WRSS 2018



2018 SPEEDO SECTIONALS AT FEDERAL WAY, WASHINGTON

Co-Hosted By Central Area Aquatics Team & Mt Hood Aquatics

Weyerhaeuser King County Aquatic Center March 15-18, 2018

Held Under the Sanction of Pacific Northwest Swimming and USA Swimming, Inc. Sanction #1803-WRSS ---- Time Trial Sanction #1803-WRTT

In granting this sanction, it is understood and agreed that USA Swimming, Pacific Northwest Swimming, Central Area Aquatics Team, and Mt Hood Aquatics shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

Websites:

www.mthoodaquatics.org * www.swimcaat.org * www.pns.org * www.westernzoneswimming.org

Facility:

- Site of the 1990 Goodwill Games; 1991, 1994, 1997, 2000, and 2006 Spring USA Swimming Nationals; 2008 and 2012 NCAA Men's Division 1 Championships; 2009 U.S. Open, Junior Nationals and Winter Nationals; 2014 Winter Junior Nationals; and the 2015 USA Swimming Winter Nationals.
- Indoor, 50-meter, 9-feet deep, 8-lane competitive pool divided into two 25-yard courses by bulkheads.
- Omega, electronic timing system with an 8-lane alphanumeric readout scoreboard.
- Omega OSB11 Track-Start starting platforms will be used for this competition.
- Diving tank will be available for continual warm-up. The area between the bulkheads is closed at all times.
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- In case of inclement weather, call WKCAC directly at 206-477-4444.

Meet RefereeDavid ColemanAdmin RefereeJacki Allender

(808) 228-2742 (541) 990-5144

dcoleman@chaminade.edu jacki.allender@gmail.com

Meet Directors Jody Rash Laurie Robbins

(541) 580-6512 (206) 612-5608

<u>coachjodymha@gmail.com</u> <u>Igfriesen@comcast.net</u>

| MEETING SCHEDULE | |
|---------------------|---|
| General Meeting | Wednesday, March 14 – 4:30 PM * Officials Meeting Room |
| Officials' Meetings | One hour before the start of each session |
| Section Meeting | Friday, March 16 – 30 min after end of Prelims * Officials Meeting Room |

| COMPETITION SCHEDULE | PRELIMINARIES | FINALS |
|----------------------|----------------------------|----------------------------|
| Thursday – Sunday | Warm-Up: 7:00 AM – 8:50 AM | Warm-Up: 4:00 PM – 5:20 PM |
| March 15 - 18 | Competition: 9:00 AM | Competition: 5:30 PM |

2018 SPEEDO SECTIONALS AT FEDERAL WAY, WASHINGTON

ORDER OF EVENTS

| Women's Event# | Thursday | March 15 | Men's Event# |
|----------------|---------------|-------------------|--------------|
| 1 | 100 Yard | Freestyle | 2 |
| 3 | 200 Yard | Breaststroke | 4 |
| 5 | 200 Yard | Backstroke | 6 |
| 7 | 200 Yard | Butterfly | 8 |
| 9 | 800 Yard (A) | Freestyle Relay | 10 |
| 11 | 1000 Yard (B) | Freestyle | 12 |
| Women's Event# | Friday | March 16 | Men's Event# |
| 13 | 200 Yard (C) | Freestyle Relay | 14 |
| 15 | 200 Yard | Freestyle | 16 |
| 17 | 400 Yard | Individual Medley | 18 |
| 19 | 200 Yard (D) | Medley Relay | 20 |
| Women's Event# | Saturday | March 17 | Men's Event# |
| 21 | 100 Yard | Backstroke | 22 |
| 23 | 500 Yard | Freestyle | 24 |
| 25 | 100 Yard | Breaststroke | 26 |
| 27 | 100 Yard | Butterfly | 28 |
| 29 | 400 Yard (E) | Freestyle Relay | 30 |
| Women's Event# | Sunday | March 18 | Men's Event# |
| 31 | 200 Yard | Individual Medley | 32 |
| 33 | 1650 Yard (F) | Freestyle | 34 |
| 35 | 50 Yard | Freestyle | 36 |
| 37 | 400 Yard (E) | Medley Relay | 38 |

(A) The 800 Free Relay events will be conducted as timed finals, with the two fastest heats of women and the two fastest heats of men swum at the end of finals, in event order. All remaining heats will be swum in prelims in event order (ie. all remaining heats of Event 9, followed by all remaining heats of Event 10), fastest to slowest, utilizing two pools.

