



2019 Northwest Region Short Course Age Group Championships
Sanction #1903-NWAG – Time Trials Sanction #1903-AGTT
Weyerhaeuser King County Aquatic Center, Federal Way, Washington
Hosted by Valley Aquatics
Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

ENTRY DEADLINE: 11:59 PM PDT, WEDNESDAY, MARCH 13, 2019

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SCHEDULES	Thursday, March 21, 2019	Friday, March 22, 2019	Saturday, March 23, 2019	Sunday, March 24, 2019
Coaches Check-in & Coaches' Packet at Clerk of Course	2:30 PM	6:30 AM	7:00 AM	7:00 AM
Coaches' Meetings	3:30 PM	7:05 AM	NWAG Coaches Meeting will be held after Prelims	If needed
Relay Cards Due	5:30 PM	6:00 PM for final relays	8:00 AM for prelim relays 6:00 PM for final relays	N/A
Positive Check-in Deadline		13&O 400 IM: 10:00 AM		All 1650 Freestyle: 10:00 AM
Officials' Meeting (prelims)	4:00 PM	8:00 AM		
Timers' Meeting (prelims)	30 minutes before projected start of relay events.	8:30 AM		
Warm-ups (prelims)	See start time under finals for Thursday's event	7:15 AM - 7:45 AM: 13&O only in both competition pools 7:45 AM - 8:50 AM: 12&U only in south/scoreboard end pool 7:45-8:50 AM: 13&O only in north/dive tank end pool <i>Separate diving well with dedicated pace lane open to all swimmers</i>		
Competition--Prelims	See start time under finals for Thursday's events	9:00 AM	9:00 AM	9:00 AM
Officials' Meeting (finals)	One hour before start of competition			
Warm-ups (finals)	4:00 PM The pools will stay open until 8:00 PM after the end of competition for additional coach-supervised warm-up.	No earlier than 4:00 PM Meet Referee will announce start time by 12:30 PM each day.		
		No earlier than 5:00 PM Meet Referee will announce start time by 12:30 PM each day.		
Competition--Finals	5:00 PM			
Time Trials Sign-Up	Friday & Saturday: 8:00-10:00 AM; Sunday (1650 only) TBA			
Time Trials Competition	Friday & Saturday: Competition will start ten minutes after end of preliminary session. Sunday: See Time Trials information.			



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MEET DIRECTOR:

Suzanne Rychlik
• swimvast@hotmail.com
• 253-241-4827

MEET REFEREE:

Vicki Marsh
• vicki50marsh@gmail.com

ADMINISTRATIVE REFEREE:

David Warren
• dbwarren@gmail.com

NORTHWEST SECTION AGE GROUP CHAIRPERSON:

John Skroch
• coachjohn@istsockeyes.org

LOCATION AND DIRECTIONS

Weyerhaeuser King County Aquatic Center
650 SW Campus Drive
Federal Way, Washington

Directions from I-5: Take Exit 142B west on 348th. It becomes Campus Drive after crossing 1st Ave S. Pool is on the right side approximately 1 1/4 miles from I-5.

Note: In the event of inclement weather, call the King County Aquatic Center Hotline: 206-477-4444.

FACILITY

- Site of the 1990 Goodwill Games, 2008 and 2012 NCAA Men's Division 1 Championships, 2009 U.S. Open, and multiple Junior and National Championship meets.
- Indoor 9-foot deep, 50 meter pool, divided into two eight-lane 25 yard courses by bulkheads. The area between the bulkheads is closed at all times. Omega OSB starting blocks and take-off pads with adjustable setting back plates (fins) and backstroke starting ledges.
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Diving tank with dedicated pace lane will be available for continual warm-up.
- 2500 spectator seats. No reserved seating. Seating areas will be cleared at the end of each day, and all articles left in the stands will be removed. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections.
- Omega electronic timing system with full-read scoreboard.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks.
- 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.
- Deck changes are prohibited.
- Shaving is not allowed anywhere in the facility.

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.

- Circle swim counter-clockwise only. No paddles, pull buoys, fins, kickboards, snorkels, or other training equipment.
- 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.

