

**RULES:**

- Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy (“MAAPP”) which is detailed on p. 12 of this meet announcement. Current Pacific Northwest Swimming Policies & Procedures Manual will also apply.
- All athletes entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any athlete without a coach in attendance must report to the Meet Director or Meet Referee who may assist an athlete in making supervision arrangements, but it is the athlete’s responsibility to make these arrangements prior to the start of the meet and notify the Meet Referee.
- Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke 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 athlete or the athlete’s legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.
- It shall be the athletes’ and coaches’ responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.
- Athletes and coaches are responsible for being familiar with this meet’s scratch rules and procedures.
- 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.
- Per facility rules, operation of a drone, or any other flying apparatus, is prohibited inside AND outside the facility AT ANY TIME.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- Photography including visual recordings is not allowed behind the blocks during the start of a race or relay exchange.
- All athletes entered in the competition must comply with current USA Swimming rules regarding swimwear.
- Medical supervision will be available to all athletes participating in the meet. Personnel with current Red Cross lifeguarding, first aid, and CPR/AED certification will be available throughout warm-ups and competition. 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.

RESTRICTIONS:

- This is a **CLOSED-DECK** meet. Only athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition deck.
- Tobacco products of any kind, vaping, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- Shaving is not permitted anywhere in the facility.
- Folding chairs are not allowed in the bleacher section of the spectator balconies.
- Pets/Service animals: Trained service animals or service animals in training with identifiable vests will be allowed. Service animals must remain on leash or in a harness at all times.

Broadcast Statement

Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator’s personal non-commercial use and may not be broadcast, published, disseminated, or used for any commercial purpose without the prior consent of USA Swimming.

Photography and Videos

Photographers and/or videographers may be present on deck at this meet. **Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are specifically prohibited from making shots during the start phase of any race.**

ELIGIBILITY:

This meet is open to all athletes who:

1. Are currently registered annual premium or outreach members of USA Swimming. **There will be no on-deck USA Swimming registration.**
2. Are currently registered with a USA Swimming LSC within the Northwest Region of the Western Section (AK, IE, HI, MT, OR, PN, SR, WY) as of the day meet entries close. Four Corners Region athletes and teams (AZ, CO, NM, UT) that successfully processed and paid for cross-registration deposits on September 15th will also be eligible to enter.
3. A maximum of 200 non-NW Region athletes will be allowed to compete at this event. At the current time, there is no remaining cross-registration space available at this event
4. On-deck transfer into an eligible LSC is not allowed.
5. Have met the appropriate qualifying times in competition between December 1, 2022, and the close of entries.
6. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions.
 - See STATEMENT OF ELIGIBILITY – QUALIFYING ENTRY TIMES, p. 6 of this meet announcement for details.
 - Proof of relay entry times is not required.
 - **Relay-only athletes WILL be allowed at this meet** - see details under ENTRIES, p . 6 of this announcement.

Athletes with a disability who have achieved USA Swimming Sectional Para qualifying time standards during the qualifying period for this meet may enter up to four (4) individual events for which the USA Swimming Sectional Para time standard has been achieved. Each

**Event Limit:**

Each entered athlete may participate in up to six (6) individual events total for the meet, not including Time Trials, and up to five (5) relays, but no more than three (3) individual events per day, including Time Trials. All athletes, including relay-only athletes, are limited to three (3) Time Trial entries during the meet.

There is no limit to the number of relays a club may enter, but only the top two (2) relay teams per club can score in each event and will appear in the top 24 results in each relay event.

Bonus Events:

Athletes entered in the meet with at least one qualified individual event may enter up to a maximum of two bonus events, not to exceed six (6) individual events total for the meet (not including Time Trials). **There are NO qualifying time standards for bonus events, but bonus times must appear in SWIMS within the qualifying time period: December 1, 2022 –thru the close of entries.**

Relay-Only Athletes:

Relay-only athletes WILL be allowed at this meet and must pay the athlete surcharge to be officially entered and compete on relays. Relay-only athletes who have been entered in the meet and have paid the athlete surcharge are eligible to enter Time Trials, with a maximum of three (3) Time Trial entries during the meet.

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| Meet Surcharge | \$50.50 surcharge per athlete, including relay-only athletes \$25.00 credential surcharge per coach/team manager/chaperone <i>(any non-athlete with current USA Swimming credentials who will be on-deck with a team)</i> |
| Meet Entry Fees | \$20.50 per individual event entry \$40.50 per relay entry |
| REGULAR Entry Deadline | Entries must be received via email, time-stamped by 11:59 PM Pacific, Wednesday March 6, 2024 After March 6th, 2024, updating times for existing entries is not permitted. |
| Late Entries Fees | \$50.50 surcharge per swimmer \$41.00 per individual event - late entry \$81.00 per relay - late entry |
| Time Trial Entry Fees: | \$20.50 per individual event \$40.50 per relay event |

Payment of Entries:

Payment for entries will be collected on-site at the REGISTRATION DESK and must be paid in full to receive the team's packet containing meet credentials and team information.

