

## 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 may be available.
- The host will ensure the required course dimensions.
- Omega electronic timing system w/full-read scoreboard
- 2500 spectator seats. No reserved seating. Seating areas may be cleared at the end of each day and articles left in the stands removed at the owner's risk. Folding chairs are only allowed behind the railing in marked platform areas, not in the bleacher sections.
- Heat Sheets on Meet Mobile; Results on PNS web site and Meet Mobile
- Paddles, pull buoys, fins, kickboards, snorkels, or other training equipment are not allowed in any facility pool.
- Diving tank will be available for continual coach-supervised warm-up/cool-down. Feet-first entry only: no diving at any time..
- Any concessions will be under contract with King County; neither PNS nor the host team derive any benefit.
- Hospitality for coaches and officials only
- Facility parking lots. Check the PNS website for updated overflow parking information. 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!

## WARM-UP PROCEDURES:

**March 21:** The pool will be available for warm-up after the end of the day's competition until 8:00 PM. Swimmers must be under direct supervision of a USA Swimming-certified coach.

**March 22-24:** Coaches are responsible for marshaling their own swimmers and following the stated warm-up notes and procedures. Except for dedicated pace and sprint lanes, circle swim counter-clockwise only.

- No paddles, pull buoys, fins, kickboards, snorkels, or other training equipment at any time.
- Schedule:
  - 7:15-7:45 AM: 13&Over ONLY in south (scoreboard end) and north (dive tank end) pool
  - 7:45-8:50 AM: 12&Under ONLY in south (scoreboard end) pool
  - 7:45-8:50 AM: 13&Over ONLY in north (dive tank end) pool
  - Separate diving well with dedicated pace lane open to all swimmers throughout warm-ups.
- 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 4 & 5—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-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

## ELIGIBILITY & ENTRY INFORMATION:

**Meet Eligibility:** All swimmers must be Premium or Outreach athlete members of USA Swimming, Inc., registered through a club in the Northwest Region (Alaska, Hawaii, Inland Empire, Montana, Oregon, Pacific Northwest, Snake River, Wyoming LSCs) in compliance with Article 302 as of the meet entry deadline.

- Swimmers not registered through a Northwest Region club must be registered through an above-listed LSC for at least 60 days prior to the meet entry deadline.
- On-deck USA Swimming registration will not be permitted.
- On-deck transfer to an eligible member club or LSC will not be permitted.

**Entry Limits:** Each swimmer may enter up to six (6) individual events but no more than three (3) per day.

- The daily limit includes Time Trials; the meet limit does not.
- Entries exceeding this limit will be scratched without notification, and entry fees will not be refunded.
- No deck entries will be permitted except for Time Trials.

**Age Groups:** Age groups are based on the age of the swimmer as of the first day of the meet.

- Age groups for competition will be 10&U, 11, 12, 13, 14, and 15-18, with the following exceptions:
  - The 200 back, 200 breast, 200 fly, 400 IM, and 1650 Freestyle age groups will be 11-12, 13, 14, and 15-18.
  - The 500 Freestyle age groups will be 11&U, 12, 13, 14, and 15-18.
  - Relay age groups will be 10&U, 11-12, 13-14, and 15-18.

**Qualifying Times:** Except for Bonus Events clearly marked as such in your entry file and on all entry 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.

- Swimmers must have met the 2024 Northwest Region Age Group Championships qualifying time in USA Swimming sanctioned, approved, or observed competition between December 1, 2022, and the entry deadline.
- Swimmers with a disability must have met the PNS Championship Disability Championship time standard based on classification in USA Swimming sanctioned, approved, or observed competition between December 1, 2022, and the entry deadline.
- A swimmer age 15-18 who has achieved an **individual** Pacific Northwest Spring Speedo Sectional time (any course) may not enter this meet, not even as a relay-only swimmer and not even if the swimmer does not enter a March 2024 Western Regional Sectional meet.
- Except for Time Trials entries, all individual event entry times must be in SWIMS by the meet entry deadline, and will be reconciled with SWIMS as part of the entry processing. Entry times not in SWIMS as of that date will be scratched without notification and entry fees will **NOT** be refunded. Proof of relay entry times will not be required.
- PNS AD 02-01 does not apply to this meet.
- USA Swimming rules concerning altitude adjustment will apply.
- **Converted times from one course to another may not be used.**

## 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 and meet individual event limits and 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 during the meet qualifying window. NT ("no time") entries are not allowed.
- All bonus entries must be clearly identified in submitting entries; you must designate bonus swims on the Meet Entries Screen and on your hard copy of your entry report. Please be advised that bonus entries

may not import into Meet Manager from non-Hy-Tek products; the host team cannot be responsible for any resulting errors.

#### **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.
- See below for payment information.

#### **AWARDS AND SCORING:**

- **Individual events:** Medals 1st - 8th places.  
Scoring 9-7-6-5-4-3-2-1
- **Relay events:** Medals 1st - 3rd places, ribbons 4th - 8th places.  
Scoring 18-14-12-10-8-6-4-2
- **Team awards:** 1st through 10th place teams
- Each club is responsible for picking up its awards. After the meet, please direct any questions regarding awards to the Meet Director.

#### **MEET RULES:**

- Current USA Swimming rules govern throughout the meet, including warm-ups.
- This is a prelims/finals meet for all events except for the following timed finals events:
  - All 10&U events
  - All relays
  - All 400 IM, 500 Freestyle, 1650 Freestyle events
- There will be one heat of finals for all 11, 12, 13, 14, and 15-18 prelims/finals events. See the Order of Events for more information.
- Meet will be seeded YSL (short course yards/short course meters/long course meters), after which bonus events will be seeded.
- The national championship eligibility and technical rules protest policies apply. USA Swimming's 207.11.4 and 207.11.5 will be in effect.

