



Pacific Northwest Swimming
 January Challenge – Division 5 -- Sanction #0801-CSD05
 South Kitsap Community Pool
 Port Orchard, Washington
 Hosted by the Puget Sound 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, January 12, 2008	Saturday, January 12, 2008	Sunday, January 13, 2008	Sunday, January 13, 2008
Coaches' Meeting	7:45 AM Coaches' packet at Clerk of Course.	as needed	as needed	as needed
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition	45 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1, but not before 12:00 noon	8:00 AM	Immediately following conclusion of Session 3, but not before 12:00 noon
Timed Finals	9:00 AM	One hour after start of warm-ups	9:00 AM	One hour after start of warm-ups
Relay Entry Deadline:	8:30 AM	30 minutes before start of competition	8:30 AM	30 minutes before start of competition
Positive Check-in Deadline: 400 IM/500 free		Will be announced during warm-ups	Will be announced during warm-ups	

MEET DIRECTOR:

- Ed Macabitas
 • Email: edntammy@msn.com
 • Phone: (360) 895-8565

MEET REFEREE:

- Cliff Rousell
 • Email: psscdragons@hotmail.com
 • Phone: (360) 769-8270

LOCATION AND DIRECTIONS

South Kitsap Community Pool
 425 Mitchell Avenue
 Port Orchard, Washington

Directions from I-5: Take Hwy 16 west for about 24 miles to the Sedgwick Rd exit. Turn right at the stop light onto Sedgwick Rd. Go about 3/4 mile to the next light at Bethel Rd, Take a left onto Bethel Rd., heading north until you reach a traffic circle. Take the first right off the circle and go under the overpass. At the first light after the overpass turn left onto school property; a ball field will be on your right after the turn. The pool is just past the ball field on the right at the base of the hill.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting and turning ends 7.0 feet deep
- Warm-up pool: adjacent 6-lane, 25 meter
- 350 spectator seats
- Daktronics 2000 electronic timing system
- Scoreboard: six-lane readout

ONSITE AMENITIES

- Vendor
- Heat Sheets: \$5.00
- Results on PNS web site
- Concessions available throughout the meet in the alcove at the diving board end of the pool
- Hospitality available for coaches and officials only
- Parking available at the pool and in the upper high school parking lot. Park in marked stalls only. Vehicles parked in a non-marked area or in a fire zone may be ticketed and/or towed at the owner's expense by the Port Orchard Police Department.
- Motels: Comfort Inn (downtown Port Orchard, 5 min from pool); Days Inn (Hwy 16 & Sedgwick Rd, 15 min from pool)

TEAMS:

- Puget Sound Swim Club
- Issaquah Swim Team
- Olympic Aquatic Club
- Port Angeles Swim Club
- Port Townsend Swim Team
- Tacoma Swim Club
- Vashon Aquatics Club

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Age groups for competition will be 8&under, 9-10, 10&under, 11-12, 13-14, and 15&over. See Order of Events.



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ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of five (5) individual events plus one (1) relay event 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: \$2.00
- Relay: \$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:** Ribbons 1st thru 6th in each division, based on seed times. Scoring also based on seed times: 7-5-4-3-2-1
- **Relay events:** Gold ribbons 1st thru 6th places. All relays eligible for scoring. Scoring: 14-10-8-6-4-2

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- **Relay events:** Relay events may be pre-entered or deck-entered, as long as all fees are paid prior to the appropriate entry deadline. Relay events will be deck-seeded. All relays, whether pre-entered or deck-entered, are eligible for awards.
- **Distance events:** The 500 freestyle and 400 IM events for 13&over swimmers will be deck-seeded, with all heats being swum fastest to slowest, combined girls and boys. Positive check-in prior to the check-in deadline is required. Swimmers must provide their own timers and counters (if desired) for these events; lanes with no timers go unprotected.

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, meet directors, marshals 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, January 2, 2008:

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 Puget Sound Swim Club



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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-tekltd.com/downloads/html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- 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.
- Relay-only swimmers must be listed on the Meet Entry Report or equivalent, and appropriate surcharges must be included with the entry.
- 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:

*Ed Macabitas
1436 Flower Avenue
Port Orchard, WA 98366-3752*

- Email entries to: *edntammy@msn.com*
- Meet Entry Contact/Questions: *Ed Macabitas (360) 895-8565*

PNS Challenge Series – Order of Events (January)

Saturday A.M.