ONSITE AMENITIES

- **Vendor:** Sylvia's Swimwear (Fri/Sat prelims only)
- **Special Meet T-Shirts:** Fine Designs
- **Meet Heat Sheets:** \$9.00
- **Finals Program:** \$1.00 per session
- **Results:** On PNS web site, www.pns.org
- **Concessions:** Operates under contract with King County; neither PNS nor the Northwest Region nor the host team derive any benefit.
- **Hospitality:** Available for coaches and officials in the Hospitality Room. Swimmers, timers, volunteers and spectators are not allowed.
- **Aquatic Center Parking:** Limited parking available in front and back lots. Illegally parked vehicles will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. Carpooling is strongly recommended!
- **Additional Parking:** Information will be posted on the PNS web page, www.pns.org
- **RV Parking:** Contact the Meet Director to obtain a permit prior to meet. A limited number of permits – for the north parking lot only – will be available. RVs parking without a permit will be asked to move or may be towed at the owner's expense if necessary. Dry camping--no sewer, water, or electricity. RV's and trailers with "pop-outs" may not park in outside perimeter spaces on the west, north, or east (uphill) sides of the parking lot. Units with "pop-outs" may only park next to planter islands in the center pull-through spaces so that "pop-outs" overhang the islands.
- **RV Hookups:** Dash Point State Park, 253 661 4955 (5 miles from KCAC)
- **Camping:** KOA Seattle South Campground, 5801 S. 212th Street, Kent, 253 872 8652 (13 miles from KCAC)
- **Warm-up:** Other than designated times, must be arranged directly with the King County Aquatic Center, 206 477 4444.



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ELIGIBILITY & ENTRY INFORMATION:

Meet Eligibility: All swimmers must be registered with USA Swimming through a club in the Northwest Region (Alaska, Hawaii, Inland Empire, Montana, Oregon, Pacific Northwest, Snake River, Wyoming LSCs) 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 a maximum of six (6) individual events but no more than three (3) per day.

- The daily limit includes Time Trials.
- Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- No deck entries will be permitted

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

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

Qualifying Times: 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 2019 Northwest Region Age Group Championships qualifying time in a USA Swimming sanctioned, approved, or observed competition between December 1, 2017, and the entry deadline.
- Swimmers with a disability must have met the PNS Championship Disability Championship time standard based on classification in a USA Swimming sanctioned, approved, or observed competition between December 1, 2017, and the entry deadline.
- A swimmer age 15-18 who has achieved an **individual** Western Region Sectional time (any course) may not enter this meet, not even as a relay swimmer.
- Except for Time Trials entries, all individual event entry times must be in SWIMS by 11:59 PM PST, Friday, March 15, 2019, 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.
- 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.**

ENTRY FEES:

- Surcharge: \$15.00
- Individual Event: \$ 7.00
- Relay: \$12.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

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
- 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:
 - 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).
- 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 pre-seeded timed finals. No check-in is required.
- Swimmers must provide their own counter, if desired.
- Timers will be provided.
- 12&U age groups: 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, in event number order.
- 13-18 age groups: 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, in event number order.
- The Meet Referee may adjust these events to accommodate the usage of pool of time.

400 IM for 11-12 age group:

- The 400 IM for 11 and 12 will be pre-seeded timed finals. No check-in is required.
- These events will be swum slowest to fastest in event number order.
- 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, in event number order.
- The Meet Referee may adjust these events to accommodate the usage of pool of time.



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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 own timers and counter, if desired. Lanes with no timer go unprotected.
- 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, in event number order.
- 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 through OME and fees paid. Each individual swimmer may participate on no more than one relay team per relay event.
- The completed (white) original copy of each relay slip must be submitted to the Clerk of Course by the stated deadline.
- 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 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 11-18 age groups' 400 Freestyle Relays.

Friday:

- The 200 yard Medley Relays for the 11-18 age groups will be swum 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 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&O 400 IM and all 1650 Freestyle events in order to swim. Swimmers not checking in for these events will automatically be scratched without penalty. Swimmers checking in for these events who fail to show for the swim will be disqualified from their next individual event of the meet in which they are entered.
- **Finals:** Swimmers qualifying for the finals of any prelims/finals event who fail to show will be barred from competing in the rest of the meet, unless properly scratched.

