

**2011 Pacific Region North YMCA Swimming Championships**  
**MARCH 5-6, 2011**  
**WEYERHAEUSER KING COUNTY AQUATIC CENTER**  
**FEDERAL WAY, WA**

**Hosts:** PUGET SOUND SWIMMING ASSOCIATION

**YMCA Sanction:** CAQ-2011-WA151378. This meet is held under the sanction of YMCA of the USA National Advisory Committee. In granting this sanction it is understood that the YMCA shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the meet.

**USA Sanction:** This is a designated USA Swimming Approved Meet. PNS #TBA. In granting this sanction it is understood that PNS and USA Swimming shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the meet.

**Location:** Weyerhaeuser King County Aquatic Center. 650 Campus Drive. Federal Way, WA (206)-296-4444

**Facilities:** The competition pool is two indoor, 8 eight-foot lanes, 25 yard pool equipped with 16 paragon-style starting blocks, backstroke flags and 6" anti-wave lane lines. Additional separate 8 lane warm up/down pool. Starting blocks meet YMCA and USA Swimming height requirements. The minimum water depth, measured in accordance with Article 103.2.3 is 6' 9" at the start end and 6' 9" at the turn end.

The competition pool has been certified with USA Swimming in accordance with 104.2.2C(4).

**No personal chairs or seating will be permitted on deck in the area of the competition lanes.**

**Timing:** Weyerhaeuser King County Aquatic Center will provide the computer timing.

**Meet Director:** Mel Clark, Attn Swim Team, Northshore YMCA  
11811 NE 195th, Bothell WA 98011 206-919-9771

**Meet Referee:** Frank Toles, C/O Ann Atkins, West Seattle YMCA  
4515 36th Avenue Southwest, Seattle WA 98116

Protests will be handled in the manner described in Section 102.11 of the USA Swimming Rules and Regulations.

**Officials:** Officials are required to show current YMCA Officials Certification or USA Swimming Officials certification.

The help of YMCA and USA Swimming certified officials is appreciated. A polo meet shirt will be provided to all officials who indicate their intention to officiate at the meet prior to February 8th, 2011. Please send registration form, attached, to Frank Toles if you intend to officiate at this meet. Indicate your shirt size, certification, desired position (For starters and Chief Judges) and which sessions you will be attending. Preference for assigned positions will be given to officials who will be attending all sessions.

**Format:** YMCA Championship format. All events are timed finals.  
Age Groups for competition: 8-Under, 9-10, 11-12, 13-14, 15-21.  
In some events, the age group is 11-14.

All age group events will be governed by current USA-S rules. All events will be swum as timed finals.

**Teams' Eligibility:** Each team must have sent to the Pacific Region North Group Rep it's completed Registration Form, team roster with birthdates and \$30 registration fees. YMCA's must be in good standing with the YMCA of the USA. Teams must have a qualified coach (see coaches' requirements section).

**Certificate of Insurance:** Obtain your Certificate of Insurance from your local YMCA Association, naming YMCA of Greater Seattle and Weyerhauser King County Aquatic Center. **Certificates must be received by February 23, 2011. Please mail or email to:**

**Mel Clark**  
**Attn: Swim Team**  
**Northshore YMCA**  
**NE 195th, Bothell WA 98011**  
**PH: 206-919-9771**  
**Email: mclark@seattleyymca.org**

***Entries will not be accepted unless Certificate of Insurance has been received.***

**Coaches' Requirements:** ALL coaches, head and assistants, are required to have: Current CPR, First Aid, Coaches Safety or Lifeguard and YMCA Principles of Competitive Swimming. Proof of coaching certification must be produced on request at any time to the meet referees.

(A Coaches Principles of Competitive Swimming Course will be offered on Friday March 4<sup>th</sup> at the Auburn YMCA, 1620 Perimeter Road SW Auburn, WA 98001. Class will be from 11AM-4PM. Lunch will be provided.

**Swimmers' Eligibility:** **90 Day Rule:** Each competitor must have represented his/her YMCA in formal competition during the 90 days prior to the meet and have been a YMCA member in good standing for a period of 90 days prior to March 5, 2011

**Age:** The age of the swimmer will be his/her age on March 5, 2011 (First day of the meet). Example: A swimmer who turns 13 on March 5, 2011 will swim in the 13-14 age-group. A swimmer who turns 13 on March 6, 2010 will swim in the 11-12 age-group.

**Post High School:** A swimmer who has graduated from high school and is 21 years of age or younger can participate, as long as that swimmer has never participated (in practices or in meets) in a collegiate swimming program at anytime.