* A 10-minute break will be taken immediately following the conclusion of Event 8, prior to the start of Event 9 *

(B) The 1000 Freestyle will be conducted as timed finals, following the preliminary heats of the 800 Free Relay. All heats will be swum utilizing two pools, in the following order: two fastest heats of women; two fastest heats of men; then alternating remaining women's and men's heats, fastest to slowest. Athletes may enter using either 800m/1000y, or 1500m/1650y qualifying times.

(C) The 200 Free Relay will be conducted slowest to fastest as timed finals; all heats conducted at the beginning of preliminaries.

(D) The 200 Medley Relay will be conducted slowest to fastest as timed finals; all heats conducted following the conclusion of finals.

(E) These relay events will be conducted as timed finals with the two fastest heats of women and the two fastest heats of men swum at the end of finals. All other heats will be swum at the conclusion of prelims in the following order: Third and fourth fastest heat of the women, third and fourth fastest heat of the men, fifth fastest heat of women, fifth fastest heat of men, sixth fastest heat of women, sixth fastest heat of men, etc.

(F) The 1650 freestyle will be conducted as timed finals. 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, alternating women's and men's heats, slowest to fastest. The starting time for each preliminary heat shall be scheduled so that the second fastest heat of men is concluded 90 minutes before the evening's finals session is scheduled to begin. Athletes may enter using either 800m/1000y, or 1500m/1650y qualifying times.

2018 Spring Speedo Sectional Time Standards WOMEN MEN **SCY** SCY SCM LCM SCM LCM 24.80 27.59 28.39 50 FREE 22.18 24.49 25.62 53.45 58.82 1:01.05 **100 FREE** 48.17 53.13 55.76 1:55.74 2:07.51 2:12.43 **200 FREE** 1:45.37 1:56.64 2:02.04 5:13.13 4:30.36 4:43.21 400/500 FREE 4:49.15 4:10.29 4:23.21 10:52.09 9:27.77 9:48.19 800/1000 FR 10:10.58 8:54.20 9:19.51 1500/1650 FR 18:19.78 18:07.90 18:54.49 17:13.16 16.49.75 17:42.01 59.40 1:06.29 1:09.35 **100 BACK** 53.95 59.91 1:04.06 2:07.80 2:22.92 2:28.61 **200 BACK** 1:58.15 2:12.46 2:20.40 1:08.29 1:15.02 **100 BREAST** 1:06.52 1:20.46 1:00.72 1:13.47 2:28.48 2:43.15 2:54.86 **200 BREAST** 2:13.77 2:26.36 2:40.64 58.60 1:04.33 1:06.68 **100 FLY** 52.76 58.72 1:00.51 2:11.77 2:26.01 2.32.74 **200 FLY** 1:59.37 2:12.56 2:19.61 2:11.41 2:24.93 2:32.19 200 IM 1:58.54 2:10.97 2:18.47 4:39.34 5:08.00 5:21.68 400 IM 4:15.18 4:42.48 4:59.63 1:44.69 1:56.89 1:59.29 200 F.R. 1:32.99 1:43.78 1:46.89 3:49.09 4:12.14 4:17.29 400 F.R. 3:25.49 3:46.85 3:54.59 9:10.46 9:21.69 800 F.R. 7:38.69 8:26.70 8:43.99 8:14.49 1:56.29 2:10.99 2:13.39 200 M.R. 1:44.69 1:55.50 1:59.69 4:09.49 4:44.93 4:48.39 400 M.R. 3:47.49 4:15.75 4:23.39

Rules:

 Current USA Swimming rules will govern this meet. Current Pacific Northwest Swimming Safety Guidelines & Warm-up Procedures will be in effect and strictly enforced.

