



Pacific Northwest Swimming
2023 PN SSCD Dick LaFave Classic
Sanction #2304-SP08

Weyerhaeuser King County Aquatic Center
650 SW Campus Drive, Federal Way, Washington
Hosted by the South Snohomish County Dolphins



Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

SCHEDULES	SESSION 1 FRIDAY, APRIL 28, 2023	SESSIONS 2 & 3 SATURDAY, APRIL 29, 2023	SESSIONS 4 & 5 SUNDAY, APRIL 30, 2023
Coaches' Meetings	2:45 PM Friday 2:45 PM and 7:45 AM Saturday All coaches must check in with the Clerk of Course		
Officials' Meetings	One hour before start of competition		
Warm-ups	3:00 PM	Session 2: 8:00 AM Session 3: Immediately following conclusion of Session 2	Session 4: 8:00 AM Session 5: Immediately following conclusion of Session 4
Competition	One hour after start of warm-ups		
Positive Check-in Deadlines:	Event 1: 3:00 PM Event 2: 3:30 PM Event 3: 4:00 PM	Events 7 & 8: 8:00 AM Events 9 & 10: 9:00 AM Events 13 & 14: Start of warm-ups Events 15 & 16: Start of competition	Events 19 & 20: 8:00 AM Events 21, 22, 23: 9:00 AM Events 26 & 27: Start of warm-ups Events 28, 29, 30: Start of competition

MEET DIRECTORS:

Tawnya Martin / Danielle Finseth
• ssd.meetdirector@gmail.com
• 206-913-9422 / 206-303-8100

MEET REFEREE:

David Guffey
• dguffey10@comcast.net

FACILITY:

- Site of the 1990 Goodwill Games; 2008 and 2012 NCAA Men's Division 1 Championships; and many U.S. Open, Junior Nationals, and Nationals.
- Indoor 50-meter, 9 feet deep, 8-lane competitive pool. Omega OSB starting blocks and take-off pads with adjustable setting back plates (fins).
- 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 will be available for continual coach-supervised warm-up.
- 2500 spectator seats. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections.
- Omega electronic timing system w/full-read scoreboard
- Heat Sheets and results: PNS website and Meet Mobile

- Concessions: Under contract with King County; neither PNS nor the host team derive any benefit
- Hospitality for coaches and officials only
- Parking: Pool parking lots (front and rear). Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles.

ELIGIBILITY & ENTRY INFORMATION:

- All swimmers must be registered with USA Swimming.
- Age groups are based on the age of the swimmer as of the first day of competition.
- Swimmers ages 10&U may enter up to seven (7) events, but no more than one (1) on Friday, three (3) on Saturday, and three (3) on Sunday. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Swimmers ages 11&O may enter up to eight (8) events, but no more than two (2) on Friday, three (3) on Saturday, and three (3) on Sunday. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- All entry times may be verified in the SWIMS database and unproven times scratched without notification or refund.
- Complete whole-team entries will be processed in the order received in compliance with the PNS Technical Planning's 2023

Long Course Priority system and USA Swimming's Four-Hour Rule.

- On-deck USA Swimming registration will not be permitted.
- Deck entries are not available at this meet.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

Qualifying Time Standards: With the exception of Bonus events clearly identified as such on all entry reports, a swimmer must have achieved that event's PNS "Silver" time standard for his/her age as of the first day of the meet in USA Swimming sanctioned, approved, or observed competition, with the following exceptions:

- Swimmers with a disability and Para Swimming classification may enter with achievement of the appropriate PNS disability standard. Please alert meet management with a note in your cover email.
- Times achieved in compliance with PNS AD 02-01 may also be used, but must be indicated as such on the meet entry report and in your cover email.
- Converted times may not be used.

Bonus Events: A swimmer entered in one (1) qualifying event may enter up to two (2) Bonus events the same day, subject to the daily entry limits listed above. All Bonus entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition or in compliance with PNS AD 02-01 and must be clearly identified as such on all entry reports.