- **Intention to Scratch:** Once event results are announced, finalists and alternates have 30 minutes to scratch or declare their intention to scratch. Swimmers declaring an intention have until 30 minutes after the completion of their last individual preliminary event (not timed finals) to make a final decision to scratch. There is no penalty for scratches made under these conditions.
- Athletes who are seeded in a final event as a result of other athletes scratching will not themselves be penalized for a failure to properly scratch.
- Reseeding to include scratches made after the scratch deadline may occur at the discretion of the Meet Referee.

SAFETY:

- 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.
- The space between the bulkheads is closed at all times.
- 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 the swimmer's legal guardian to ensure compliance with this requirement.

TIMERS:

- Participating teams will be assigned lanes for timing during Thursday's timed finals session and all preliminary sessions. The host team will provide timers for Friday's, Saturday's, and Sunday's finals sessions.
- Lane assignments will be posted on the PNS web site www.pns.org and in the Heat Sheet. Please note that teams with entries into Thursday's events will be expected to provide timers for that session.

OTHER NOTES:

- 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 Valley Aquatics 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.
- Only credentialed athletes, coaches, officials, authorized volunteers, and facility employees are allowed on deck or in the locker rooms.



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- All others must remain in the designated spectator area or in public lobbies and are not allowed in the natatorium.
- In order to be on deck and serve in their official capacity, all coaches, officials and any other person required by sanction to be members of USA Swimming shall visibly display their membership credentials at all times. Since a meet-specific bagtag will serve as appropriate credentials, each coach must provide proof of current USA Swimming coaching certification to receive a bagtag.
- All persons acting in any coaching capacity must be coach members of USA Swimming. Check your credentials before travelling to the meet as renewing expired certifications may not be possible during 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.
- **Lost and Found:** Except for items removed when the spectator seating areas are cleared each evening, items will be left in place during the meet. After the meet, contact KCAC.
- **Team Banners:** Banners must be fabric. No helium balloons or paper signs. The size of banner must not exceed 5 feet by 8 feet.

N2/N3 Certification for Officials:

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. Instructions for Certification will be provided during the Officials' briefings.

Northwest Section Meeting Announcement:

Northwest Section 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:

- Time Trials will be offered each day 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.
 - 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 Trials will be announced.
- Time Trial fees must be paid at sign-up. Time Trial entry fees are \$7.00 per individual event and \$12.00 per relay event.
- 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--listed on a Master Entry Summary 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 for their age group as of the first day of the meet.
- Swimmers must provide their own timer. Lanes with no timer go unprotected. Distance freestyle swimmers must provide their own counter, if desired.
- Events will be swum slowest to fastest and may be swum mixed by stroke, gender, and/or age.
- Friday and Saturday Time Trials may be limited to one hour each day.

ENTRY SUBMITTAL INFORMATION:

- Entries may be submitted on line beginning 12:01 AM, Tuesday, February 1, 2019, through the USA Swimming website: www.usaswimming.org/ome
- Entries for swimmers with a disability: Contact the Meet Director by email.
- Online entries will be accepted until 11:59 PM PST Wednesday, March 13, 2019.
- Payment by credit card through OME only.
- Before checking out (i.e., completing your online entry), double-check the meet entry fee data to be sure you have entered the correct number of swimmers and splashes. **Be sure to enter (and pay for) all relay-only swimmers, as none can be added after the OME closure.**
- Once you complete your online entry you will be sent a confirmation email. Bring all written communications with you to the meet in case of problems with entries.
- OME will **not** automatically update your entry times as new results are entered into SWIMS. Should you wish your entry to reflect any updated times, you must return to your entry to do so before the entry deadline. You can also add events to your entry but you **cannot delete events after you have checked out.**
- NOTE FOR DISTANCE EVENTS: The 400 IM, 500 Freestyle, and 1650 Freestyle OME (on-line meet entry) event numbers will not match the Order of Events numbers. The special OME event numbers are for meet-entry purposes only. Event numbers in the Order of Events will be used during competition.
- NOTES FOR RELAYS: Use the "over-ride" feature for 13-14 and 15-18 200 medley relay times, if necessary.
- Please DO NOT submit paper entry to USA Swimming
- All entry questions should go to the Administrative Referee by email.