#### **DISTANCE EVENTS:**

##### **500 Freestyle for all age groups:**

- These events will be timed finals, and timers will be provided.
- Swimmers must provide their own counter, if desired. All counters must be individuals authorized to be on deck at that time.
- 12&U age groups: These events will be pre-seeded with no penalty for a swimmer who fails to show. The top eight for each age group will be seeded by age group and swim separately youngest to oldest. The remaining heats will be seeded and swum together fastest to slowest, combined age groups.
- 13-18 age groups: These events will be deck-seeded timed finals. All participating swimmers must check in with the Clerk of Course by the posted deadline in order to swim. See Scratch Procedures for more information. The top eight for each age group will be seeded by age group and swim separately youngest to oldest. The remaining heats will be seeded and swum together fastest to slowest, combined age groups.
- The Meet Referee may adjust these events to accommodate the usage of pool of time.

##### **400 IM for 11-12 age group:**

- These events will be timed finals pre-seeded slow-to-fast with no penalty for a swimmer who fails to show.
- Timers will be provided.

##### **400 IM for 13-18 age groups:**

- These events will be deck-seeded timed finals. All participating swimmers must check in with the Clerk of Course by the posted

deadline in order to swim. See Scratch Procedures for more information.

- The top eight for each age group will be seeded by age group and swim separately youngest to oldest. The remaining heats will be seeded and swum together fastest to slowest, combined age groups.
- Swimmers must provide their own timers, who must be individuals authorized to be on deck at that time.
- The Meet Referee may adjust these events to accommodate the usage of pool of time.

##### **1650 Freestyle for 11-18 age groups:**

- These events will be deck-seeded timed finals. All participating swimmers must check in with the Clerk of Course by the posted deadline in order to swim. See Scratch Procedures for more information.
- Swimmers must provide their own timers and, if desired, their own counter. All timers and counters must be individuals authorized to be on deck at that time.
- The top eight for each age group will be seeded by age group and swim separately youngest to oldest. The remaining heats will be seeded and swum together fastest to slowest, combined age groups.
- The Meet Referee may adjust these events to accommodate the usage of pool of time.

#### **RELAYS:**

##### **Relay Entries and Slips:**

- All relay swimmers must be pre-entered into the meet and the surcharge paid. Each individual swimmer may participate on no more than one relay team per relay event.
- The completed original copy of each relay slip must be submitted to the Clerk of Course by the stated deadline.
- Swimmers must take the lane copy of the relay slip with them to give to the timer in their lane to verify the order of participating swimmers prior to the start of the heat. If not, relay names cannot be included in the meet results and thus cannot be entered into USA Swimming's SWIMS database.
- All relay events will be timed finals.
- Both pools will be used for relay events swum during Prelims, but only one pool will be used for relays swum during Finals.

##### **Thursday:**

- There will be a 10-minute warm-up break between the 500 Freestyle events and the 400 Freestyle Relays.

##### **Friday:**

- The 200 yard Medley Relays for the 11-18 age groups will be swum in one pool at the end of Finals.

##### **Saturday:**

- The 200 yard Medley Relays for the 10&U age group and the 400 yard Medley Relays for the 11-18 age groups will be swum at the beginning of Prelims.
- The 200 yard Freestyle Relays for the 10&U age group will be swum in Prelims after the 12-year-old age group's 200 IM.
- The 200 yard Freestyle Relays for the 11-18 age groups will be swum in one pool at the end of Finals.

#### **SCRATCH PROCEDURES:**

- **All 10&U events, preliminary heats of all 11&O preliminary/finals events, all relays:** No check-in requirement; no penalty for failure to show.
- **Timed Finals Distance Events:** A positive check-in is required at the Clerk of Course for the 13-18 500 Freestyle, the 13-18 400 IM, and all 1650 Freestyle events in order to swim. Swimmers not checking in for

**Northwest Region Meeting Announcement:**

The Northwest Region Age Group meeting will be held at the end of prelims on Saturday. Items should be submitted to John Skroch for the agenda.

**TIME TRIALS:**

- Should timeline and facility constraints so allow, Time Trials will be offered as follows:
  - Friday's events will be the Friday/Saturday/Sunday/Thursday events, and Saturday's events will be the Saturday/Sunday/Thursday/Friday events, with the exception of the 1650 Freestyle which will only be offered on Sunday.
  - Friday and Saturday Time Trials may be limited to one hour each day.
  - The 1650 Freestyle Time Trial will be the only Time Trial offered on Sunday and will be at the Meet Referee's discretion. If available, it will be swum at the same time as the slowest heats of the 1650 Freestyle events.
- Time Trial entry will be at the Clerk of Course between 8:00 AM and 10:00 AM. The closing time for the 1650 Freestyle Time Trial 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. Cash or Credit Card. Change will not be available for overpayment.
- Swimmers are asked to provide an accurate seed time but may enter a Time Trial as NT (no time).
- A swimmer must be pre-entered into the Meet—included in an Entry Summary Report and Meet Surcharge paid prior to the Meet Entry deadline—to be eligible for Time Trials. Each swimmer may enter up to one (1) Time Trial per day, subject to the daily event limitations.
- Swimmers may only enter events offered at this meet to their age group as of the first day of the meet.
- Swimmers must provide their own timers. Distance freestyle swimmers must provide their own counter, if desired. All timers and counters must be individuals authorized to be on deck at that time.
- Events will be swum slowest to fastest and may be swum mixed by stroke, gender, and/or age.