



Pacific Northwest Swimming
2025 PN PDST Winter Invitational - Sanction #2501-SP05
Mary Wayte Pool

8815 SE 40th Street, Mercer Island, Washington

Hosted by the Pacific Dragons Swim Team

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

SCHEDULES	SESSIONS 1 & 2 SATURDAY, JANUARY 25, 2025	SESSIONS 3 & 4 SUNDAY, JANUARY 26, 2025
Coaches' Meeting	7:45 AM Saturday All coaches must check in with the Clerk of Course	
Officials' Meetings	45 minutes before start of competition	
Warm-ups	Session 1: 8:00 AM Session 2: Immediately following conclusion of Session 1	Session 3: 8:00 AM Session 4: Immediately following conclusion of Session 3
Timed Finals	One hour after start of warm-ups	One hour after start of warm-ups
Deck Entry Deadlines:	Start of warm-ups	Start of warm-ups
Relay Cards Deadline:	All clubs will be notified before the meet weekend	All clubs will be notified before the meet weekend
Positive Check-in Deadlines:	Will be announced	Will be announced

MEET DIRECTOR:

Erica Hsu
• pdstmeetdirector@gmail.com

MEET REFEREE:

Peng Li
• jakeli@gmail.com

ADMINISTRATIVE OFFICIAL:

Henry Chiang
• henrychenrychenry@gmail.com

FACILITY INFORMATION:

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 5.0 feet deep
- The host will ensure the required course dimensions
- Warm-up pool at shallow end of pool
- Spectator viewing from the marked balcony area
- Electronic timing system; scoreboard with 6-lane readout
- Heat Sheets will be posted; Results on PNS web site
- Parking: Mercer Island High School and Northwood Elementary School

ELIGIBILITY & ENTRY INFORMATION:

- This meet is an invitational. Those interested in an invitation should contact the Meet Director. An invitation does not guarantee acceptance due to timeline and facility constraints.
- All swimmers must be registered with USA Swimming in compliance with Article 302 prior to the first day of the meet. Neither on-deck USA Swimming registration nor any on-deck club transfer will be allowed or recognized.
- Age groups are based on the age of swimmer on the first day of meet.
- Each swimmer may enter up to four (4) individual events and participate on one (1) relay team per day. Entries exceeding this limit will be scratched without notification, and entry fees will not be refunded.

ENTRY FEES:

- Surcharge: \$15.00
- Individual Event: \$ 4.50
- Relay: \$14.00
- No refunds or credits will be given for events entered but not swum, except as noted below.

AWARDS AND SCORING:

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be YLS. All events are timed finals.
- **50Y & 100Y individual events:** These events will be pre-seeded slow-to-fast, with no penalty for a swimmer who fails to show.
- **200Y, 400 IM, & 500Y individual events:** These events will be deck-seeded, requiring a positive check-in by the stated deadline in order to swim. While there will be no penalty for a swimmer who checks in but fails to show, coaches are asked not to check in swimmers not present. Any late arrival should check in with the Meet Referee for a possible heat/lane assignment.
 - All 200Y events will be seeded slow-to-fast; all 400 IM and 500 Freestyle events will be seeded fast-to-slow.
 - Timers will be provided for all 200Y events and the 10&U 500Y Freestyle. 11&O 400 IM and 500 Freestyle swimmers must provide their own timers.
 - 500 Freestyle swimmers must provide their own counter, if desired.
 - All timers and counters must be individuals authorized to be on deck at that time.

Relay Events: All relay events will be pre-seeded with no penalty for a relay that fails to show. Relay cards will be in the Coaches' packet and swimmers are responsible for providing updated cards to the lane timers prior to the start of their heat.

- Should timeline constraints so necessitate, some or all relay events may be cancelled and relay fees refunded.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last 25 minutes of each warm-up period:
 - Lanes 1 & 6– pace lanes, no diving
 - Lanes 2 & 5 - sprint lanes, dive starts
 - Lanes 3 & 4 - 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 AED is located in the First Aid room just off the bulkhead. Additional emergency information is available from the pool staff.
- 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 on deck. 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 Pacific Dragons Swim Team 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 WILL BE PROVIDED TO ALL INVITEES.
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2025 PDST JANUARY WINTER INVITATIONAL MEET