2019 NORTHWEST SECTION SC AGE GROUP CHAMPIONSHIPS
ORDER OF EVENTS
THURSDAY

Timed Finals 5:00 p.m.

Event #	Event	Age Group	Event #
1	500 free	11 & Under	2
	500 free	12	
3	500 free	13	4
	500 free	14	
	500 free	15-18	
5	400 free relay	11-12	6
7	400 free relay	13-14	8
9	400 free relay	15-18	10

NOTE: There will be a 10-minute warm-up break between the completion of Event #4 and the start of Event #5.

FRIDAY

Prelims 9:00 a.m.

Event #	Event	Age Group	Event #
11	100 back	10&U	12
13	100 back	11	14
15	100 back	12	16
17	100 back	13	18
19	100 back	14	20
21	100 back	15-18	22
23	200 fly	11-12	24
25	200 fly	13	26
27	200 fly	14	28
29	200 fly	15-18	30
31	50 free	10 & Under	32
33	50 free	11	34
35	50 free	12	36
37	50 free	13	38
39	50 free	14	40
41	50 free	15-18	42
43	100 breast	10 & Under	44
45	100 breast	11	46
47	100 breast	12	48
49	100 breast	13	50
51	100 breast	14	52
53	100 breast	15-18	54
55	400 IM	11-12	56
57	400 IM	13	58
	400 IM	14	
	400 IM	15-18	

Finals - no earlier than 5:00 p.m.

Event #	Event	Age Group	Event #
13	100 back	11	14
15	100 back	12	16
17	100 back	13	18
19	100 back	14	20
21	100 back	15-18	22
23	200 fly	11-12	24
25	200 fly	13	26
27	200 fly	14	28
29	200 fly	15-18	30
33	50 free	11	34
35	50 free	12	36
37	50 free	13	38
39	50 free	14	40
41	50 free	15-18	42
45	100 breast	11	46
47	100 breast	12	48
49	100 breast	13	50
51	100 breast	14	52
53	100 breast	15-18	54
59	200 med relay	11-12	60
61	200 med relay	13-14	62
63	200 med relay	15-18	64

SATURDAY

Prelims 9:00 a.m.

Event #	Event	Age Group	Event #
65	200 med relay	10 & Under	66
67	400 med relay	11-12	68
69	400 med relay	13-14	70
71	400 med relay	15-18	72
73	50 fly	10 & Under	74
75	50 fly	11	76
77	50 fly	12	78
79	200 breast	11-12	80
81	200 breast	13	82
83	200 breast	14	84
85	200 breast	15-18	86
87	50 back	10 & Under	88
89	50 back	11	90
91	50 back	12	92
93	100 free	10 & Under	94
95	100 free	11	96
97	100 free	12	98
99	100 free	13	100
101	100 free	14	102
103	100 free	15-18	104
105	200 IM	10 & Under	106
107	200 IM	11	108
109	200 IM	12	110
111	200 IM	13	112
113	200 IM	14	114
115	200 IM	15-18	116
117	200 free relay	10 & Under	118

Finals - no earlier than 5:00 p.m.

Event #	Event	Age Group	Event #
75	50 fly	11	76
77	50 fly	12	78
79	200 breast	11-12	80
81	200 breast	13	82
83	200 breast	14	84
85	200 breast	15-18	86
89	50 back	11	90
91	50 back	12	92
95	100 free	11	96
97	100 free	12	98
99	100 free	13	100
101	100 free	14	102
103	100 free	15-18	104
107	200 IM	11	108
109	200 IM	12	110
111	200 IM	13	112
113	200 IM	14	114
115	200 IM	15-18	116
119	200 free relay	11-12	120
121	200 free relay	13-14	122
123	200 free relay	15-18	124

SUNDAY

Prelims 9:00 a.m.

