

2019 NORTHWEST SPRING SPEEDO SECTIONALS

FEDERAL WAY, WA

March 14 - 17, 2019



Hosted by King Aquatic Boosters Association
Weyerhaeuser King County Aquatic Center
650 SW Campus Drive, Federal Way, WA 98023
Facility Phone: (206) 477-4444

Held Under the Sanction of Pacific Northwest Swimming and USA Swimming, Inc.

Sanction #1903-WRSS -- Time Trials Sanction #1903-WRTT

Websites:

www.kingaquatics.org * www.pns.org * www.westernzoneswimming.org * www.usaswimming.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, 8-lane competitive pool divided into two 25-yard courses by bulkheads; the pool area between the bulkheads is closed at all times. Continuous warm-up and warm-down available in separate diving tank. Omega electronic timing system with an 8-lane alphanumeric readout scoreboard. Omega OSB starting blocks and take-off pads with adjustable setting back plates (fins) and backstroke starting ledges will be used for this competition.

The 50-meter competition pool, and the corresponding 25-yard competition courses, run at a consistent depth of nine (9) feet for the length of the competition courses.

Pool Certification:

The competition course has been certified in accordance with 104.2.2 C (4). and is on file with USA Swimming.

Sanction:

This meet has been sanctioned by Pacific Northwest Swimming and current USA Swimming rules and any relevant sections of the Pacific Northwest Swimming Policies & Procedures Manual will apply. All athletes must be currently registered for 2019 with USA Swimming. Pacific Northwest Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability:

In granting this sanction and by any person's participation in the meet, it is understood and agreed that USA Swimming shall be free 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, Inc., all meet officials, King County Aquatic Center, and KING Aquatics shall be free and held harmless from any and all liabilities or claims for any damages, even if such liabilities or claims are due to the negligence of such organizations, arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's team, if attached, to be held accountable for repairs.

Meet Referee

Ken Breiding
253-653-4436 (cell)
kenbreiding@comcast.net

Admin Referee

Dave Coddington
206-321-5616 (cell)
djcoddington@comcast.net

Meet Director

Tara Ross
206-250-8807 (cell)
kingmeetchief1@gmail.com

MEET SCHEDULE SUMMARY

MEETING SCHEDULE		
General Meeting	Wednesday, March 13 at 4:30 PM * Banquet Hall Annex (Located North of Facility)	
Officials' Meetings	One hour before the start of each session	
Section Business Meeting	Friday, March 15 * 30 min after end of Prelims * Officials Meeting Room	
COMPETITION SCHEDULE	PRELIMINARIES	FINALS
Thursday – Sunday March 14 – March 17	Warm-Up: 7:00 AM – 8:50 AM Competition: 9:00 AM	Warm-Up: 4:00 PM – 5:20 PM Competition: 5:30 PM

Supervised Warm-Ups: The competition pools will be available for supervised warm-ups on Wednesday, March 13, from 4:30-7:30 PM.



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ORDER OF EVENTS

Women's Event #	Thursday * March 14, 2019	Men's Event #
1	200 Medley Relay (A)	2
3	100 Freestyle	4
5	1000 Freestyle (B)	6
7	200 Breaststroke	8
9	200 Butterfly	10
11	200 Freestyle Relay (C)	12
Women's Event #	Friday * March 15, 2019	Men's Event #
13	200 Freestyle	14
15	400 Individual Medley	16
17	100 Backstroke	18
19	400 Freestyle Relay (D)	20
Women's Event #	Saturday * March 16, 2019	Men's Event #
21	200 Backstroke	22
23	500 Freestyle	24
25	100 Breaststroke	26
27	100 Butterfly	28
29	800 Freestyle Relay (D)	30
Women's Event #	Sunday * March 17, 2019	Men's Event #
31	200 Individual Medley	32
33	1650 Freestyle (B)	34
35	50 Freestyle	36
37	400 Medley Relay (D)	38

A: The 200 Medley Relay will be conducted as timed finals, **with the fastest two heats of women and the fastest two heats of men swum in event order at the beginning of Finals**. Finals heats will be swum in the following order: second fastest, fastest.

There will be a 10-min break immediately following the fastest men's heat, prior to the start of the Finals for Event 3.

All other heats will be swum in preliminaries, in event order, fastest to slowest, utilizing two pools, as needed.

There will be a 10-min break following the conclusion of Event 2, prior to the start of the preliminary heats of Event 3.