**Qualifying Time Period:** Swimmers must have obtained qualifying times since March 1, 2010. Paralympics Athletes are eligible for the meet and the time standards are waived.

**Schedule:**

**Saturday & Sunday March 5-6:**

Coaches' meetings:	7:10 a.m.
Warm-ups: All swimmers	7:30 a.m.
Officials' meeting:	8:15 a.m.
Opening Ceremonies:	8:50 a.m.
Meet begins:	9:00 a.m.

**Safety:** PSSA safety guidelines and warm-up procedures will be followed. Coaches are asked to remind their participants there is to be no running on the stairs. Participants are to dry off before entering the stairs, as this area can become quite slippery.

Athletes with disabilities are welcome. Please provide advance notice of necessary accommodations that may be needed. Handicapped access to the pool is available

**Warm-up Procedure:** Warm-ups will not begin until Deck Marshals are in their assigned positions. Deck Marshals have the authority to remove any swimmer, coach, or team from the warm-up for not following the safety rules. Meet marshals will be on deck during warm-ups.

Coaches are expected to supervise their swimmers during warm ups. Deck Marshalls will enforce these procedures. No diving or backstroke starts will be allowed from the blocks or pool deck during warm up except during designated sprint lanes once opened by the referee during designated times or during competition. Swimmers should enter feet first from a seated position. Racing starts will be allowed in designated sprint lanes the last 20 minutes of warm-ups. Teams will be assigned warm up lanes based upon their number of entries.

**Competition Deck Area:** Only swimmers, coaches, officials, and meet workers will be permitted in the deck area near the competition lanes. Spectators will not be allowed in the deck area. No personal chairs or seating will be permitted on deck in the area of the competition lanes. Parents will be allowed on deck to help 8 and Under swimmers get to the starting blocks. All others should remain in the bleacher area or other designated areas.

**Entries:** Swimmers may enter a total of six (6) qualified individual events for the entire meet plus two (2) relays.

Swimmers may only enter a total of five (5) individual events per day.

**Bonus Events:** Any swimmer who has entered fewer than six (6) qualified individual events can swim one (1) bonus (non-qualified) event during the meet. The bonus event must have an entry time. Any event 400 yards or longer cannot be a bonus event. 11-12 year old swimmers may not enter the 11-14 events as a bonus event.

**Relay only swimmers:** To complete a relay with three (3) qualified swimmers, a team may use a non-qualified swimmer. The non-qualified swimmer may also swim one (1) individual bonus (nonqualified) event during the meet. Relay only swimmers must be on master entry form and fees paid.

**Seeding:** All events are timed finals. This is a pre-seeded meet for all events except the 400 IM, 500 Freestyle, 1000 Freestyle and the 1650 Freestyle. Heats will be seeded according to entry times slow to fast.

In order to be seeded, positive check-in is required for the 400 IM, 500 Freestyle, 1000 Freestyle and 1650 Freestyle. These events will be swum fastest to slowest, alternating women and men and may be combined at the referee's discretion. **In order to be seeded, swimmers must check in at the Clerk of Course as follows:**

<b>Saturday</b>	<b>Events 7-8</b>	<b>8:00 AM</b>	<b>Events 77-78</b>	<b>11:00 AM</b>
<b>Sunday</b>	<b>Events 79-80</b>	<b>8:00 AM</b>	<b>Events 143-144</b>	<b>11:00 AM</b>

**500, 1000, 1650 Free:** Swimmers should make every effort to provide their own timers and counters for the 500, 1000 and 1650 Freestyle events. However if this presents a problem, please notify the head timer at least 15 minutes before the event.

**Submitting Entries:** Entries must include swimmer's name, age, team code, event name and number and the swimmer's best short course yard time.

If possible, please include USA Swimming # or full legal name and birth date for each swimmer whose results may be loaded into the USA Swimming SWIMS database.

Registration numbers for each USA Swimming entrant must be included on each team's reports and included in the entry data on their Hy Tek Team Manager file or results will **NOT** be posted into SWIMS database

**Entry Deadline:** **Entries and fees** must be received by the meet director, Mel Clark **before 6:00 pm on Tuesday, February 23, 2011. LATE ENTRIES WILL NOT BE ACCEPTED.**

Mail entries and entry fees to:

**Mel Clark**  
**Attn: Swim Team**  
**Northshore YMCA**  
**NE 195th, Bothell WA 98011**  
**PH: 206-919-9771**  
**Email: mclark@seattleyymca.org**

Web Site information : [www.psswim.org](http://www.psswim.org) [www.nsysharks.org](http://www.nsysharks.org) or [www.Boiseyswimteam.org](http://www.Boiseyswimteam.org)

**Entry Fees:** \$15.00 surcharge per swimmer  
\$ 3.50 per individual event  
\$14.00 per relay

**Relay Only** swimmers must be on master entry form and fees paid.

Make checks payable to: **PSSA**

To ensure on-time delivery, please use overnight delivery and waive any signature requirement.

