



Pacific Northwest Swimming
 Thepainterman.com Invite and Colorful Relays -- Sanction #1004-SP05
 Marysville, Washington
 Marysville-Pilchuck High School Pool
 Hosted by the Mighty Marlins Swim Club
Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, April 17, 2010	Saturday, April 17, 2010	Sunday, April 18, 2010	Sunday, April 18, 2010
Coaches' Meeting	7:45 AM - Coaches' packet at Clerk of Course.	as needed	as needed	as needed
Officials' Meetings	8:15 AM.	45 minutes before start of competition	8:15 AM	45 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1	8:00 AM	Immediately following conclusion of Session 3
Timed Finals	9:00 AM	one hour after start of warm-ups	9:00 AM	one hour after start of warm-ups

MEET DIRECTOR:

Randy LeValley
 • levalley@gocougs.wsu.edu
 • (360) 657-2903

MEET REFEREE:

Dave Baer
 • dlbaer@comcast.net
 • (206) 938 8388

LOCATION AND DIRECTIONS

Marysville-Pilchuck High School Pool
 5611 - 108th St NE
 Marysville, Washington

Directions: From northbound I-5: Take the 88th St exit east. Turn north on 51st Ave. Go to 108th St. and turn east. The school is on the north side of 108th.

From southbound I-5: Take the 116th St exit east. Turn south on State Ave. Turn east on 100th. Go to 51st Ave and turn north. Go to 108th St and turn east. The school is on the north side of 108th.

From SR 9: Turn west on 108th St. Continue to the high school, which will be on the north side of 108th.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 9.5 feet deep; turning end 5.5 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool in adjacent shallow area
- 200 spectator seats
- IST timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- **Vendor:**
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions** available throughout the meet
- **Hospitality** for coaches and officials only
- **Parking** available next to pool

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through one of the invited teams. Teams wishing an invitation should contact the Meet Director to request an invitation. An invitation does not guarantee acceptance due to the four-hour rule.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Ages and age groups for competition will be 8&under, 9, 10, 11, 12, 13, 14, and 15&over. See Order of Events.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of three (3) individual events and three (3) relay events per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- On-deck USA Swimming registration will not be permitted.
- Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee. Deck entry individual swims are not eligible for any awards or team points. Deck entry fees must be paid prior to the swim.
- Deck entered swimmers who are not already in the meet are required to show proof of USA Swimming athlete registration through PNS and complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

ENTRY FEES:

- Surcharge: \$5.00
- Deck entry surcharge: \$10.00 (swimmer not previously in meet)
- Individual Event: \$3.00
- Relays: \$8.00
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

AWARDS AND SCORING:

- **Individual Events:** Individual events will be scored as a Sprint Sextathlon with lowest total time in each age group. First place in each age group and gender will be awarded a trophy; medals 2nd - 6th places. Awards will presented to the top six places without DQs. If six swimmers do not complete the six swims without DQs, the



Pacific Northwest Swimming
Thepainterman.com Invite and Colorful Relays -- Sanction #1004-SP05
Marysville, Washington
Marysville-Pilchuck High School Pool
Hosted by the Mighty Marlins Swim Club

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

awards will be presented to swimmers with 5 or less swims, until the awards are presented.

- **Relays:** Ribbons 1st - 3rd places.
- **Team Trophy:** Top team points divided by the number of team splashes.
- **Scoring:** Individual events 7-5-4-3-2-1; relay events 14-10-8-6-4-2

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- During the back relay, the first swimmer will start in the water and all remaining swimmers will dive in during the swimmer exchange at which time each must break the surface of the water on the back.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
 - Lanes 1 & 6—pace lanes, no diving
 - Lanes 2 & 5—sprint lanes, dive starts, return in lanes 3 & 4
 - 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:

- 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.
- Swimmers who participate without their USA Swimming certified coach present must notify the Meet Referee prior to warm-up. The swimmer will be assigned to a coach.

OTHER NOTES:

- In granting this sanction it is understood and agreed that PNS and 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.
- Only authorized volunteers and working personnel can be on deck. All others must remain in the designated spectator area and are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet.
- 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.
- All persons acting in any coaching capacity must be coach members of USA Swimming.

- 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.

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, **April 7, 2010:**

1. **COMMLINK** file exported from Team Manager, if used.
2. **Meet Entry Reports** for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager—preferred—or equivalent hardcopy.
3. **Meet Entry Fee Report** from Team Manager—preferred—or equivalent hardcopy.
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 Mighty Marlins Swim Club.

Submittal Formats:

- **Electronic files:** email attachments—preferred—or disk. If emailing the COMMLINK file, include items #2 and #3 above in Word for Windows format in your email. Items #4 and #5 must still be received by the entry deadline.
- **Hardcopies:** mail, hand-deliver, or fax. If sending via express mail, waive signature requirement.
- **Disk:** CD or DVD, which should be mailed or delivered in a protective envelope
- To ensure correct entries, teams that do not have Team Manager or equivalent software can use Hy-Tek Lite to complete and submit entries for this meet. It is available at <http://www.hy-tek ltd.com/downloads/html> at no charge.