B: The 1000 and 1650 Freestyles will be conducted as timed finals, following the National Championship format, with the **fastest heat of women and the fastest heat of men swimming in finals in event order**.

All other heats will be swum **slowest to fastest**, alternating women and men beginning at a predetermined time, so the second fastest heat of the men's event is concluded 90 minutes before the evening finals session is scheduled to begin. Athletes may qualify for these events using any of the 1000Y/800M or 1650Y/1500M time standards.

C: The 200 Free Relay will be conducted as timed finals, **with the fastest two heats of women and the fastest two heats of men swum in event order at the end of finals**. Finals heats will be swum in the following order: second fastest, fastest.

There will be a 10-min break immediately prior to the start of the women's second fastest heat.

All other heats will be swum in preliminaries, in event order, fastest to slowest, utilizing two pools, as needed.

There will be a 10-min break following the preliminary heats of Event 10, prior to the start of the preliminary heats of Event 11.

D: These relay events will be conducted as timed finals **with the fastest two heats of women and the fastest two heats of men swum at the end of finals**, in the following order: second fastest heat, fastest heat.

All other heats will be swum at the end of preliminaries, alternating women's and men's heats, **fastest to slowest**.



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2019 USA Swimming Speedo Championship Series Northwest Spring Sectional Time Standards						
March 14 - 17, 2019 * King Co Aquatic Center * Federal Way, WA						
Women				Men		
SCY	SCM	LCM	EVENTS	SCY	SCM	LCM
24.68	27.47	28.27	50 Free	22.03	24.34	25.47
53.45	58.82	1:01.05	100 Free	47.89	52.85	55.48
1:55.74	2:07.51	2:12.43	200 Free	1:45.18	1:56.45	2:01.85
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 Free	10:10.58	8:54.20	9:19.51
18:19.78	18:07.90	18:54.49	1500/1650 Free	17:13.16	16:49.75	17:42.01
59.39	1:06.27	1:09.34	100 Back	53.87	59.83	1:03.98
2:07.80	2:22.92	2:28.61	200 Back	1:58.15	2:12.46	2:20.40
1:07.76	1:14.49	1:19.93	100 Breast	59.99	1:05.79	1:12.74
2:27.99	2:42.66	2:54.37	200 Breast	2:12.85	2:25.44	2:39.72
58.44	1:04.17	1:06.52	100 Fly	52.26	58.22	1:00.01
2:11.77	2:26.01	2:32.74	200 Fly	1:58.55	2:11.74	2:18.79
2:10.69	2:24.21	2:31.47	200 Ind. Medley	1:58.31	2:10.74	2:18.24
4:39.34	5:08.00	5:21.68	400 Ind. Medley	4:13.70	4:41.00	4:58.15
1:44.69	1:56.89	1:59.29	200 Free Relay	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 Free Relay	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 Free Relay	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 Medley Relay	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 Medley Relay	3:47.49	4:15.75	4:23.39



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Meet Format:

- 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, p.2 of this Announcement. The “D” Final will be conducted as an 18&U Only heat.
- Timed Finals Events and Preliminary Heats of Individual Events will be seeded and swum FASTEST to SLOWEST, except as noted in the Order of Events, p.2 of this Announcement.
- Finals Heats of Individual Events will swum SLOWEST to FASTEST: Bonus D, Bonus C, Consolation, Championship.
- Order of seeding will be Short Course Yards (SCY), Short Course Meters (SCM), Long Course Meters (LCM). Bonus events will be seeded after the above, in the same order: BSCY-BSCM-BLCM.
- Athletes may qualify for and enter the 1000 and/or 1650 Freestyles using any of the 1000Y/800M or 1650Y/1500M time standards.
- Relay teams entered in the 400 Freestyle Relay, the 800 Freestyle Relay, and 400 Medley Relay wishing to swim in preliminary heats rather than finals heats need to notify Admin Referee of this intent by the deadline for relay declarations.
- Swimmers entered in the 1000 and 1650 Freestyles wishing to swim in preliminary heats rather than the finals heat need to declare this intention upon time of positive check-in for these events.

Rules:

- Current USA Swimming rules will govern this meet. Current Pacific Northwest Swimming Safety Guidelines and Warm Up procedures will be in effect and strictly enforced.
- The age of the swimmer will be his/her age as of March 14, 2019, 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.
- 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 and to bring proof of such certification to the meet.
- 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.

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, or locker rooms.
- 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.