**Emailing Entries:**

Entries will need to be sent as described below via email. Submit team entries via the Hy-Tek TEAM MANAGER software meet entries file using the "Export" option.

- EMAIL (required): Email entries as an attachment to the following email address: mclark@seattleyymca.org We require the following files: meet entry file with individual and relay entries, the Hy-Tek software TEAM MANAGER "Meet Entry Report, including Relays" and "Meet Entry Fee Report". These reports can be generated with the TEAM MANAGER software in Microsoft Word format.
- Following the meet we will be unable to provide a disk with your results. However, the Meet Results file and Meet Manager Backup file, as well as the results will be posted on the PSSA website: [www.psswim.org](http://www.psswim.org).

Please Note: Teams who do not have Hy-Tek's Team Manager Program or may obtain free of charge HY-TEK LITE at the following URL: <http://www.hy-tek.com/downloads.html>  
According to the Hy-Tek website: TEAM MANAGER Lite is basically TEAM MANAGER with the following features enabled:

Standard Set-Up and Options Features  
Enter Teams, Athletes, Relays, Meets and Browsers  
Specifying Meet Entry Custom Times by Event or by Name  
Import of Meet Events from a Hy-Tek MEET MANAGER Database  
Export of Meet Entries to send to the meet host by diskette or over the internet  
Meet Entry Report

***This free download will allow teams to create the necessary meet entry file. We strongly encourage teams to obtain this free download if they do not currently own the Hy-Tek TEAM MANAGER software.***

**Results:** **Realtime Results will be available online at one or more of the PSSA, PNS, and Boise Y websites.** Follow the link to the results file. Complete Meet Results, Meet Results File, and meet backup will be available at the PSS and Boise YMCA Swim Team website after conclusion of the meet. Daily results will be posted as soon as possible following the completion of each session.

**Results for USA Swimming:** Results for USA-S athletes whose entries include their USA-S #, full name and birth date will be loaded into the SWIMS database-

**Scoring:**

- Scored to 16 places.
- 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
- All 11-14 events (200 strokes, 400 IM, 1000 Free & 1650 Free) will be scored as 11-14 event. This includes totals toward high point awards. 11-12 year olds may NOT enter these events as a bonus event.
- Swimmers who do not make the qualifying time for the event will not score in the event but will receive the place award.
- The 500 Freestyle will be scored 11-12, 13-14, 15-21.
- Teams may enter as many relays as they wish in an event, but only the two (2) top placing relays from each team can score

**Awards:**

All participants will receive a meet participation award.

- Individual medals: 1st through 8th
- Individual Ribbons: 9th through 16th
- Relay medals: 1st through 3rd
- Relay Ribbons: 4th through 8th
- Individual high point awards: 8-Un/9-10/11-12/13-14/15-21
- All 11-14 events will be awarded 11-14.
- In these 11-14 events the swimmers will be awarded the place that they swim, i.e., if a 12 year old is fifth overall but the first 11-12, he will be awarded fifth place.
- The 500 Freestyle will be awarded 11-12, 13-14, 15-21

Swimmers who place in the top 16 but do not meet the event qualifying standard, will be awarded their place, but not scored.

Team awards:

- Division I: 35 & over swimmers competing: 1st through 3rd
- Division II: 15-34 swimmers competing: 1st through 3rd
- Division III: 1-14 swimmers competing: 1st through 3rd

**Time Trials:**

Official Time Trials will be held at the Referee's discretion at the end of competition on each day. All events offered during the meet are eligible for time trials. Time Trials for 500 yd and 1650 yd events will only be offered on Saturday. Only swimmers entered in the meet can participate. Time trials will not count toward the individual event limit. The time trial fee is \$10.00 per individual swim and \$20.00 per relay. Daily sign-up deadlines will be announced, but no later than the beginning of the last scheduled set of events. Sign-up will be handled by Clerk of Course.

**Timers:**

**All participating teams will need to provide timers. Lanes will be assigned based upon number of swimmers entered. If your team is traveling by bus, please inform the meet director as to the number of parent volunteers you expect to have available.**

**Heat Sheets:**

Heat sheets will be available for \$10.00. Heat sheets will also be posted.