ORDER OF EVENTS

SESSION 1 - SATURDAY A.M. 11-14 MIXED		
EVENT #	EVENT	AGE GROUP
1,2,3,4	200 MEDLEY RELAYS	11-12 BOYS, 11-12 GIRLS; 13-14 BOYS, 13-14 GIRLS
5	50 FREE	11-12 MIXED
6	50 FREE	13-14 MIXED
7	100 BACK	11-12 MIXED
8	100 BACK	13-14 MIXED
9	200 FLY	11-12 MIXED
10	200 FLY	13-14 MIXED
11	100 IM	11-12 MIXED
12	100 IM	13-14 MIXED
13	200 FREE	11-12 MIXED
14	200 FREE	13-14 MIXED
15	50 FLY	11-12 MIXED
16	50 FLY	13-14 MIXED
17	100 BREAST	11-12 MIXED
18	100 BREAST	13-14 MIXED
19	400 IM	11-12 MIXED
20	400 IM	13-14 MIXED

SESSION 3 - SUNDAY A.M. 11-14 MIXED		
EVENT #	EVENT	AGE GROUP
41,42,43,44	200 FREE RELAYS	11-12 BOYS, 11-12 GIRLS; 13-14 BOYS, 13-14 GIRLS
45	50 BACK	11-12 MIXED
46	50 BACK	13-14 MIXED
47	100 FREE	11-12 MIXED
48	100 FREE	13-14 MIXED
49	200 IM	11-12 MIXED
50	200 IM	13-14 MIXED
51	100 FLY	11-12 MIXED
52	100 FLY	13-14 MIXED
53	200 BACK	11-12 MIXED
54	200 BACK	13-14 MIXED
55	50 BREAST	11-12 MIXED
56	50 BREAST	13-14 MIXED
57	200 BREAST	11-12 MIXED
58	200 BREAST	13-14 MIXED
59	500 FREE	11-12 MIXED
60	500 FREE	13-14 MIXED

SESSION 2 - SATURDAY A.M. 10 & UNDER MIXED, 15 & OVER MIXED		
EVENT #	EVENT	AGE GROUP
21,22,23,24	200 MEDLEY RELAYS	15 & OVER MEN, 15 & OVER WOMEN; 10 & UNDER BOYS, 10 & UNDER GIRLS
25	25 FREE	8 & UNDER MIXED
26	50 FREE	15 & OVER MIXED
27	50 FREE	10 & UNDER MIXED
28	100 BACK	15 & OVER MIXED
29	100 BACK	10 & UNDER MIXED
30	200 FLY	15 & OVER MIXED
31	100 IM	10 & UNDER MIXED
32	100 IM	15 & OVER MIXED
33	200 FREE	10 & UNDER MIXED
34	200 FREE	15 & OVER MIXED
35	50 FLY	10 & UNDER MIXED
36	50 FLY	15 & OVER MIXED
37	25 FLY	8 & UNDER MIXED
38	100 BREAST	15 & OVER MIXED
39	100 BREAST	10 & UNDER MIXED
40	400 IM	15 & OVER MIXED

SESSION 4 - SUNDAY P.M. 10 & UNDER MIXED, 15 & OVER MIXED		
EVENT #	EVENT	AGE GROUP
61,62,63,64	200 FREE RELAYS	15 & OVER MEN, 15 & OVER WOMEN; 10 & UNDER BOYS, 10 & UNDER GIRLS
65	25 BACK	8 & UNDER MIXED
66	50 BACK	15 & OVER MIXED
67	50 BACK	10 & UNDER MIXED
68	100 FREE	15 & OVER MIXED
69	100 FREE	10 & UNDER MIXED
70	200 IM	15 & OVER MIXED
71	200 IM	10 & UNDER MIXED
72	100 FLY	15 & OVER MIXED
73	100 FLY	10 & UNDER MIXED
74	200 BACK	15 & OVER MIXED
75	50 BREAST	10 & UNDER MIXED
76	50 BREAST	15 & OVER MIXED
77	25 BREAST	8 & UNDER MIXED
78	200 BREAST	15 & OVER MIXED
79	500 FREE	10 & OVER MIXED
80	500 FREE	15 & UNDER MIXED



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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 \$ 15.00	\$
INDIVIDUAL EVENTS:		X \$ 4.50	\$
RELAYS:		X \$ 14.00	\$
		SUBTOTAL:	\$
LESS OUTREACH VOUCHERS:			(\$)
		TOTAL:	\$

Make one check payable to **PDST**.

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are athlete members of USA Swimming, Inc. registered in compliance with Article 302.

Signature of Coach or Team Representative

Date

Phone Number