- Converted times may not be used.
- NT ("no time") entries will not be allowed.
- Eligibility may be verified in the SWIMS database and unproven times scratched without notification or refund.

ENTRY FEES:

- Surcharge: \$30.00
- Individual Event: \$ 7.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

AWARDS AND SCORING:

- Friday: No awards.
- Saturday and Sunday: Ribbons 1st-8th places by age group and gender. Age groups for awards will be 10&U, 11-12, 13-14, and 15&O.
- No scoring.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All events will be timed finals, seeded LSY, swum mixed girls and boys, but awarded separately.

FRIDAY EVENTS

- The 400 freestyle is open to all eligible swimmers, but the 400 IM and 1500 freestyle events are open only to eligible 11&O swimmers.
- These events will be deck-seeded requiring a positive check-in by the announced deadline in order to be seeded. A swimmer who fails to check in will be scratched without penalty. Any late arrival should check in with the Meet Referee for a possible heat/lane assignment. A swimmer who checks in but fails to show will be disqualified from his/her next individual event.

- These events will be seeded and swum fast-to-slow.
- If any of these events are single-ended, flyover starts will be used. If any of these events are double-ended, all odd-numbered heats will start at the dive tank end of the pool, and all event-numbered heats will start at the scoreboard end of the pool.
- All swimmers must provide their own timers and, if desired, 1500M freestyle swimmers must provide their own counter. All timers and counters must be individuals authorized to be on deck at that time.

SATURDAY AND SUNDAY EVENTS:

- **50M events:** All 50M events will be pre-seeded, with no penalty for a swimmer who fails to show.
 - These events will be single-ended, with all heats starting at the scoreboard end of the pool.
 - These events will be seeded slow-to fast.
- **100 and 200M events:** All 100 and 200M events will be deck-seeded, requiring a positive check-in by the announced deadline in order to be seeded. A swimmer who fails to check in will be scratched without penalty. Any late arrival should check in with the Meet Referee for a possible heat/lane assignment. A swimmer who checks in but fails to show will be disqualified from his/her next individual event.
 - If any of these events are single-ended, flyover starts will be used. If any of these events are double-ended, all odd-numbered heats will start at the dive tank end of the pool, and all event-numbered heats will start at the scoreboard end of the pool.
 - These events will be seeded slow-to-fast.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last 25 minutes of each warm-up period:
 - Lanes 1 & 8 – pace lanes, no diving
 - Lanes 2 & 7 - sprint lanes, dive starts
 - Lanes 3 - 6 - general warm-up, no diving
 - Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closed promptly five (5) 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.

SAFETY INFORMATION:

- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach's credentials include current Red Cross lifeguarding, first aid, and CPR/AED certification. The facility's AEDs are located in the southwest corner of the natatorium by the doors to the recreation pool and in the main lobby behind the front desk next to the viewing windows. A third AED is on the Banquet Hall wall by the reception desk.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker

rooms. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding.

- 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.
- No diving from the shallow end of the pool at any time. 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.
- 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 of the swimmer's legal guardian to ensure compliance with this requirement.

- Only authorized volunteers and working personnel can be on deck. All others are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet. Authorized volunteers will need to wear an ID badge or receive a lanyard from the Clerk of Course. No spectators will be permitted. All participating teams will be required to provide timers and chaperones to help ensure a safe and smooth meet process.
- In order to be on deck and serve in their official capacity, all officials shall visibly display their membership credentials, including current certification(s), at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming and must show proof of current coaching credentials when checking in for 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.
- 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 the South Snohomish County Dolphins 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.

ENTRY SUBMITTAL INFORMATION: The PNS 2023 Long Course Priority System applies to this meet. Entries submitted prior to the opening of the appropriate window will be rejected. Entries will be only be accepted upon receipt of at least the first three. If bringing the latter two to the meet rather than submitting them prior to April 19, 2023, so attest in your cover email.