**Onsite Amenities:**

- Aquatic Supplies: NW Swim Shop

- Concessions: Limited food concessions are available on site. Food concessionaire is a completely independent business in no way connected with PSSA or Y swim teams.
- Printed T-Shirts and Apparel: NW Designs

**Hospitality:** A Hospitality Room will be provided for coaches and officials.

**Housing:** A list of hotels near the King County Aquatic Center is attached.

**Directions:** From 1-5 take exit 142B to merge onto Hwy 18 westbound towards S 348th st. Continue on S. 348th ST and SW Campus Dr approximately 1.4 miles. Facility will be on your right.

**Other**

**Notes:** NO bull pen will be provided for the 8 and under events.

All swimmers are responsible for ensuring they are at the block for their event.

Only participating swimmers, coaches, authorized volunteers and pool personnel may remain on deck during the meet.

Plenty of parking is available for swimmers and their families.

RV Parking will be available. Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the facility. Any act of theft, vandalism, or similar actions will result in disqualification from the meet and the forfeit of all points and awards earned by the individual(s).

**Seating:** There will be no saving of seats overnight. Any items left behind for the purpose of saving seats will be removed. There will be no seating on the pool deck.

**Lost & Found:** **Lost and Found items will be kept at the hospitality room until the end of the meet. Unclaimed items will be donated at the end of the meet.**

***Housing near the Aquatic Center***

***Days Inn***

34827 Pacific Highway South  
Federal Way, WA 98003  
(253) 838-3164

***Quality Inn***

1400 S. 348th St.  
Federal Way, WA 98003  
(253) 835-4141

***Super 8***

1688 South 348th Street  
Federal Way, WA 98063  
(253) 838-8808

***Econolodge***

1505 South 328th Street  
Federal Way, WA 98003  
(253) 838-7700

***Best Western***

32124 25th Avenue South  
Federal Way, WA 98003-6014  
(253) 529-4000

***Courtyard***

31910 Gateway Center Blvd. South  
Federal Way, WA 98003  
(253) 529-0200

***Hampton Inn***

31720 Gateway Center Boulevard South  
Federal Way, WA 98003-5064  
(253) 946-7000

***Clarion***

31611 20th Avenue South  
Federal Way, WA 98003  
(253) 941-6000

***Comfort Inn***

31622 Pacific Hwy South  
Federal Way, WA 98003  
(253) 529-0101

## 2011 Pacific Region North Qualifying Time Standards

Saturday, March 5, 2011 King County Aquatic Center Federal Way, WA  
 Warm ups at 7:30 AM Opening Ceremonies at 8:50 AM Meet Starts at 9:00 AM

	GIRLS			BOYS	
EVENT #	SCY QTS	Age Group	EVENT	SCY QTS	EVENT #
1	1:56.99	8-UN	100 IM	1:56.99	2
3	1:37.99	9-10	100 IM	1:37.99	4
5	1:21.99	11-12	100 IM	1:21.99	6
7	5:34.99	11-21	400 IM	5:18.99	8
9		8 & UN	100 Medley Relay		10
11		10 & UN	200 Medley Relay		12
13		12 & UN	200 Medley Relay		14
15		14 & UN	200 Medley Relay		16
17		21 & UN	200 Medley Relay		18
19	1:40.99	8-UN	100 Free	1:40.99	20
21	3:07.99	9-10	200 Free	3:07.99	22
23	2:35.99	11-12	200 Free	2:35.99	24
25	2:25.99	13-14	200 Free	2:17.99	26
27	2:19.99	15-21	200 Free	2:08.99	28
29	42.99	11-12	50 Breast	44.49	30
31	42.49	13-14	50 Breast	39.49	32
33	41.49	15-21	50 Breast	36.49	34
35	56.49	8-UN	50 Back	56.49	36
37	1:42.99	9-10	100 Back	1:42.99	38
39	2:50.99	11-14	200 Back	2:40.99	40
41	2:46.99	15-21	200 Back	2:35.99	42
43	27.29	8-UN	25 Fly	27.29	44
45	49.49	9-10	50 Fly	49.49	46
47	1:25.99	11-12	100 Fly	1:25.99	48
49	1:21.99	13-14	100 Fly	1:17.99	50
51	1:13.99	15-21	100 Fly	1:05.99	52
53	21.29	8-UN	25 Free	21.29	54
55	37.49	9-10	50 Free	37.49	56
57	32.49	11-12	50 Free	33.49	58
59	31.49	13-14	50 Free	29.49	60
61	29.49	15-21	50 Free	26.49	62
63	1:06.49	8-UN	50 Breast	1:06.49	64
65	1:51.99	9-10	100 Breast	1:51.99	66
67	3:06.99	11-14	200 Breast	2:54.99	68
69	2:59.99	15-21	200 Breast	2:42.99	70
71	38.49	11-12	50 Back	39.49	72
73	37.49	13-14	50 Back	36.49	74
75	36.49	15-21	50 Back	33.49	76
77	6:20.99	11-21	500 Free	6:00.99	78

