



Pacific Northwest Swimming
 2023 Washington State Senior Short Course Championships
 Sanction #2312-WASR
 Time Trials Sanction #2312-SRTT
 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.

SCHEDULE	THURSDAY, DECEMBER 14, 2023	FRIDAY – SATURDAY – SUNDAY DECEMBER 15 – 16 – 17, 2023
General Meeting:	All coaches must check in with the Clerk of Course. Coaches' Meeting for Thursday's events only: Thursday, 3:00 PM General Meeting: Friday, 7:00 AM	
It shall be the swimmers' and coaches' responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting. The national championship check-in and scratch procedures will apply to this meet. Positive check-in and scratch deadlines are listed below.		
Officials' Meetings - Prelims		One hour before start of competition
Timers' Meeting		8:30 AM
Warm-ups - Prelims		7:20 - 8:50 AM
Competition - Prelims		9:00 AM
Officials' Meetings - Finals	4:00 PM	One hour before start of competition
Warm-ups - Finals	3:30 PM	No earlier than 3:00 PM -- Meet Referee will announce start times at Friday's General Meeting
Competition - Finals	5:00 PM	No earlier than 4:00 PM -- Meet Referee will announce start times at Friday's General Meeting

SCRATCH AND POSITIVE CHECK-IN DEADLINES FOR INDIVIDUAL EVENTS		
EVENTS(S)	ACTION REQUIRED	DEADLINE
Thursday 1000 Free	Positive check-in	4:00 PM Thursday
Friday Events	Scratch	6:00 PM Thursday
Saturday Events	Scratch	30 min after scheduled start of Friday's finals
Sunday Events except 1650 Free	Scratch	30 min after scheduled start of Saturday's finals
Sunday 1650 Free	Positive check-in	30 min after scheduled start of Saturday's finals

MEET DIRECTORS:

Tom Coates
 • tcoates@cascadeswimclub.org

Michele Coates
 • mcoates@cascadeswimclub.org

MEET REFEREE:

Matt Sikora
 • sikorsun@gmail.com

ADMINISTRATIVE OFFICIAL

Erin Darrah
 • erinkellydarrah@gmail.com

TIME TRIAL REFEREE:

Pete Williams
 • williamspeterw@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 competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Omega electronic timing system w/full read scoreboard
- Diving tank will be available for continual coach-supervised warm-up.
- 2500 spectator seats. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections.
- Heat Sheets on Meet Mobile; Results on PNS web site and Meet Mobile
- Any concessions will be under contract with King County; neither PNS nor the host team derive any benefit.
- Limited hospitality for coaches and officials only
- Facility parking lots. Carpooling is strongly recommended as illegally parked vehicles will be ticketed by the Federal Way Police Department and towed at the owner's expense. Do not leave valuables in vehicles!

ELIGIBILITY & ENTRY INFORMATION:

- All swimmers must be registered with USA Swimming as Premium or Outreach members and in compliance with Article 302 prior to the first day of the meet. Swimmers' registration must be through a member club domiciled in the State of Washington or they themselves must be domiciled in the State of Washington if their USA Swimming member-club is domiciled in Oregon or Idaho. Proof of eligibility will be required.
- On-deck USA Swimming registration or transfer will neither be permitted nor recognized.
- Open competition
- Each swimmer may enter up to six (6) individual events over the course of the three and a half days of competition, but no more than three (3) per day including Time Trials. In addition, each swimmer may participate on up to one (1) relay per relay event. Entries exceeding this limit will be scratched without notification, and entry fees will not be refunded.
- With the exception of individual bonus swims clearly identified as such on all entry files and reports, all entries must meet the published qualifying times. Entries that do not meet these standards will be scratched without notification and entry fees will not be refunded.
- **Individual event qualifying times:** All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition between September 1, 2022, and the entry deadline.
 - Times in compliance with PNS AD 02-01 may also be used but must be identified as such on all entry reports.
 - The PNS Disability Time Standards apply to all swimmers with a disability and an IPC Classification.
- Deck entries will not be allowed at this meet.