- Meet format will be Prelims (8 lanes) and Finals (8 lanes). One championship heat and three consolation heats will compete in finals, except as noted in the Order of Events.
- Order of seeding will be Short Course Yards (SCY), Short Course Meters (SCM), Long Course Meters (LCM).
 Bonus events will be seeded after all of the above.
- The age of the swimmer will be his/her age as of March 15, 2018, the first day of competition.
- All swimmers entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer without a coach in attendance must report to the Meet Director or Meet Referee who may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make these arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- 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.
- Swimmers and coaches are responsible for being familiar with this meet's scratch rules and check-in procedures.
- 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 membercoach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.

Restrictions:

- Tobacco products of any kind, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, locker rooms, or behind the blocks.
- Photography is not allowed behind the blocks during the start of a race or relay exchange.
- 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.
- Shaving is not permitted anywhere in the facility.
- All swimmers entered in the competition must comply with current USA Swimming rules regarding swimwear.
- Service animals only allowed in the facility.
- Only athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition pool deck.

Swimmer Photographs and Videos:

Photographers and/or videographers may be present on deck at this meet. Parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made are required to contact the Meet Director prior to the start of warm-ups on Thursday morning. 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.

This meet is open to all swimmers who:

- 1. Are year-round members of USA Swimming. There will be no on-deck USA Swimming registration.
- 2. Are currently registered with a USA Swimming LSC within the Western Region Section of the Western Zone (Alaska, Hawaii, Inland Empire, Montana, Oregon, Pacific Northwest, Snake River, and Wyoming) as of the day that meet entries close. On-deck transfer into an eligible LSC is not allowed.
- 3. Are currently registered within the Four-Corners Section of the Western Zone (Arizona, Colorado, New Mexico, and Utah) as of the day meet entries close, and who have reserved a place in the Federal Way meet during the reservation period. On-deck transfer into an eligible LSC is not allowed.
- 4. Have met the appropriate 2018 qualifying times in competition between December 1, 2016, and the entry deadline, March 7, 2018.
- 5. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions. Entry times not in the SWIMS database must be proven to the Administrative Referee or designated representative prior to the scratch deadline for the event. Failure to provide such proof of time prior to that deadline will result in the swimmer being removed from the event.

Meet management will produce a psych sheet prior to the start of the meet with markings to indicate times requiring proof as required under #5, above. The psych sheet will be emailed to the primary coach of record listed in the OME System, and will also be posted to the following websites: Mt Hood Aquatics, Central Area Aquatics Team, Pacific Northwest Swimming, Western Zone Swimming, USA Swimming.

Swimmers with a disability who have achieved Can-Am qualifying time standards during the qualifying period for this meet may enter up to four (4) individual events for which the Can-Am time standard has been achieved. Each swimmer has the option of swimming a half distance for any event entered. Swimmers with disabilities may also participate in the Time Trials on the same basis

Entries:

All entries must be submitted online through USA Swimming's Online Meet Entry system – www.usaswimming.org/ome between 12:00 AM PDT, February 1, 2018 and 11:59 PM PDT, March 7, 2018.

- With the submission of entries, the coach/team representative attests that all swimmers entered are registered with USA Swimming.
- You must pay for the online entries with Visa, MasterCard, American Express, or Discover <u>OR</u> chose the OME option to pay by check. If paying by check, make payable to Central Area Aquatics Team (CAAT) and send to:

Laurie Robbins – CAAT 7920 45th Ave SW Seattle, WA 98136

*Payments for OME entries made by check must be received by Monday, March 12, 2018.

- Once you complete your online entry, you will be sent a confirmation email. Bring it and all communications with you to the meet in case of any entry problems. When entering an individual time not yet in SWIMS, please try to ensure that the missing data is downloaded into SWIMS as soon as possible.
- Please note that OME will not update entry times as new results are entered into SWIMS. You can return to your entry after you have checked out to modify entry times should they improve during the entry period or to add events to your entry, but you cannot delete events after you have paid for them. All modifications must be made before the entry deadline.
- Check all entries before paying for them! Enter each one with an accurate time achieved in the proper course;
 converted times will not be accepted.
- If you have **trouble using OME**, please contact **Jaime Lewis** with USA Swimming <u>jlewis@usaswimming.org</u> or 719-866-3562 (work).
- If you have an entry question, please contact Meet Director Jody Rash email is requested and preferred:
 coachjodymha@gmail.com.

