Relay
59	Girls 13 - 14	50 Breast	110	Boys 10 & U	200 Fr Relay
60	Boys 13 - 14	50 Breast	111	Girls 12 & U	200 Fr Relay
61	Girls 15 & O	50 Breast	112	Boys 12 & U	200 Fr Relay
62	Boys 15 & O	50 Breast			
63	Girls 11 - 12	200 Md Relay			
65	Girls 11 & O	200 Md Relay			
66	Boys 13 & O	200 Md Relay			



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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.

TEAM NAME:			
TEAM CODE:		LSC CODE:	
COACH:		HOME PHONE:	
EMAIL ADDRESS:		OFFICE PHONE:	
TEAM MAIL ADDRESS:		CELL PHONE:	
CITY, STATE, ZIP:		POOL PHONE:	
ENTRY INFORMATION PREPARED BY:		PHONE:	

MEET ENTRY FEES ENCLOSED:

SURCHARGE:		X \$5.00	\$
INDIVIDUAL EVENTS:		X \$3.00	\$
RELAYS:		X \$8.00	\$
		TOTAL:	\$

Make one check payable to **Metro Aquatics Boosters**.

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.