1. **Entry File** from Team Manager or equivalent with all bonus events clearly marked as such.
2. **Meet Entry Reports** for individual (sorted by swimmer) from Team Manager or equivalent, with all bonus events clearly marked as such.
3. **Meet Entry Fee Report** from Team Manager or equivalent. Note any Outreach Vouchers.
4. **Master Entry Summary Form**—Completed and hand-signed hardcopy only (original or faxed); typed signatures will not be accepted
5. **Meet Entry Fees**—one check payable to the South Snohomish County Dolphins.

2023 Long Course Priority Entry Windows:

- Priority 1: The entry period starts at noon Monday, April 3, 2023. PNS Athletes not registered through a PNS-member club must request permission from PNS Program Operations to enter this meet during this window.
- Priority 2: Should space be available, additional PNS clubs may submit entries beginning noon, Wednesday, April 5, 2023. Please indicate any willingness to split your entry.
- Priority 3: Should space be available, non-PNS clubs may submit entries beginning noon, Saturday, April 8, 2023. Please indicate any willingness to split your entry

Submittal Formats and Notes:

- **Electronic files:** email items #1, #2, and #3.
- **Hardcopies:** mail or hand-deliver items #4 and #5. If sending via express mail, waive signature requirement.
- Late, incomplete, or paper entries will not be processed.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline.
- All entry times will be assumed to be LCM (long course meters) unless otherwise specified. Converted times are not allowed.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- **Mail hardcopies and checks to Tawnya Martin, 13720 - 39th Place W, Lynnwood, WA 98087**
- **Email entries to:** sscd.meetdirector@gmail.com
- **Entry questions:** Meet Director

**2023 LC A MEET
ORDER OF EVENTS**
**Session 1 – Friday PM
(Event Limit = 2)**

1	Mixed	OPEN	400	Free
2	Mixed	OPEN	400	I.M.
3	Mixed	OPEN	1500	Free

**Session 2 – Saturday AM
(Event Limit =3)**

5	Mixed	12 & U	50	Free
6	Mixed	12 & U	50	Breast
7	Mixed	12 & U	100	Fly
8	Mixed	11-12	200	Breast
9	Mixed	12 & U	100	Back
10	Mixed	12 & U	200	I.M.

**Session 3 – Saturday PM
(Event Limit =3)**

11	Mixed	13 & O	50	Free
12	Mixed	13 & O	50	Breast
13	Mixed	13 & O	100	Fly
14	Mixed	13 & O	200	Breast
15	Mixed	13 & O	100	Back
16	Mixed	13 & O	200	I.M.

**Session 4 – Sunday AM
(Event Limit = 3)**

17	Mixed	12 & U	50	Back
18	Mixed	12 & U	50	Fly
19	Mixed	12 & U	100	Free
20	Mixed	11-12	200	Fly
21	Mixed	11-12	200	Back
22	Mixed	12 & U	100	Breast
23	Mixed	12 & U	200	Free

**Session 5 – Sunday PM
(Event Limit = 3)**

24	Mixed	13 & O	50	Back
25	Mixed	13 & O	50	Fly
26	Mixed	13 & O	100	Free
27	Mixed	13 & O	200	Fly
28	Mixed	13 & O	200	Back
29	Mixed	13 & O	100	Breast
30	Mixed	13 & O	200	Free



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MASTER ENTRY SUMMARY

TEAM NAME:			
TEAM CODE:		LSC CODE:	
COACH:		HOME PHONE:	
EMAIL ADDRESS:		OFFICE PHONE:	
TEAM MAIL ADDRESS:		CELL PHONE:	
CITY, STATE, ZIP:		POOL PHONE:	
ENTRY INFORMATION PREPARED BY:		PHONE:	

MEET ENTRY FEES ENCLOSED:

SURCHARGE:		X \$ 30.00	\$
INDIVIDUAL EVENTS:		X \$ 7.00	\$
		SUBTOTAL:	\$
LESS OUTREACH VOUCHERS:			(\$)
		TOTAL:	\$

Make one check payable to **SSCD**.

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc.

 Signature of Coach or Team Representative

 Date

 Phone Number