Event #	Event	Age Group	Event #
125	50 breast	10 & Under	126
127	50 breast	11	128
129	50 breast	12	130
131	200 back	11-12	132
133	200 back	13	134
135	200 back	14	136
137	200 back	15-18	138
139	100 fly	10 & Under	140
141	100 fly	11	142
143	100 fly	12	144
145	100 fly	13	146
147	100 fly	14	148
149	100 fly	15-18	150
151	200 free	10 & Under	152
153	200 free	11	154
155	200 free	12	156
157	200 free	13	158
159	200 free	14	160
161	200 free	15-18	162
163	100 IM	10 & Under	164
165	100 IM	11	166
167	100 IM	12	168
169	1650 free	11-12	170
	1650 free	13	
	1650 free	14	
	1650 free	15-18	

Finals - no earlier than 5:00 p.m.

Event #	Event	Age Group	Event #
127	50 breast	11	128
129	50 breast	12	130
131	200 back	11-12	132
133	200 back	13	134
135	200 back	14	136
137	200 back	15-18	138
141	100 fly	11	142
143	100 fly	12	144
145	100 fly	13	146
147	100 fly	14	148
149	100 fly	15-18	150
153	200 free	11	154
155	200 free	12	156
157	200 free	13	158
159	200 free	14	160
161	200 free	15-18	162
165	100 IM	11	166
167	100 IM	12	168



NORTHWEST AGE GROUP REGIONALS
MARCH 21-24, 2019
TIME STANDARDS
WEYERHAEUSER KING COUNTY AQUATIC CENTER
QUALIFYING TIME PERIOD 2/1/2018

G15-18	G14	G13	G12	G11	G10U	SCY	B10U	B11	B12	B13	B14	B15-18
:25.99	:25.59	:26.09	:26.79	:28.09	:29.69	50 Free	:30.19	:28.39	:26.09	:24.59	:23.59	:23.19
:56.19	:55.29	:56.59	:58.39	1:01.49	1:06.29	100 Free	1:07.19	1:02.19	:57.29	:53.69	:51.29	:50.29
2:01.59	2:00.59	2:03.59	2:08.29	2:15.59	2:25.59	200 Free	2:27.79	2:16.19	2:06.09	1:57.69	1:52.29	1:50.49
5:28.79	5:22.79	5:31.89	5:43.29	6:04.09		500 Free	6:01.09	5:35.49		5:15.79	5:01.29	5:03.69
19:14.79	18:47.69	19:22.19	20:11.99			1650 Free		19:42.79		18:21.29	17:38.29	18:04.89
			:30.79	:32.49	:34.79	50 Back	:35.39	:32.99	:30.39			
1:02.39	1:01.89	1:03.69	1:06.39	1:10.29	1:15.79	100 Back	1:17.49	1:11.19	1:05.59	1:01.19	:58.09	:56.59
2:14.19	2:15.09	2:17.89	2:25.09			200 Back		2:24.99		2:12.89	2:07.39	2:04.09
			:34.89	:36.69	:39.49	50 Breast	:40.69	:37.59	:34.29			
1:11.19	1:10.89	1:12.69	1:15.49	1:20.19	1:26.29	100 Breast	1:29.09	1:21.99	1:14.59	1:08.89	1:05.59	1:02.99
2:35.39	2:31.19	2:37.89	2:45.39			200 Breast		2:45.39		2:30.59	2:23.89	2:19.49
			:29.39	:31.09	:33.29	50 Fly	:34.19	:31.69	:29.09			
1:01.39	1:01.39	1:03.29	1:05.99	1:11.19	1:18.09	100 Fly	1:20.69	1:12.29	1:05.09	1:00.09	:56.89	:54.89
2:18.39	2:19.89	2:23.89	2:34.39			200 Fly		2:34.79		2:17.69	2:10.29	2:04.49
			1:07.29	1:11.09	1:15.99	100 IM	1:17.19	1:11.69	1:05.99			
2:17.29	2:15.79	2:19.09	2:25.09	2:33.69	2:44.49	200 IM	2:47.69	2:33.19	2:22.39	2:12.49	2:06.19	2:04.29
4:53.39	4:49.89	4:57.39	5:08.79			400 IM		5:03.19		4:41.19	4:29.09	4:26.39
1:49.99	1:43.39		1:49.69	2:05.69		200 FRR	2:07.49	1:47.79		1:36.19		1:37.69
4:00.59	3:46.59		4:02.59			400 FRR		4:02.39		3:32.99		3:35.79
2:02.19	1:54.79		2:02.39	2:21.99		200 MR	2:24.29	2:00.79		1:46.99		1:49.99
4:21.99	4:11.09		4:32.29			400 MR		4:33.59		3:54.19		3:58.89