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Eligibility:

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 Northwest/Region 12 Section of the Western Zone (Alaska, Inland Empire, Hawaii, Montana, Oregon, Pacific Northwest, Snake River, and Wyoming) as of the day meet entries close.
3. Are currently registered with a USA Swimming LSC within the Four Corners Section (Arizona, Colorado, New Mexico, Utah) of the Western Zone **and who reserved a place in the Federal Way meet prior to December 1, 2018.**

Event registration link: <https://www.eventbrite.com/e/2019-speedo-sectionals-at-federal-way-wa-tickets-50133745382>

4. On-deck transfer into an eligible LSC is not allowed.

5. Have met the appropriate 2019 qualifying times in competition between December 1, 2017, and the entry deadline, March 6, 2019.
6. 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. It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times are in SWIMS. Proof of relay entry times is not required.
7. 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.

Meet management will produce a psych sheet prior to the start of the meet with markings to indicate times requiring proof as required under #6, above. The psych sheet will be posted on the websites listed on p.1 of this Meet Announcement and will be emailed to the primary coach of record listed in the OME entries.

Entries:

All entries must be submitted online through USA Swimming's Online Meet Entry system – www.usaswimming.org/ome between 12:00 AM PST, February 1, 2019, and 11:59 PM PST, March 6, 2019.

- 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 Card.
- 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 entry 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** at USASwimming: jlewis@usaswimming.org * (719) 866-3562.
- If you have an **entry question**, please contact the **Admin Referee, Dave Coddington**: djcoddington@comcast.net or **Diane Miller**: kingmeetentry@gmail.com.



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Event Limit:

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 Trials. All swimmers, including relay-only swimmers, are limited to three (3) Time Trials during the course of 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:

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 Trials, as follows:

Qualified	Bonus	Total
One (1) qualified event	Two (2) bonus event	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 Surcharges: \$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 PST, March 6, 2019.
After March 6, 2019, 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 11:59 PM, Sunday, March 10, 2019, 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 Individual Event Qualifiers:

Swimmers who achieve a **first-time individual qualifying standard** from Thursday, March 7, 2019, through Sunday, March 10, 2019, may enter, but only on the Email Entry Form, p12 of this Announcement.

- New qualifying individual entries will be accepted via the Email Entry Form, p12 of this Announcement, until 11:59 PM, Sunday, March 10, 2019, and may not be used to improve the seed time of a previously submitted entry.
- Updating bonus swim seed times after the March 6th 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 6th deadline is permitted using the Email Entry Form.



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Registration & Team Check-In:

All swimmers, coaches, and officials participating in this competition must be currently registered for 2019 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 certified team managers listed on the Meet 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 13: 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 14-17: 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 13, 2019, at 4:30 pm in the Banquet Hall Annex, located North of the Facility. 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 Deadline for Thursday's Events:

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

- Swimmers in Thursday's 200 Medley Relay & 200 Freestyle Relay events must be checked in no later than 15 minutes after the conclusion of the Wednesday's General Meeting in order to be seeded and compete in this event.
- *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 the Admin Referee, Dave Coddington: djcoddington@comcast.net .

Swimmers are considered checked in for all other individual 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 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.

All relays except 200 Medley Relay & 200 Freestyle Relay will follow the same scratch procedures as individual events.

Scratches for relays are due to the Admin Referee prior to the scratch deadline for that day's events. Relay entry forms for the 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.



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CHECK-IN & SCRATCH SCHEDULE		
EVENTS	ACTION REQUIRED	DEADLINE
Thursday 100/200 Events	Scratch	15 minutes after conclusion of Wednesday's General Meeting
Thursday 200 Medley & Free Relays	Positive check-in	
Thursday 1000 Freestyle	Positive check-in or scratch	
Friday Individual Events	Scratch	6:00 PM Thursday
Friday Relays	Scratch	
Saturday Individual Events	Scratch	6:00 PM Friday
Saturday Relays	Scratch	
Sunday 200 IM and 50 Free	Scratch	6:00 PM Saturday
Sunday 1650 Freestyle	Positive check-in or scratch	
Sunday Relays	Scratch	
All Relays	Submit relay slips w/full names and order to Clerk of Course	No later than one hour before scheduled start of relays
	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. All adjustments 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.

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



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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:

Time Trial Meet Referee

Dave Baer

206-938-8388 (cell)

dlbaer53@gmail.com

- 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 trials during the course of 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 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:

- 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 all Time Trial events.
- 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.