Each entered swimmer may participate in up to six (6) individual events and up to five (5) relays, but no more than three (3) individual events per day including Time Trial entries. All swimmers, including relay-only swimmers, are limited to three (3) Time Trial entries total.

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 on the top 24 results in each relay event.

Bonus Events:

Swimmers may enter up to two bonus events for each qualified individual event, with a maximum total of two bonus events, not to exceed six (6) individual events total for the meet including Time Trial entries, as follows:

| Qualified | Bonus | Total | | |
|--|----------------------|------------------------|--|--|
| One (1) qualified event | Two (2) bonus events | Three (3) total events | | |
| Two (2) qualified events | Two (2) bonus events | Four (4) total events | | |
| Three (3) qualified events | Two (2) bonus events | Five (5) total events | | |
| Four (4) qualified events | Two (2) bonus events | Six (6) total events | | |
| Five (5) qualified events | One (1) bonus event | Six (6) total events | | |
| Six (6) qualified events | No bonus events | Six (6) total events | | |
| There are no qualifying times for bonus events. NT entries will not be accepted. | | | | |

Meet Surcharge: \$35.00 surcharge per swimmer

Meet Entry Fees: \$16.00 per individual event entry

\$36.00 per relay entry

Entry Deadline: Entries for qualifying swims must be received by 11:59 PM PDT, Wednesday, March 7, 2018.

After March 7th, updating times for existing entries is not permitted.

Late Entries: Late entries will be accepted via the Email Entry Form, p12 of this announcement, until 12:00 p.m.

Noon PDT, Tuesday, March 13, 2018, and are subject to the late entry fees listed below:

Late Entry Surcharge: \$35.00 surcharge per swimmer Late Entry Fees: \$32.00 per individual event - late entry

\$72.00 per relay - late entry

First-Time Qualifiers:

Swimmers who achieve a **first-time** individual qualifying standard from Thursday, March 8, 2018 through Sunday, March 11, 2018, may enter, but only on the Email Entry Form, p12 of this announcement.

- Email entries for first-time individual qualifiers must be received no later than 11:59 PM PDT on Sunday, March 11, 2018, and may not be used to improve the seed time of a previously submitted entry.
- Updating bonus swim seed times after the March 7th deadline will not be permitted. However, a swimmer who achieves a first-time qualifying time in an event he/she had previously entered as a bonus swim may treat the bonus swim as a qualifying swim in order to allow for an additional bonus swim. Adding bonus swims for qualifying times achieved after the March 7th deadline is permitted using the Email Entry Form.

Meet Entry Questions:

Questions concerning meet entries should be directed to Meet Director Jody Rash – email is requested and preferred: coachjodymha@gmail.com

Registration & Team Check-In:

All swimmers, coaches, and officials participating in this competition must be currently registered for 2018 with USA Swimming.

- All swimmers, coaches, and officials should be prepared to present their USA Swimming ID Card or Deck Pass as proof
 of their registration to the Meet Referee, the Meet Director, or their designee at any time.
- All entered swimmers, certified coaches, and team managers listed on the Summary Entry Form will receive a meet-specific credential, which will serve as a deck pass, and is to be displayed to access the competition deck and team areas.

Wednesday, March 14: The Registration Desk will be located in the Lobby of the Natatorium, and will open at 3:30 pm. Registration will remain open through the end of Supervised Warm-Ups, at 7:30 pm. Current coaching credentials from a coach listed on a team's Summary Entry Form must be shown in order to obtain a team's packet.

Thursday - Sunday, March 15-18: Registration will be located at Clerk of Course, on the East side of the Dive Tank. Clerk of Course will open at 15 min prior to the start of warm-ups each day, and will remain open through the conclusion of each session's competition.

General Meeting:

A General Meeting will be held on Wednesday, March 14, 2018, at 4:30 pm in the Officials Meeting Room. Teams must have a coach or team representative in attendance.

Coaches' packets will be available on Wednesday at the Registration Desk, located in the Lobby of the Natatorium. The Registration Desk will open at 3:30 pm and will remain open through the end of Supervised Warm-Ups, at 7:30 pm.