G15-18	G14	G13	G12	G11	G10U	LCM	B10U	B11	B12	B13	B14	B15-18
:29.69	:29.19	:29.79	:30.49	:31.99	:33.69	50 Free	:34.29	:32.29	:29.79	:28.09	:26.99	:26.79
1:04.19	1:02.89	1:04.29	1:06.29	1:09.69	1:14.89	100 Free	1:15.99	1:10.49	1:04.89	1:01.09	:58.49	:58.29
2:19.09	2:16.69	2:19.99	2:25.19	2:33.19	2:44.19	200 Free	2:46.59	2:33.89	2:22.79	2:13.49	2:07.59	2:07.99
4:57.39	4:56.09	5:04.09	5:14.19	5:32.49		400 Free	5:29.79	5:07.29		4:49.99	4:37.19	4:36.39
19:51.29	19:17.69	19:52.29	20:41.99			1500 Free		20:12.79		18:51.29	18:08.29	18:35.19
			:34.89	:36.79	:39.29	50 Back	:39.99	:37.29	:34.49			
1:12.89	1:10.29	1:12.09	1:15.09	1:19.39	1:25.39	100 Back	1:27.29	1:20.39	1:14.19	1:09.39	1:05.99	1:07.19
2:36.09	2:32.69	2:35.69	2:43.69			200 Back		2:43.49		2:30.19	2:24.19	2:24.49
			:39.39	:41.39	:44.49	50 Breast	:45.79	:42.39	:38.79			
1:23.99	1:19.99	1:21.99	1:25.09	1:30.29	1:36.99	100 Breast	1:40.09	1:32.19	1:24.09	1:17.79	1:14.19	1:16.39
3:03.09	2:50.39	2:57.69	3:05.99			200 Breast		3:05.99		2:49.69	2:42.29	2:47.79
			:33.39	:35.29	:37.69	50 Fly	:38.69	:35.89	:33.09			
1:09.89	1:09.59	1:11.69	1:14.59	1:20.39	1:27.99	100 Fly	1:30.79	1:21.59	1:13.69	1:08.19	1:04.59	1:03.09
2:40.39	2:37.89	2:42.29	2:53.89			200 Fly		2:54.29		2:35.49	2:27.39	2:25.79
2:39.09	2:33.39	2:37.09	2:43.69	2:53.09	3:04.99	200 IM	3:08.49	2:52.59	2:40.69	2:29.79	2:22.89	2:25.19
5:37.79	5:26.89	5:35.19	5:47.69			400 IM		5:41.59		5:17.39	5:04.09	5:13.09
2:05.29	1:57.79		2:04.69	2:22.29		200 FRR	2:24.29	2:02.59		1:49.89		1:52.29
4:30.19	4:17.29		4:34.89			400 FRR		4:34.69		4:02.29		4:06.39
2:20.09	2:10.29		2:18.69	2:40.19		200 MR	2:42.79	2:16.89		2:01.69		2:05.69
5:02.89	4:44.29		5:07.59			400 MR		5:08.99		4:25.69		4:36.59