- Teams will have the option of paying by either check or credit/debit card at the Registration Desk.
- *Make checks payable to Seattle Metropolitan Aquatic Club*
- *If paying by credit card, a 2.75% convenience fee will be added to your invoice.*

Submitting Regular Entries:

Submit entries via email to the Meet Entry Chair, by the regular meet entry deadline

Regular Entry Submissions must include the following:

1. Zipped Hy-Tek -or- Hy-Tek compatible entry file (eg Team Manager or Team Unify)
2. **PDF copy of individual entries, with "Bonus" events clearly designated on the entry report**
3. PDF copy of relay entries
4. PDF copy of entry fees due
5. Contact information including email and cell numbers for both:
 - a. The individual responsible for the entry and pre-meet communications
 - b. The coach responsible during the meet for entry, admin & other meet-related matters.

Updates to REGULAR Meet Entries:

Entries may be updated until the regular meet entry deadline (March 6, 2024 at 11:59 pm PST) to add additional swims and update entry times.

- **Send entry changes via email** to the Entry Chair clearly detailing the changes in the body of the email.
- **Do NOT send a new entry file**
- If adding **NEW** swimmers, the following information must be included: (1) Full legal name, (2) Date of birth, (3) Gender, (4)

**TIME TRIALS:**

- LCM Time Trials will be held under a separate sanction of Pacific Northwest Swimming
- Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- Entries for Time Trials will be conducted only through deck entries, sign ups at the Clerk of Course. Complete details on Time Trial entries will be distributed in a separate Time Trial Summary Sheet and reviewed at the General Meeting.
- Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials. Relay only athletes will be allowed to compete in Time Trials.
- Each time trial swum will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) per day. Athletes are limited to three (3) time trials total during the meet.
- The 800M and 1500M Freestyle Events will only be offered on one day. The Meet Referee will determine the day based on the size of the meet and available time and will announce the day at the General Meeting.
- **Time Trial Entry Fees: \$20.50 per individual event \$40.50 per relay event**

TIMERS:

- Swimmers/clubs MAY be responsible for providing their own timers and lap counters, if desired, for the 800M and 1500M Freestyle events and for all Time Trial events. Final details will be provided at the General Meeting.
- Teams WILL be assigned lanes for the preliminary sessions based on the number of swimmers entered. Final details will be provided at the General Meeting. IF teams are assigned lanes for preliminary timing, these timing assignments will be emailed to the Head Coach listed on a team's Summary Entry Form and will be posted on the websites listed on p. 1 of this Announcement following the close of entries.

TRAVEL FUND:

A portion of the meet entry fees from this meet are used to fund a travel reimbursement to eligible swimmers and coaches. Athletes who participate in this meet and participated in the 2023 Phillips 66 National Championships or the 2023 Speedo Junior National Championships are eligible for a travel reimbursement. The amount of the reimbursement will be determined based upon total entry fees for this meet and the number of swimmers who qualify and attend the designated Championship Meets. Application for reimbursement must be made by submitting the Travel Reimbursement form within ten (10) days following the conclusion of the Championship Meet attended.

The Reimbursement Form is posted on the Western Zone website under "EVENTS > 2024 WRS Spring Sectionals."

Final deadline for submission: April 12, 2024.

OFFICIALS:

- **If you will be attending this meet, please complete the online Application to Officiate [HERE](#)** to assist with meet planning. The online Application is also posted on the Western Zone website under "OFFICIALS > APPLICATIONS" and under "EVENTS > 2024 Speedo Sectionals Federal Way."
- **Applications for assigned position must be received by January 21, 2024.**
- **Applications must be received by February 11, 2024, to be eligible to receive a meet shirt.** Every attempt will be made to provide the size requested; however, shirt size and availability cannot be guaranteed by the host. You must work a **minimum of four (4) sessions** to receive a meet shirt.
- This meet has been designated as a training meet for N2 and N3 Officials Certification. Officials wishing to obtain or renew certifications need to complete the online Application Form and notify the Meet Referee upon arrival at the meet. Instructions for certification will be provided during Officials' Meetings.
- Officials' Meetings will be one hour before each day's sessions. All certified officials are welcome to attend and work this meet.
- The uniform for officials for the meet will be a white polo shirt and khaki shorts, skirt, or pants, with long pants or long skirts for Finals, please. White, closed toe shoes and white socks complete the uniform.