Current coaching credentials from a coach listed on a team's Summary Entry Form must be shown in order to obtain a team's packet. Coaches must visibly display their current credentials whenever on deck.

Scratch Procedures:

The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet.

These rules are described in the current USA Swimming Rule 207.11.6 in the Current Rule Book.

Positive Check In & Scratch Deadlines for Thursday's Events:

The Scratch Box will close 15 minutes after the conclusion of the Wednesday's General Meeting.

- Swimmers in Thursday's 800 Freestyle Relay must check in no later than 15 minutes after the conclusion of the Wednesday's General Meeting in order to be seeded.
- Swimmers in Thursday's 1000 Freestyle who do not check in will be down-seeded to the slowest entry time.
 Swimmers who do not intend to swim this event must scratch.
- In addition to physical check-in, email check-in will be accepted for these events only, and the above deadline applies. Check-in may be done by emailing Meet Director Jody Rash: coachjodymha@gmail.com

Swimmers are considered checked in for all other events except the 1650 Freestyle events unless scratched.

- The Scratch Box will be located at the General Meeting and then at the Clerk of Course area for the duration of the meet.
- Scratches prior to the seeding of preliminary heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box. Scratch cards will be available at the Clerk of Course area.
- Swimmers in the 1650 Freestyle events who do not check in will be down-seeded to the slowest entry time. Swimmers who do not intend to swim this event must scratch.
- Seeded 1650 Freestyle heat sheets will be published at the end of Saturday's finals.

Relays will follow the same scratch procedures as the individual events.

Scratches for relays are due to the Administrative Referee prior to the scratch deadline for that day's events. Relay entry forms for submission of names will be available at Clerk of Course. Please list the competing relay swimmers with first and last names and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course no later than one (1) hour prior to the start of the relays. However, relay order may be changed up to the time of the swim.

| EVENTS | ACTION REQUIRED | DEADLINE | |
|--|--|--|--|
| Thursday 100/200 Events | Scratch | 15 minutes after conclusion of | |
| Thursday 800 Free Relays | Positive check-in | Wednesday's General Meeting | |
| Thursday 1000 Freestyles | Positive check-in or scratch | , | |
| Friday Individual Events | Scratch | COO DM Thursday | |
| Friday Relays | Scratch | 6:00 PM Thursday | |
| Saturday Individual Events | Scratch | C-00 DM Friday | |
| Saturday Relays | Scratch | 6:00 PM Friday | |
| Sunday 200 IM and 50 Free | Scratch | | |
| Sunday 1650 Freestyles | Positive check-in or scratch | 6:00 PM Saturday | |
| Sunday Relays | Scratch | | |
| | Submit w/full names and order to Clerk of Course | No later than one hour before scheduled start of relays | |
| All Checked-In Relays | If necessary, changes to relay line-up order | On copy brought to lane timer before start of heat | |
| Announced finalists for championship and console heats | Declaration of intention to scratch to Admin Referee | Within 30 minutes of announcement or scoreboard scroll of qualifiers | |

Meet Time Line:

If the projected length of a preliminary session exceeds 4½ hours, the Meet Referee, in consultation with the meet host and the Western Region Section Officers, reserves the right to adjust, including the use of two pools and conducting the preliminary sessions in an "A/B" format. All adjustments, including procedures for the "A/B" format (if adopted) will be announced at the General Meeting.

If the projected length of Thursday's 1000 Freestyle timed finals event, and Sunday's 1650 Freestyle preliminary events do not allow for the Finals session to start as originally scheduled, the Meet Referee, in consultation with the meet host and the Western Region Section Officers, reserves the right to adjust. All adjustments will be announced at the General Meeting.

Warm-up Procedures:

At the discretion of meet management and in agreement with the Meet Referee, warm-ups may be modified to accommodate the number of swimmers entered in the meet.

1. General warm-up (first half):

NO DIVING from the blocks or sides of the pool.

Feet-first entry from the starting area. Circle swim only.

2. Sprint and pace warm-up (remainder):

Lanes 1 & 8: Pace lanes – Push off only. No diving or racing starts. Circle swim.

Lanes 2 & 7: Sprint lanes – Dive start, swim only one direction. Return from adjacent lane.