G15-18	G14	G13	G12	G11	G10U	SCM	B10U	B11	B12	B13	B14	B15-18
:28.89	:28.19	:28.79	:29.49	:30.99	:32.69	50 Free	:33.29	:31.29	:28.79	:27.09	:25.99	:25.59
1:01.79	1:00.89	1:02.29	1:04.29	1:07.69	1:12.89	100 Free	1:13.99	1:08.49	1:02.89	:59.09	:56.49	:55.49
2:13.89	2:12.69	2:15.99	2:21.19	2:29.19	2:40.19	200 Free	2:42.59	2:29.89	2:18.79	2:09.49	2:03.59	2:02.39
4:43.89	4:44.09	4:52.09	5:02.19	5:20.49		400 Free	5:17.79	4:55.29		4:37.99	4:25.19	4:22.89
19:02.39	18:24.09	18:57.89	19:46.59			1500 Free		19:17.99		17:58.19	17:16.09	17:40.29
			:33.89	:35.79	:38.29	50 Back	:38.99	:36.29	:33.49			
1:09.59	1:08.09	1:10.09	1:13.09	1:17.39	1:23.39	100 Back	1:25.29	1:18.39	1:12.19	1:07.39	1:03.99	1:02.89
2:30.09	2:28.69	2:31.69	2:39.69			200 Back		2:39.49		2:26.19	2:20.19	2:19.09
			:38.39	:40.39	:43.49	50 Breast	:44.79	:41.39	:37.79			
1:18.29	1:17.99	1:19.99	1:23.09	1:28.29	1:34.99	100 Breast	1:38.09	1:30.19	1:22.09	1:15.79	1:12.19	1:09.09
2:50.79	2:46.39	2:53.69	3:01.99			200 Breast		3:01.99		2:45.69	2:38.29	2:32.79
			:32.39	:34.29	:36.69	50 Fly	:37.69	:34.89	:32.09			
1:07.39	1:07.59	1:09.69	1:12.59	1:18.39	1:25.99	100 Fly	1:28.79	1:19.59	1:11.69	1:06.19	1:02.59	1:01.19
2:33.39	2:33.89	2:38.29	2:49.89			200 Fly		2:50.29		2:31.49	2:23.39	2:18.39
			1:14.09	1:18.29	1:23.59	100 IM	1:24.99	1:18.89	1:12.59			
2:31.49	2:29.39	2:33.09	2:39.69	2:49.09	3:00.99	200 IM	3:04.49	2:48.59	2:36.69	2:25.79	2:18.89	2:17.29
5:23.49	5:18.89	5:27.19	5:39.69			400 IM		5:33.59		5:09.39	4:56.09	4:55.09
2:02.79	1:53.79		2:00.69	2:18.29		200 FRR	2:20.29	1:58.59		1:45.89		1:48.99
4:24.79	4:09.29		4:26.89			400 FRR		4:26.69		3:54.29		3:58.19
2:17.59	2:06.29		2:14.69	2:36.19		200 MR	2:38.79	2:12.89		1:57.69		2:01.29
4:59.19	4:36.29		4:59.59			400 MR		5:00.99		4:17.69		4:28.59

2019 NORTHWEST REGION SHORT COURSE AGE GROUP CHAMPIONSHIPS
Weyerhaeuser King County Aquatic Center
March 21-24, 2019
APPLICATION TO OFFICIATE

You are hereby invited to officiate at the 2019 Northwest Region Short Course Age Group Championships.

This meet has been designated as a training meet for N2/N3 Officials Certification.

A mandatory officials briefing session will be held one hour prior to each session.

The dress is white shirt/blouse for prelims and finals; navy pants, skirts, shorts (PRELIMS only), white socks; and white shoes.

Officials desiring an assigned position must submit their application no later than February 18, 2019. Preference will be given to those who agree to work all sessions. All others planning to attend the meet are also encouraged to return an application. The Meet Referee is Vicki Marsh

Name: _____ LSC: _____

Address: _____ Team: _____

City, State, Zip: _____ Phone: _____

Email: _____

I will work at all sessions: _____

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

Thursday		Finals	_____
Friday	Prelims	Finals	_____
Saturday	Prelims	Finals	_____
Sunday	Prelims	Finals	_____

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

REGISTRATION INFORMATION: List expiration date for each of the following:

_____ USA Swimming Non-Athlete Membership
_____ Level II Background Check
_____ Athlete Protection Training

CURRENT CERTIFICATION

LSC	Position Certified: _____	Expiration: _____
N2	Position Certified: _____	Expiration: _____
N3	Position Certified: _____	Expiration: _____

Request evaluation for advancement/recertification N2/N3 in the following position: _____

PLEASE RETURN THIS INVITATION TO THE MEET REFEREE: Vicki Marsh vicki50marsh@gmail.com

To aid the meet host with ordering shirts for those working a minimum of four (4) sessions, please return this application by February 18, and note size below.

Please mark preferred polo shirt size:

Small: _____
Medium: _____
Large: _____

Women or Men size (circle one)

X-Large _____
XXL: _____
Other-specify: _____