## Pacific Region North Qualifying Time Standards

Sunday, March 6, 2011    King County Aquatic Center    Federal Way, WA  
 Warm ups at 7:30 AM    Opening Ceremonies at 8:50 AM    Meet Starts at 9:00 AM

	GIRLS			BOYS	
Event #	SCY QTS	Age Group	EVENT	SCY QTS	Event #
79	12:40.99	11-21	1000 Free	11:40.99	80
81		8-UN	100 Free Relay		82
83		10-UN	200 Free Relay		84
85		12-UN	200 Free Relay		86
87		14-UN	200 Free Relay		88
89		21-UN	200 Free Relay		90
91	30.29	8-UN	25 Breast	30.29	92
93	50.49	9-10	50 Breast	50.49	94
95	1:35.99	11-12	100 Breast	1:38.99	96
97	1:28.99	13-14	100 Breast	1:20.99	98
99	1:26.99	15-21	100 Breast	1:17.99	100
101	1:00.49	8-UN	50 Fly	1:00.49	102
103	1:48.99	9-10	100 Fly	1:48.99	104
105	2:45.99	11-14	200 Fly	2:30.99	106
107	2:45.99	15-21	200 Fly	2:20.99	108
109	46.49	8-UN	50 Free	46.49	110
111	1:23.99	9-10	100 Free	1:23.99	112
113	1:10.99	11-12	100 Free	1:11.99	114
115	1:06.99	13-14	100 Free	1:04.99	116
117	1:03.99	15-21	100 Free	56.99	118
119	25.29	8-UN	25 Back	25.29	120
121	45.49	9-10	50 Back	45.49	122
123	1:25.99	11-12	100 Back	1:26.99	124
125	1:19.99	13-14	100 Back	1:17.99	126
127	1:17.99	15-21	100 Back	1:08.99	128
129	3:28.99	9-10	200 IM	3:28.99	130
131	2:52.99	11-12	200 IM	2:52.99	132
133	2:43.99	13-14	200 IM	2:37.99	134
135	2:40.99	15-21	200 IM	2:27.99	136
137	38.49	11-12	50 Fly	40.49	138
139	35.49	13-14	50 Fly	34.49	140
141	35.49	15-21	50 Fly	31.49	142
143	21:31.99	11-21	1650 Free	19:59.99	144

**\*1000 & 1650 Free Swimmers need to be prepared to provide their own Timers and Counters. Please see the Head Timer if this is a problem.**

# APPLICATION TO OFFICIATE

(Duplicate This Form As Necessary)

## 2011 Pacific Region North YMCA Swimming Championships

Weyerhaeuser King County Aquatic Center March 5, 6, 2011 Federal Way, WA

You are hereby invited to officiate at the 2011 Pacific Region North YMCA Swimming Championships to be held at the Weyerhaeuser King County Aquatic Center.

The meet will be conducted over a 2 day period with the meet beginning on Saturday, March 5<sup>th</sup> at 7:30AM. A mandatory officials briefing session will be held 45 minutes prior to each day's start of the meet.

The dress is white shirt/blouse; white pants, shorts, or skirts; white socks; and white shoes. (Optional blue pants, shorts, or skirts will be allowed, white is preferred.)

Officials desiring a meet polo shirt must submit their application no later than **February 8<sup>th</sup>**. Officials desiring assigned positions must submit their application no later than **February 23**. (Preference will be given to those who agree to work all sessions).

Name: \_\_\_\_\_ LSC: \_\_\_\_\_  
Address: \_\_\_\_\_ Team: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
E-Mail: \_\_\_\_\_

- I will work at all sessions:  
 I can't work at all sessions. I will be able to work:  Saturday  Sunday

Key position(s) desired (i.e. chief judge, starter, deck referee) \_\_\_\_\_

### CURRENT CERTIFICATION

LSC Position Certified: \_\_\_\_\_ Expiration: \_\_\_\_\_  
National Position Certified: \_\_\_\_\_ Expiration: \_\_\_\_\_  
Nat'l Champ Position Certified: \_\_\_\_\_ Expiration: \_\_\_\_\_

### PLEASE RETURN THIS INVITATION TO:

Frank Toles  
C/O Ann Atkins, Swim Team  
West Seattle YMCA  
4515 36th Avenue Southwest  
Seattle, WA 98116

### **Please circle polo shirt size:**

Small  
Medium  
Large  
X-Large