PROOF OF TIME:

- The qualifying period for all entries is between September 1, 2022, and the entry deadline.
- With the exception of alternate acceptable times complying with PNS AD 02-01 and clearly identified as such on all entry reports, all individual entry times including bonus swims submitted must be in USA Swimming's SWIMS 3.0 database by the event's scratch/check-in deadline and will be reconciled with SWIMS.
- Entry times that are neither in SWIMS 3.0 nor complying with PNS AD 02-01 will be scratched without notification and entry fees will not be refunded.

- Neither converted nor NT ("no time") entries will be allowed.

BONUS SWIMS:

- A swimmer entered in one or more individual events with an event qualifying time may also enter bonus events, subject to the daily event limits and to the following:
 - one (1) qualifying time = eligible for up to three (3) bonus events
 - two (2) qualifying events = eligible for up to two (2) bonus events
 - three (3) qualifying events = eligible for up to one (1) bonus event
 - four (4) or more qualifying events = no bonus events
- 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.
- 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.

ENTRY FEES:

- Surcharge: \$30.00
- Individual Event: \$11.00
- Relay: \$18.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual events:** Medals 1st - 8th places, ribbons 9th - 16th places.
- **Relay events:** Medals 1st - 3rd places, ribbons 4th - 16th places.
- **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 may score or be awarded in each event.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be YSL - short course yards, short course meters, long course meters. Bonus swims will be seeded after qualifying swims.
- This is a prelim/final/consolation meet for all events except:
 - All relays
 - 1000 freestyle and 1650 freestyle
- There will be three heats of finals (A/B/C) for all prelims/final events. See Order of Events.
- Both pools may be used for all individual preliminary and timed finals events. All finals heats of prelims/finals events will take place in the dive tank end pool.
- Swimmers in freestyle events 500Y or longer must provide their own counter, if desired. All counters must be individuals authorized to be on deck at that time.
- The national championship eligibility and technical protest rules policy apply.
- Any published event start times are estimates.

SCRATCH RULES: The USA Swimming National Championship scratch procedure and no-show rule will be used at this meet, unless otherwise specified below. These rules are described in the 2022 USA Swimming Rules.

Preliminary Heats of Prelims/Finals Individual Events: Swimmers may scratch from an event in which they are entered by completing a

scratch form and depositing it in the Scratch Box located at the Clerk of Course's desk by the stated deadline for that day's individual events.

Email scratches will be accepted to the Administrative Referee only.

- The scratch and check-in deadline for Thursday's events will be 4:00 PM on Thursday. The scratch deadline for Friday's events will be 6:00 PM Thursday, and the scratch deadline for Saturday's and Sunday's events will be thirty minutes after the scheduled start of the previous evening's finals.
- In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event in which such swimmer entered and has not been scratched will be barred from all further individual and relay events of the day. The application of this penalty shall pertain to the order in which the events/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that succeeding day's events directly to the Administrative Referee.

Finals Heats of all Preliminary/Finals Individual Events: Any swimmer qualifying for an A, B or C (final, consolation final or bonus final) race who fails to compete in said final shall be barred from further competition for the remainder of the meet unless properly scratched. Rule 207.11.6E(4) does not apply to this meet.

- **Intention to Scratch:** Once the swimmers qualifying as finalists, consolation finalists, or bonus finalists are announced, those swimmers have thirty (30) minutes to declare their intention to scratch with the Administrative Referee, and until thirty (30) minutes after the completion of their last preliminary (not timed finals) event to finalize their intention to scratch. There is no penalty for scratches during this time.
- Intentions to scratch and final/definite scratches must be made directly with the Administrative Official, unless otherwise announced at the Coaches' meeting.

Athletes not announced as a finalist, consolation finalist, or bonus finalist thirty (30) minutes after the announcement of an event's results, will not be penalized for a failure to scratch. However, reseeding may result from scratches during that period.

- Reseeding due to scratches made after the initial 30-minute deadline will be at the discretion of the Meet Referee.