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Section Business Meeting:

The Section's Business Meeting will be held on Friday, March 15, 2019, approximately 30 minutes after the completion of the preliminary session (exact time TBA). Questions and agenda items should be sent to Section Chair, Jody Braden: coachjib@comcast.net.

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 also participated in the 2018 Winter National Championships or the 2018 Speedo Winter Junior National Championship 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. Application for reimbursement must be made by submitting the attached form (p.13) within fifteen (15) days following the conclusion of this meet; **final deadline for submission: April 1, 2019.**

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, p14 of this Announcement, must be received by the Meet Referee by February 6, 2019.**
- 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. Walk-on Officials are also 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. 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 15, 2019, after the conclusion of Finals. Details will be announced.

Hospitality:

A Hospitality Room will be provided by 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 team, 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.

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 to the websites listed on p.1 of this Announcement.

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 not be available at this meet.** Please investigate alternative off-site locations such as Dash Point State Park, if you are interested in this option.



2019 NORTHWEST SPRING SPEEDO SECTIONALS * FEDERAL WAY, WA * MARCH 14 - 17, 2019

MEET ENTRY SUMMARY FORM

OME ENTRY DEADLINE – 11:59 P.M. March 6, 2019

TEAM NAME: _____ CLUB CODE: _____

CONTACT NAME: _____ PHONE #: _____

E-MAIL ADDRESS: _____

TEAM ADDRESS: _____

COACH (ES) ATTENDING MEET:

Name _____ Cell #: _____

Name _____ Cell #: _____

Name _____ Cell #: _____

The following statement must be signed by a coach or team representative:

I have read the meet information and attest that all swimmers entered are 2019 full-year members of USA Swimming.

Signature: _____ Date: _____

ENTRY SUMMARY

Total from Master Entry Form(s) \$ _____

Total from Relay Entry Form = \$ _____

Team Total = \$ _____

OME ENTRY DEADLINE – 11:59 P.M. March 6, 2019

Mail completed form to:

Tara Ross – KING Aquatics

PO Box 25459

Federal Way, WA 98093-2459



2019 NORTHWEST SPRING SPEEDO SECTIONALS * FEDERAL WAY, WA * MARCH 14 - 17, 2019

E-MAIL ENTRY FORM

submit to: Tara Ross kingmeetdirector1@gmail.com by the deadlines listed below

TEAM NAME: _____ CLUB CODE: _____

COACH NAME: _____ PHONE #: _____

COACH'S USA ID#: _____ EMAIL ADDRESS: _____

HOME ADDRESS: _____

City

State

Zip

QUALIFICATION PERIOD FOR NEW QUALIFYING SWIMS: Thursday, March 7, 2019 – Sunday, March 10, 2019

E-MAIL ENTRY DEADLINE FOR NEW QUALIFYING SWIMS – 11:59 p.m., Sunday, March 10, 2019 (PST)

LATE ENTRY DEADLINE VIA EMAIL – 11:59 p.m., Sunday, March 10, 2019 (PST)



NEW QUALIFYING SWIMS: Swims achieving the qualifying time standards for the first time from Thursday, March 7, 2019 through Sunday, March 10, 2019. These e-mail entries must be received no later than 11:59 p.m. (PST) on Sunday, March 10, 2019, and may not be used to improve the seed time of a previously submitted entry.



LATE ENTRIES: Swims achieving the qualifying time standards that were not entered previous to the OME deadline and will be charged twice the entry fees. These e-mail entries must be received no later than 11:59 p.m. (PST) on Sunday, March 10, 2019, and may not be used to improve the seed time of a previously submitted entry.

We have entered the following events on this e-mail entry form:

NEW QUALIFIERS

Women: Individual Events _____ x \$16.00 = _____

Men: Individual Events _____ x \$16.00 = _____

Relays: # of Relays _____ x \$36.00 = _____

Surcharge: # of Swimmers _____ x \$35.00 = _____

Total Entry Fee: \$ _____

LATE ENTRIES:

Women: Individual Events _____ x \$32.00 = _____

Men: Individual Events _____ x \$32.00 = _____

Relays: # of Relays _____ x \$72.00 = _____

Surcharge: # of Swimmers _____ x \$35.00 = _____

Total Entry Fee: \$ _____

Emailed entries must be paid with check or cash on Wednesday, March 13, 2019, at the Registration Desk.

The undersigned coach or team representative of all swimmers listed on this entry form hereby certifies that all times stated on this entry form are true and correct.