Backstrokers enter the water feet first in rotation. No diving over persons in the water.

Lanes 3, 4, 5, & 6: General warm-up – NO DIVING.

- 3. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times—one way only.
- 4. Dive sprints may only be done under the direct supervision of the coach.
- 5. NO DIVING in the general warm-up lanes—circle swimming only.

Scoring:

Scoring will be on a twenty-four (24) place basis, but achieved times must meet the event's time standard to score.

- Individual events: 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- Relays: 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

Awards:

- Medals: top eight (8) individual and top three (3) relay places.
- Trophies/Plaques for team awards: First through Third places for Women, Men, and Combined. Team scoring will
 include both individual and relay events to 24 places each. Both women and men must score for a team to be eligible
 for a combined scoring team award.
- Individual High Point Awards: Top-scoring Woman and Top-scoring Man (individual events only)

Time Trials:

- Swimmers must be entered in the meet to participate in Time Trials.
- Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- Time Trials will be held under a separate sanction of Pacific Northwest Swimming, Inc.
- 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. A swimmer is limited to three (3) time trial entries total for the meet.
- Time Trials will be deck-entered at the Clerk of Course. Time Trials entries will close when the maximum allowable time has been reached or one hour before the scheduled end of that day's preliminaries, whichever comes first.
- Time Trial Entry Fees: \$17.00 per individual event
 \$39.00 per relay event
- Time Trials shall be swum in the order listed under the meet program, with the following exception: The 1000 and 1650 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.

| Order of | f Time Trial Events |
|----------|---|
| | Day 1: Day 1 events except 1000, Day 2 events, Day 3 events, Day 4 except 1650 |
| | Day 2: Day 2 events, Day 3 events, Day 4 except 1650, Day 1 events except 1000 |
| | Day 3: Day 3 events, Day 4 events except 1650, Day 1 events except 1000, Day 2 events |
| | Day 4: Day 4 events except 1650, Day 1 events except 1000, Day 2 events, Day 3 events |

Timers:

- Teams will be assigned lanes for the preliminary sessions based on the number of swimmers entered. Timing
 assignments will be e-mailed out once entries have been processed.
- Swimmers/clubs are responsible for providing their own timers and lap counters, if desired, for Thursday's 1000 and Sunday's 1650 Freestyle events and for any Time Trial events.

Meet Information & Results:

Meet Information, Real Time results, and post-meet results will be posted on the PNS web page: www.pns.org

Meet Information will also be posted at:

www.usaswimming.org * www.westernzoneswimming.org * www.mthoodaquatics.org * www.swimcaat.org

Section Business Meeting:

The Section's Business Meeting will be held on Friday, March 16th in the Officials Meeting Room, approximately 30

minutes after the completion of the preliminary session (exact time TBA). Questions and agenda items should be sent to Rick Guenther at surfswimcat@aol.com

Travel Fund:

A portion of the meet entry fees from this meet are used to fund travel reimbursement to eligible athletes and coaches. Athletes who participate in this meet and also participate in the 2017 Winter National Championships or the 2017 Speedo Winter Junior National Championship are eligible to for apply for 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. Applications for reimbursement must be made on the attached form (p. 14 of this announcement) and submitted within fifteen (15) days following the conclusion of this meet. The final deadline for submission is April 2, 2018.

Officials:

- Officials' Meetings will be one hour before each day's sessions. All certified officials are welcome. If you will be attending this meet, please return the attached Application to Officiate to assist with meet planning. To be considered for an assigned position, your application must be received by the Meet Referee by February 1, 2018.
- This meet has been designated as a training meet for N2 and N3 Officials Certification. Officials wishing to obtain or renew this level of certification must apply on the attached application form and notify the Meet Referee upon arrival at the meet. Instructions for certification will be provided during Officials' Meetings.
- The uniform for officials for the meet will be a white polo shirt and khaki shorts, skirt or pants. Shorts may be worn only during Preliminary sessions; long pants or skirts for Finals, please. White, closed toe shoes and white socks complete the uniform.

Social Events:

A Coaches and Officials Social will be held on Friday, March 16th, after the conclusion of Finals. Details will be announced.

Hospitality:

A Hospitality Room will be provided for coaches and officials only; athletes are not permitted in the Hospitality room.