#	Age	Event
1	Girls 8 & U	25 Free
2	Boys 8 & U	25 Free
3	Girls 10 & U	200 Free
4	Boys 10 & U	200 Free
6	Boys 11 – 12	200 Free
7	Girls 10 & U	200 Md Relay
8	Boys 10 & U	200 Md Relay
10	Boys 12 & U	200 Md Relay
11	Girls 8 & U	25 Fly
12	Boys 8 & U	25 Fly
13	Girls 10 & U	100 Fly
14	Boys 10 & U	100 Fly
16	Boys 11 – 12	100 Fly
17	Girls 8 & U	50 Free
*	Girls 9 – 10	50 Free
18	Boys 8 & U	50 Free
*	Boys 9 – 10	50 Free
20	Boys 11 – 12	50 Free
21	Girls 8 & U	25 Back
22	Boys 8 & U	25 Back
23	Girls 10 & U	50 Back
24	Boys 10 & U	50 Back
26	Boys 11 – 12	50 Back
28	Boys 11 – 12	200 Back
29	Girls 8 & U	25 Breast
30	Boys 8 & U	25 Breast
31	Girls 10 & U	100 Breast
32	Boys 10 & U	100 Breast
34	Boys 11 – 12	100 Breast
35	Girls 8 & U	100 IM
*	Girls 10 & U	100 IM
36	Boys 8 & U	100 IM
*	Boys 10 & U	100 IM
38	Boys 11 – 12	100 IM
40	Boys 11 – 12	400 IM

Saturday P.M.

#	Age	Event
41	Girls 11 - 12	200 Free
43	Girls 13 - 14	200 Free
*	Girls 15 & O	200 Free
44	Boys 13 - 14	200 Free
*	Boys 15 & O	200 Free
45	Girls 11 - 12	200 Md Relay
47	Girls 11 & O	200 Md Relay
48	Boys 13 & O	200 Md Relay
49	Girls 11 - 12	100 Fly
51	Girls 13 - 14	100 Fly
*	Girls 15 & O	100 Fly
52	Boys 13 - 14	100 Fly
*	Boys 15 & O	100 Fly
53	Girls 11 - 12	50 Free
55	Girls 13 - 14	50 Free
*	Girls 15 & O	50 Free
56	Boys 13 - 14	50 Free
*	Boys 15 & O	50 Free
57	Girls 11 - 12	50 Back
59	Girls 11 - 12	200 Back
*	Girls 13 - 14	200 Back
*	Girls 15 & O	200 Back
60	Boys 13 - 14	200 Back
*	Boys 15 & O	200 Back
61	Girls 11 - 12	100 Breast
63	Girls 13 - 14	100 Breast
*	Girls 15 & O	100 Breast
64	Boys 13 - 14	100 Breast
*	Boys 15 & O	100 Breast
65	Girls 11 - 12	100 IM
67	Girls 11 - 12	400 IM
69	Girls 13 - 14	400 IM
*	Girls 15 & O	400 IM
70	Boys 13 - 14	400 IM
*	Boys 15 & O	400 IM

Sunday A.M.

#	Age	Event
72	Boys 11 - 12	200 IM
73	Girls 13 - 14	200 IM
*	Girls 15 & O	200 IM
74	Boys 13 - 14	200 IM
*	Boys 15 & O	200 IM
76	Boys 11 - 12	200 Fr Relay
77	Girls 13 & O	200 Fr Relay
78	Boys 11 & O	200 Fr Relay
80	Boys 11 - 12	100 Back
81	Girls 13 - 14	100 Back
*	Girls 15 & O	100 Back
82	Boys 13 - 14	100 Back
*	Boys 15 & O	100 Back
84	Boys 11 - 12	50 Fly
85	Girls 13 - 14	200 Fly
*	Girls 15 & O	200 Fly
86	Boys 11 - 12	200 Fly
*	Boys 13 - 14	200 Fly
*	Boys 15 & O	200 Fly
88	Boys 11 - 12	100 Free
89	Girls 13 - 14	100 Free
*	Girls 15 & O	100 Free
90	Boys 13 - 14	100 Free
*	Boys 15 & O	100 Free
92	Boys 11 - 12	50 Breast
93	Girls 13 - 14	200 Breast
*	Girls 15 & O	200 Breast
94	Boys 11 - 12	200 Breast
*	Boys 13 - 14	200 Breast
*	Boys 15 & O	200 Breast
96	Boys 11 - 12	500 Free
97	Girls 13 - 14	500 Free
*	Girls 15 & O	500 Free
98	Boys 13 - 14	500 Free
*	Boys 15 & O	500 Free

Sunday P.M.

#	Age	Event
99	Girls 10 & U	200 IM
100	Boys 10 & U	200 IM
101	Girls 11 - 12	200 IM
103	Girls 10 & U	200 Fr Relay
104	Boys 10 & U	200 Fr Relay
105	Girls 12 & U	200 Fr Relay
107	Girls 10 & U	100 Back
108	Boys 10 & U	100 Back
109	Girls 11 - 12	100 Back
111	Girls 10 & U	50 Fly
112	Boys 10 & U	50 Fly
113	Girls 11 - 12	50 Fly
115	Girls 11 - 12	200 Fly
117	Girls 10 & U	100 Free
118	Boys 10 & U	100 Free
119	Girls 11 - 12	100 Free
121	Girls 10 & U	50 Breast
122	Boys 10 & U	50 Breast
123	Girls 11 - 12	50 Breast
125	Girls 11 - 12	200 Breast
127	Girls 10 & U	500 Free
128	Boys 10 & U	500 Free
129	Girls 11 - 12	500 Free

Notes

- 1) Asterisked events are seeded and swum with previous event, scored separately.
- 2) Event 70 will be seeded and swum with event 69, scored separately. Event 98 will be seeded and swum with event 97, scored separately.