Coach Signature: _____

Swimmer Information

Print Name _____ Age _____

Team Name _____

Female _____ Male _____ USAS Registration # _____

Swimmer previously entered in meet? Yes _____ No _____

Event # _____ Event _____ Time _____ Date Achieved _____

Event # _____ Event _____ Time _____ Date Achieved _____

Event # _____ Event _____ Time _____ Date Achieved _____

Event # _____ Event _____ Time _____ Date Achieved _____

Event # _____ Event _____ Time _____ Date Achieved _____

(Duplicate this form as necessary)



2019 NORTHWEST SPRING SPEEDO SECTIONALS * FEDERAL WAY, WA * MARCH 14 - 17, 2019

REIMBURSEMENT REQUEST

***** THIS FORM IS DUE NO LATER THAN APRIL 1, 2019 *****

PLEASE PRINT NEATLY

Coach's Name: _____ Phone: _____

Email Address: _____ Date of Request: _____

Coach's Signature: _____

Full Team Name: _____ LSC: _____

Mailing Address for Reimbursement Check (this must be the address of the club as payments are only made to club):

Street or P.O. Box _____

City, State, Zip _____

USA SWIMMING CHAMPIONSHIP MEET FOR WHICH REIMBURSEMENT IS REQUESTED -- CIRCLE ONE:

Swimmer must attend both the 2019 Spring Section Meet and 2018 Winter Nationals -or- 2018 Winter Jr. Nationals

(Please complete a separate form for Nationals and Juniors)

2018 Winter National Championships

2018 Winter Speedo Junior Nationals

Dates of USA Swimming Championship Meet: _____ Location: _____

Did Coach Attend Championship Meet? Yes No Name of Attending Coach: _____

Swimmer's Name (Last, First)	Age	Event(s) Competed At Sectionals	Event(s) Competed At Nationals/Juniors (circle 1)

Please send completed form within 15 days of the end of the Championship Meet for which reimbursement is requested to:

Bruce Stratton, Treasurer

2017 S. Roosevelt St.

Boise, ID 83705

(208) 869-6350

Email: brucewstratton@gmail.com

DEADLINE: APRIL 1, 2019



2019 NORTHWEST SPRING SPEEDO SECTIONALS * FEDERAL WAY, WA * MARCH 14 - 17, 2019

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 and Expiration: _____
 Current N3 Certifications and Expiration: _____
 Years/Months at Highest Level: _____

ALL APPLICANTS MUST ATTEND MANDATORY OFFICIALS BRIEFINGS BEFORE EACH SESSION

WHICH BEGIN ONE HOUR PRIOR TO THE START OF EACH SESSION.

Uniform is white polo and khaki pants/skirt with white shoes and socks.
Khaki shorts may be worn during prelims only.

I will serve at all sessions: Yes _____ No _____

I can't serve all sessions. My choices for individual sessions are checked below:

Thursday 3/14	Prelims _____	Finals _____
Friday 3/15	Prelims _____	Finals _____
Saturday 3/16	Prelims _____	Finals _____
Sunday 3/17	Prelims _____	Finals _____

Shirt Size: _____ (S, M, L, XL, XXL, etc./ Men's / Women's*)

*This is for Host planning and is not guaranteed – while we endeavor to provide women's sizes we cannot promise their availability

APPLICATION FOR ASSIGNED POSITION: If you would like to be considered for an assigned position, please check the appropriate box below. If applying for more than one position, please indicate preference (1,2,3). Preference will be given to those who agree to work all sessions.

Assignment request: _____ Deck Referee _____ Starter _____ Chief Judge _____ Asst. Admin. Referee

If you are not applying for an Assigned Position, please check here: _____ Stroke & Turn Only

APPLICATION FOR EVALUATION: If you would like to be observed/evaluated during the meet, complete the following:

I request Evaluation as follows: _____ For Advancement to N2 _____ For Advancement to N3
 _____ For Recertification _____ For Education
 _____ Referee _____ Starter _____ Chief Judge _____ Admin Referee _____ Stroke & Turn

Most Recent Evaluation & Evaluator: _____

This application must be received by the Meet Referee no later than February 6, 2019 for the applicant to be considered for specific assigned positions (Deck Referee, Starter, Chief Judge, Asst. Admin. Referee).

Applications for other deck positions will be accepted at any time.
However, only those applying by February 15, 2019 will be assured of receiving a meet shirt.

Email your application to the Meet Referee, Ken Breiding: kenbreiding@comcast.net