Concessions:

A snack bar will be available throughout the competition and is controlled by and operated under contract with King County and the Aquatic Center. Neither the host teams, the host LSC, nor the Western Zone receive any benefit.

Heat Sheets:

Paper copies of heat sheets will be available in the facility lobby: \$3.00 − prelims /\$1.00 − finals Electronic heat sheets will be available through Meet Mobile™: \$15.00 for all sessions.

Parking:

- Parking is available in the Aquatic Center lots. Parking may also be available in the Federal Way Little League
 lot adjacent to the venue. Illegally parked cars will be ticketed and towed by the Federal Way Police
 Department. Carpooling is strongly recommended.
- Do not leave valuables in vehicles.
- RV Parking: RV Parking will <u>not</u> be available at this meet. Please investigate alternative off-site locations such as Dash Point State Park, if you are interested in this option.



MEET ENTRY SUMMARY FORM

| TEAM NAME: | CLUB CODE: |
|---------------------------------------|---|
| CONTACT NAME: | PHONE #: |
| E-MAIL ADDRESS: | |
| TEAM ADDRESS: | |
| COACH (ES) ATTENDING MEET: | |
| Name | Cell #: |
| Name | Cell #: |
| Name | Cell #: |
| • | swimmers entered are 2018 full-year members of USA Swimming. |
| oignature: | Date: |
| ENTRY SUMMARY | |
| Total from Master Entry Form(s) | \$ |
| Total from Relay Entry Form = | \$ |
| Team Total = | \$ |
| ☐ I have paid for my entries on OME v | with a credit card. |
| ☐ I am mailing a check for payment o | f my entries on OME to Central Area Aquatics Club (address below) |

ENTRY DEADLINE - 11:59 P.M. March 7, 2018

Mail team information or team information with check by entry deadline to:

Laurie Robbins – CAAT 7920 45th Ave SW Seattle, WA 98136

*Payments for OME entries made by check must be received by Monday, March 12, 2018.



submit to: Jody Rash coachjodymha@gmail.com by the deadlines listed below

| TEAM NAME: | CLUB CODE:PHONE #: | | | | | |
|---|---|--|---|---|--|--|
| COACH NAME: | | | | | | |
| COACH'S USA ID#: | EMAIL ADDRESS: | | | | | |
| HOME ADDRESS: | | | | | | |
| | City | | State | Zip | | |
| QUALIFICATION PERIOD FOR F E-MAIL ENTRY DEADLINE FOR LATE ENTRY DEADLINE VIA EN | NEW QUALIFYING SWI | MS – 11:59 | p.m., Sunday, March 11, 2018 | 3 (PDT) | | |
| NEW QUALIFYING SWIMS: Sw 2018 through Sunday, March March 11, 2018, and may not LATE ENTRIES: Swims achievi will be charged twice the ent Tuesday, March 13, 2018, and | 11, 2018. These e-ma be used to improve the general time try fees. These e-mail | il entries m e seed time standards t entries mu | ust be received no later than 1 of a previously submitted enthat were not entered previously be received no later than | 11:59 p.m. (PDT) on Su try. Is to the OME deadling 12:00 p.m. Noon (PD | | |
| We have entered the followin | g events on this e-mail | entry form | : | | | |
| NEW QUALIFIERS | | | LATE ENTRIES: | | | |
| Women: Individual Events | x \$16.00 = | | Women: Individual Events | x \$32.00 = | | |
| Men: Individual Events | x \$16.00 = | | Men: Individual Events | x \$32.00 = | | |
| Relays: # of Relays | | | Relays: # of Relays | | | |
| Surcharge: # of Swimmers | x \$35.00 = | | Surcharge: # of Swimmers | x \$35.00 = | | |
| Total | Entry Fee: \$ | | Total Entry | Fee: \$ | | |
| Emailed entries must be paid at | the Clark of Course | | | | | |
| The undersigned coach or team on this entry form are true and Coaches Signature: | correct. | | | ertifies that all times s | | |
| Swimmer Information | | | | | | |
| Print Name | | | Age | e | | |
| Team Name | | | | | | |
| Female Male | USAS Regist | ration # | | | | |
| Swimmer previously entered in | meet? Yes | | No | | | |
| Event # Event | | Time | Date A | schieved | | |
| Event # Event | | Time | Date A | chieved | | |
| Event # Event | Time | | Date A | chieved | | |
| | | Timo | Date A | chiovod | | |