Timed Finals Distance Events: 1000/1650 Freestyle:

- A positive check-in by the stated deadline is required to swim.
- Swimmers must provide their own timers and counter, if desired, for these events. All timers and counters must be individuals authorized to be on deck at that time.
- 1000 Freestyle: All heats will be seeded fastest to slowest, alternating heats of Women/Men. The slowest heat may be seeded with combined genders at the discretion of the Meet Referee.
- 1650 Freestyle: The fastest heat of women and the fastest heat of men will swim in finals in event number order. All other heats will be swum at the end of preliminaries fastest to slowest, alternating heats of Women/Men. The slowest heat may be seeded with combined genders at the discretion of the Meet Referee. See Order of Events for more information.

Relays:

- All relay events will be pre-seeded timed finals events.
- 200 Free, 200 Medley, and 400 Medley Relays: The fastest two heats (by seed time) of relays for each event will swim in Finals. All remaining heats will be swum during Prelims as indicated in the Order of Events.
- 800 Free Relays: The fastest one heat (by seed time) of relays for each event will swim in Finals. All remaining heats will be swum during Prelims as indicated in the Order of Events.
- 400 Free Relays: All relays will be swum during the Preliminary

session as indicated in the Order of Events.

- Each club may have no more than two relay teams swim during the Finals sessions. While there is no limit to the number of relay teams a club may enter in each relay event, no more than two relay teams per club may score or place in each event.
- Completed relay cards, with the first and last names of at least four swimmers, must be turned into the Clerk of Course no later than one hour before the estimated start of the event.
- 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.
- Unless otherwise announced at the General Meeting, all relays scheduled to swim during prelims sessions will swim in both pools as indicated in the Order of Events, and all relays scheduled to swim during finals sessions will swim on one pool as indicated in the Order of Events.

WARM-UP PROCEDURES:

- Circle swim counterclockwise only, except as noted below:
- 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 ten (10) minutes prior to the start of competition.
- Warm-ups may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.
- The area between the bulkheads is closed at all times.

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 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:

- Participating teams will be assigned lanes for timing during Prelims by the Meet Director. Include your Volunteer Coordinator's name and contact information with your meet entry.
- Lane assignments for Prelims timers will be posted on the PNS web site www.pns.org.
- Timers for Finals will be provided by the host team.

OFFICIALS:

- We appreciate the help of USA Swimming certified officials from all teams. All officials are welcome even if you can only work a few sessions!
- The dress is white shirt/blouse for Prelims and Finals; navy pants, shorts, or skirts (no shorts at Finals); white socks; and white shoes.
- Officials desiring an assigned position must submit their application no later than 11/20/23. Preference will be given to those who agree to work all sessions.
- This meet has been designated as a training meet for N2/N3 Officials Certification. Instructions for certification will be provided during the Officials' Meetings.

- Observations available for N2: Stroke & Turn, Starter, Deck Referee, Admin Official, and Chief Judge
- Observations available for N3: Stroke & Turn, Initial and Final CJ, and Initial and Final I Deck Referee

TIME TRIALS:

- Time Trials offerings will be subject to facility and timeline constraints.
- Time Trial entry will be at the Clerk of Course. Each day's Time Trial opening and closing times will be announced.
- Time Trial fees must be paid at sign-up. Time Trial entry fees are \$11.00 per individual event and \$18.00 per relay event.
- A swimmer must be pre-entered into the Meet--listed on a Master Entry Summary and Meet Surcharge paid prior to the Meet Entry deadline--to be eligible for Time Trials. Each swimmer, including relay-only swimmers, may enter up to two (2) Time Trials for the meet, subject to the daily event limitations, but no more than one (1) per day.
- If offered, the 1000 Freestyle Time Trial will only be offered once and only in empty unassigned lanes during Thursday's 1000 Freestyle events.
- If offered, the 1650 Freestyle Time Trial will only be offered once and only in empty unassigned lanes during Sunday's 1650 Freestyle events.
- Swimmers must provide their own timers.
- Distance freestyle swimmers must provide their own counter, if desired.