Submittal Notes:

- Do not send in entries without an invitation. Late or incomplete entries will not be processed. Complete whole-team entries will be processed in the order received until any 12&U session reaches the four-hour limit.
- Meet Entry Report or equivalent hardcopy must include full name of club, and, for each swimmer, first and last names, actual age as of the first day of the meet, gender, USA Swimming permanent 14-character identification number, events entered, and entry time for each.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to: Randy LeValley
12215 112th St NE
Lake Stevens, WA 98258
- Email entries to: levalley@gocougs.wsu.edu
- Meet Entry Contact/Questions: Randy LeValley , 360-657-2903 or 425-923-8399



Pacific Northwest Swimming
 Thepainterman.com Invite and Colorful Relays -- Sanction #1004-SP05
 Marysville, Washington
 Marysville-Pilchuck High School Pool
 Hosted by the Mighty Marlins Swim Club

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

Saturday AM Session	Saturday PM Session	Sunday AM Session	Sunday PM Session
1 Girls 8 & U 50 Free	16 Girls 11-12 50 Free	40 Girls 8 & U 50 Fly	55 Girls 11-12 50 Fly
2 Boys 8 & U 50 Free	17 Boys 11-12 50 Free	41 Boys 8 & U 50 Fly	56 Boys 11-12 50 Fly
3 Girls 9-10 50 Free	18 Girls 13-14 50 Free	42 Girls 9-10 50 Fly	57 Girls 13-14 50 Fly
4 Boys 9-10 50 Free	19 Boys 13-14 50 Free	43 Boys 9-10 50 Fly	58 Boys 13-14 50 Fly
5 Mixed 10 & U 200 Free Relay	20 Girls 15 & O 50 Free	44 Mixed 10 & U 200 Fly Relay	59 Girls 15 & O 50 Fly
6 Girls 8 & U 50 Breast	21 Boys 15 & O 50 Free	45 Girls 8 & U 50 Back	60 Boys 15 & O 50 Fly
7 Boys 8 & U 50 Breast	22 Mixed 11 & 12 200 Free Relay	46 Boys 8 & U 50 Back	61 Mixed 11 & 12 200 Fly Relay
8 Girls 9-10 50 Breast	23 Mixed 11 & O 200 Free Relay	47 Girls 9-10 50 Back	62 Mixed 11 & O 200 Fly Relay
9 Boys 9-10 50 Breast	24 Girls 11-12 50 Breast	48 Boys 9-10 50 Back	63 Girls 11-12 50 Back
10 Mixed 10 & U 200 Breast Relay	25 Boys 11-12 50 Breast	49 Mixed 10 & U 200 Back Relay	64 Boys 11-12 50 Back
11 Girls 8 & U 100 IM	26 Girls 13-14 50 Breast	50 Girls 8 & U 100 Free	65 Girls 13-14 50 Back
12 Boys 8 & U 100 IM	27 Boys 13-14 50 Breast	51 Boys 8 & U 100 Free	66 Boys 13-14 50 Back
13 Girls 9-10 100 IM	28 Girls 15 & O 50 Breast	52 Girls 9-10 100 Free	67 Girls 15 & O 50 Back
14 Boys 9-10 100 IM	29 Boys 15 & O 50 Breast	53 Boys 9-10 100 Free	68 Boys 15 & O 50 Back
15 Mixed 10 & U 4 X 100 IM Relay	30 Mixed 11 & 12 200 Breast Relay	54 Mixed 10 & U 400 Free Relay	69 Mixed 11 & 12 200 Back Relay
	31 Mixed 11 & O 200 Breast Relay		70 Mixed 11 & O 200 Back Relay
	32 Girls 11-12 100 IM		71 Girls 11-12 100 Free
	33 Boys 11-12 100 IM		72 Boys 11-12 100 Free
	34 Girls 13-14 100 IM		73 Girls 13-14 100 Free
	35 Boys 13-14 100 IM		74 Boys 13-14 100 Free
	36 Girls 15 & O 100 IM		75 Girls 15 & O 100 Free
	37 Boys 15 & O 100 IM		76 Boys 15 & O 100 Free
	38 Mixed 11 & 12 4 X 100 IM Relay		77 Mixed 11 & 12 400 Free Relay
	39 Mixed 11 & O 4 X 100 IM Relay		78 Mixed 11 & O 400 Free Relay



Pacific Northwest Swimming
 Thepainterman.com Invite and Colorful Relays -- Sanction #1004-SP05
 Marysville, Washington
 Marysville-Pilchuck High School Pool
 Hosted by the Mighty Marlins Swim Club
Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

MASTER ENTRY SUMMARY

Please complete this form and send with your entries (disk or hard copy). Failure to submit this form will delay your entry processing and may result in your entries being rejected.

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 \$5.00	\$
INDIVIDUAL EVENTS:		X \$3.00	\$
RELAY EVENTS:		X \$8.00	
		TOTAL:	\$

Make one check payable to **Mighty Marlins Swim Club**

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

Important Note: Upon processing of the pre-meet exception report, PNS will register as a full-year USA Swimming athlete member any swimmer not then registered. PNS shall require the club or responsible party to pay an amount equal to the current full-year USA Swimming athlete registration fee, including the PNS surcharge, plus a \$15.00 fine for each athlete who is registered from the pre-meet exception report. The fines are due prior to the entry deadline of the next meet entered by the team being fined or within 15 business days after the receipt of the fine statement, whichever occurs first. See PNS AD 97-08 for additional information.