(Duplicate this form as necessary)



2018 SPEEDO SECTIONAL AT FEDERAL WAY, WASHINGTON APPLICATION TO OFFICIATE

Applicant must be a member of USA Swimming and an LSC certified official. (PLEASE TYPE OR PRINT CLEARLY)

| Name: | | | | | _LSC: | | | |
|--|--|----------------------|-------------------------|--------------------|----------------|----------------------|-------------------|----|
| Address: | | | | | _Cell Phone: | | | |
| City, State, Zip: | | | | | | | | |
| E-mail Address: | | | | | | | | |
| Current LSC Certifications_ | | | | | | | | |
| Current N2 Certifications an | d Expiration: | | | | | | | |
| Current N3 Certifications an | d Expiration: | | | | | | | |
| Years/Months at Highest Le | vel | | | | | | | |
| Background Check Expiration | | | | | | | | |
| Athlete Protection Expiration | n Date: | | | | | | | |
| ALL APPLICANTS MUST HOUR PRIOR TO THE STA Khaki shorts may be worn | RT OF EACH | SESSION | | | | | | |
| I will serve at all sessions: Y | esNo | _ | | | | | | |
| I can't serve all sessions. My | y choices for ir Thursday Friday Saturday Sunday | 3/15 3/16 3/17 | Prelims Prelims | | F F | inalsinalsinalsinals | | |
| Shirt Size:(S, | | | | | . d for on A o | airmad Dao | itian mlaasa ahaa | ı. |
| APPLICATION FOR ASSIGN the appropriate box below | | | | | | | | K |
| Assignment requ | <u>est:</u> D | eck Refere | eeStarter | Chie | ef Judge | Admin. F | ₹ef | |
| If you are not applying for | r an Assigned | Position, | please check h | nere: | _Stroke & T | urn Only | | |
| APPLICATION FOR EVAL | JATION: If yo | u would lik | ce to be observed | d/evaluated | during the m | eet, comple | te the following: | |
| I request Evaluation as fo | | | ement to N2 fication | For Adv For Edu | ancement to | N3 | | |
| Refer | eeStarte | er CI | nief Judge | Admin Ref | Stroke | e & Turn | | |
| Most Recent Evaluation & E | valuator | | | | | | | |
| | | | | | | | | |

This application must be received by the Meet Referee no later than February 1, 2018 in order to be considered for specific assigned position.

Assigned positions will be notified by February 6, 2018.

Applications for other deck positions will be accepted at any time. However, only those applying by February 10, 2018 will be assured of getting a meet shirt.

Email your application to: David Coleman dcoleman@chaminade.edu

WRSS 2018 14



2018 SPEEDO SECTIONAL AT FEDERAL WAY, WASHINGTON

REIMBURSEMENT REQUEST

* * * THIS FORM IS DUE NO LATER THAN APRIL 2, 2018 * * *

PLEASE PRINT NEATLY

| Coach's Name: | Phone: | | | | |
|-------------------------------|--|--|--|--|--|
| Email Address: | Date of Request: | | | | |
| Coach's Signature: | | | | | |
| Full Team Name: | | | LSC: | | |
| Mailing Address for Reimburse | ement Check: | | | | |
| Street or P.O. Box | | | | | |
| City, State, Zip | | | | | |
| Winter N | Please complete ational Champio ng Championshi | e a separate form for Nationals nships Speedo Wi p Meet: | or Speedo Winter Junior Nationals and Juniors) inter Junior Nationals Location: ending Coach: | | |
| Swimmer's Name | Age | Event(s) Competed | Event(s) Competed At | | |
| (Last, First) | | At Sectionals | Nationals/Juniors (circle 1) | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

Please send completed form no later than April 2, 2018 to:

Bruce Stratton, Treasurer 2017 S. Roosevelt St. Boise, ID 83705 (208) 869-6350

Email: <u>brucewstratton@gmail.com</u>

DEADLINE: APRIL 2, 2018