ENTRY SUBMITTAL INFORMATION: Before processing your entries, click on "Enforce Qualifying Times" and "Use Since Date" filter; set "Use Times Since" to September 1, 2022. Click on your team management software's "Proof of Time" option, if available.

Bonus swims must be clearly identified as such. They must be clearly identified as such on all printed reports.

Entry times achieved in compliance with PNS AD 02-01 must be clearly identified as such on all printed reports.

Before submitting your entries, double-check to be sure that you have entered the correct swimmers, including relay-only swimmers, all splashes, and all appropriate fees.

ENTRY DEADLINE: Entries will be only be accepted upon receipt of at least the first four of the following prior to the entry deadline, 11:59 PM PST, Wednesday, December 6, 2023. If bringing the latter two to the meet, so attest in your cover email.

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, showing proof of time for all individual events. Be sure that all bonus events and entries complying with PNS AD 02-01 are clearly identified as such.
3. **Meet Entry Fee Report** from Team Manager or equivalent. Note any Outreach Vouchers.
4. **Volunteer Coordinator's Name and Email Address**
5. **Master Entry Summary Form**—Completed and hand-signed hardcopy only (original or faxed); typed signatures will not be accepted.
6. **Meet Entry Fees**—one check payable to the Cascade Aquatic Club.

Submittal Formats & Notes

- **Electronic files:** email items #1, #2, #3, and #4.
- **Hardcopies:** mail or hand-deliver items #4 and #5. If sending via express mail, waive signature requirement.
- Be sure to include all relay-only swimmers – name, gender, USA Swimming ID. number, team affiliation – on all electronic files and hard copies.
- Include proof of eligibility for all non-PNS (Pacific Northwest Swimming) athlete members.
- Please be advised that proof of time and bonus swims may not import into Meet Manager from non-Hy-Tek products. The host club will not be responsible for entry errors due to software incompatibility. See "Proof of Time" and "Bonus Swims" for additional details.
- Late, incomplete, or paper entries will not be processed.
- 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.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.

Mail entries to: Cascade Swim Club, 20127 - 183rd Place NE, Woodinville, WA 98077

Email: tcoates@cascaadeswimclub.org

Entry Questions: erinkellydarrah@gmail.com AND tcoates@cascaadeswimclub.org

2023 WASHINGTON SENIOR SC CHAMPIONSHIPS

ORDER OF EVENTS

DAY 1 – AFTERNOON SESSION	
Event #	Timed Finals
1, 2	1000-yd Freestyle

DAY 2			
Event #	Preliminaries	Event #	Finals
3, 4	200-yd Free Relay – See note #1	3, 4	200-yd Free Relay – See note #1
5, 6	200-yd Freestyle	5, 6	200-yd Freestyle
7, 8	100-yd Breaststroke	7, 8	100-yd Breaststroke
9, 10	200-yd Backstroke	9, 10	200-yd Backstroke
11, 12	100-yd Butterfly	11, 12	100-yd Butterfly
13, 14	400-yd IM	13, 14	400-yd IM
	15 minute break		15 minute break
15, 16	400-yd Medley Relay – See note #1	15, 16	400-yd Medley Relay – See note #1

DAY 3			
Event #	Preliminaries	Event #	Finals
17, 18	200-yd Medley Relay – See note #1	17, 18	200-yd Medley Relay – See note #1
19, 20	200-yd Butterfly	19, 20	200-yd Butterfly
21, 22	50-yd Freestyle	21, 22	50-yd Freestyle
23, 24	500-yd Freestyle	23, 24	500-yd Freestyle
25, 26	200-yd Breaststroke	25, 26	200-yd Breaststroke
27, 28	50-yd Backstroke	27, 28	50-yd Backstroke
	15 minute break		15 minute break
29, 30	800-yd Free Relay – See note #1	29, 30	800-yd Free Relay – See note #1

DAY 4			
Event #	Preliminaries	Event #	Finals
33, 34	50-yd Butterfly	31, 32	1650-yd Freestyle – See note #2
35, 36	100-yd Freestyle	33, 34	50-yd Butterfly
37, 38	200-yd IM	35, 36	100-yd Freestyle
39, 40	100-yd Backstroke	37, 38	200-yd IM
41, 42	50-yd Breaststroke	39, 40	100-yd Backstroke
43, 44	400-yd Free Relay – See Note #1	41, 42	50-yd Breaststroke
	15 minute Break		
31, 32	1650-yd Freestyle – See note #2		

Note #1: Relays are timed Finals. The fastest two heats of relays (200/400 Medley and 200 Freestyle) for each gender will swim in Finals. The fastest one heat of 800 Free relay will swim in Finals. Each team may only swim two relays in Finals. The remaining relays will swim in Prelims. All 400 Free Relays will swim in Prelims.

Note #2: The 1650 Freestyle is a timed finals event. The fastest heat for each gender will swim in Finals. The remaining heats will swim in Prelims.

2023 PACIFIC NORTHWEST SHORT COURSE SENIOR STATE CHAMPIONSHIPS
DECEMBER 14-17, 2023
QUALIFYING PERIOD SEPTEMBER 1, 2022 - DECEMBER 6, 2023

Women			Event	Men		
SCM	LCM	SCY		SCY	LCM	SCM
27.89	28.69	25.59	50 Free	22.79	25.69	24.79
1:00.59	1:02.19	55.39	100 Free	49.69	56.09	54.49
2:13.19	2:16.39	1:59.19	200 Free	1:48.09	2:04.79	2:01.59
4:47.59	4:53.99	5:24.99	400/500 Free	4:59.69	4:32.59	4:26.19
10:26.29	10:39.09	11:47.89	800/1000 Free	11:01.59	9:48.89	9:36.09
19:52.69	20:16.69	19:40.99	1500/1650 Free	17:59.39	18:30.29	18:06.29
34.09	34.69	29.89	50 Back	27.39	31.29	30.69
1:09.79	1:10.99	1:01.09	100 Back	55.59	1:04.39	1:03.19
2:32.79	2:35.19	2:15.19	200 Back	2:02.89	2:23.49	2:21.09
39.29	40.29	34.99	50 Breast	30.99	35.59	34.59
1:20.09	1:22.09	1:10.69	100 Breast	1:02.39	1:12.29	1:10.29
2:55.89	2:59.89	2:36.29	200 Breast	2:19.19	2:41.69	2:37.69
31.59	32.29	28.79	50 Fly	26.09	29.49	28.79
1:07.09	1:08.49	1:00.09	100 Fly	53.79	1:01.19	59.79
2:38.79	2:41.59	2:20.19	200 Fly	2:04.49	2:23.89	2:21.09
2:31.19	2:34.39	2:14.49	200 IM	2:01.29	2:20.39	2:17.19
5:30.89	5:37.29	4:54.19	400 IM	4:28.69	5:07.29	5:00.89
1:57.19	2:00.59	1:44.99	4x50 Free Relay	1:33.59	1:48.89	1:44.49
4:28.69	4:36.39	4:00.69	4x100 Free Relay	3:25.19	3:58.59	3:49.09
9:35.49	9:49.99	8:35.59	4x200 Free Relay	7:32.39	8:41.79	8:24.99
2:12.29	2:16.39	1:58.49	4x50 Medley Relay	1:43.39	2:00.59	1:55.39
5:17.09	5:17.09	4:44.09	4x100 Medley Relay	3:50.79	4:29.69	4:17.59

9/27/2023



Pacific Northwest Swimming
 2023 Washington State Senior Short Course Championships
 Sanction #2312-WASR

MASTER ENTRY SUMMARY

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 \$ 30.00	\$
INDIVIDUAL EVENTS:		X \$ 11.00	
RELAYS:		X \$ 18.00	
		SUBTOTAL:	\$
LESS OUTREACH VOUCHERS:			(\$)
		TOTAL:	\$

Make one check payable to the **Cascade Swim Club**.

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc. in compliance with Article 302.

 Signature of Coach or Team Representative

 Date

 Phone Number