



Pacific Northwest Swimming
 Summer Grand Challenge -- Approval #0807-SGCA
 Titlow Pool
 Tacoma, Washington
 Hosted by the Tacoma Swim Club

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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, July 26, 2008	Saturday, July 26, 2008	Sunday, July 27, 2008	Sunday, July 27, 2008
Coaches' Meeting	7:45 AM Check-in and 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
Positive Check-in Deadlines		13&O 400 Free: One hour before start of event.	13&O 400 IM: One hour before start of event.	

MEET DIRECTOR:

- Chris Schell
 • cschell@tacomaswimclub.org
 • 253-756-6921

MEET REFEREE:

- Rick Cox
 • nauticalrick@yahoo.com
 • 253-862-3629

LOCATION AND DIRECTIONS

Titlow Pool
 8355 - 6th Avenue
 Tacoma, Washington

Directions from Highway 16: Take Jackson Street exit. Go south on Jackson St. to 6th Ave. Turn right at light onto 6th Ave. and go all the way down the hill. Titlow Pool is on the right and the entrance to the parking lot is just past the pool.

FACILITY

- Outdoor 50 meter, 10-lane pool
- Nine lanes used for competition; one lane available for warm-up
- Starting end 10.0 feet deep; turning end 3.5 feet deep
- Limited spectator seating on deck. Additional space available in park.
- Timing system
- Scoreboard: one-lane readout

ONSITE AMENITIES

- **Vendor:** Northwest Swim Shop
- **Heat Sheets:** \$5.00
- **Results** on PNS web site
- **Concessions** available
- **Hospitality** for coaches and officials only
- **Parking:** next to pool. Do not block private driveways.

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming with the following exception: *A swimmer who is not registered with USA Swimming but who is a resident of the PNS geographical boundaries may enter the meet provided that a completed USA Swimming Liability/Medical Release Form accompanies the swimmer's entry. The form must be signed by the swimmer's parent or legal guardian. If the swimmer is 18 years of age or older, the swimmer may sign his/her Release Form.*
- 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.
- **De-qualifying times:** A swimmer may not enter any individual event in which he/she has achieved the PNS Champs qualifying time (any course) since April 1, 2007, even if the swimmer does not swim that event at this summer's PNS Champs meet. There are no de-qualifying times for 10&U swimmers.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of five (5) individual 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. Swimmers not currently registered with USA



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Swimming must provide a completed USA Swimming Liability/Medical Release Form in lieu of a PNS Deck Entry Registration form.

- 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
- 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

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- **Distance events:** The 500 freestyle and 400 IM events for 13&over swimmers will be deck-seeded, combined girls and boys and swum fastest to slowest. 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 & 10—pace lanes, no diving
 - Lanes 2 & 9—sprint lanes, dive starts, return in lanes 3 & 8
 - Lanes 4, 5, 6 & 7—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 approval 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 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, July 17, 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 Tacoma 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:

- Late or incomplete entries will not be processed.
- Entry times must be LCM (long course meters).
- Converted times are not allowed.
- NT ("no time") times *are* allowed.



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- 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: TSC Swim Meets/ Louise DeHaven, 5118 Bridlepath Dr. , Gig Harbor, WA 98332**
- **Email address: meetentries@tacomawimclub.org**
Contact phone: Louise DeHaven 253-857-9068

PNS 2008 Summer Grand Challenge Events

Saturday AM			Saturday PM			Sunday AM			Sunday PM		
#	Age	Event	#	Age	Event	#	Age	Event	#	Age	Event
1	Girls 10 & U	200 Free	28	Boys 11-12	200 Free	57	Girls 11-12	200 IM	86	Boys 11-12	200 IM
2	Boys 10 & U	200 Free	29	Girls 13 & O	200 Free	59	Girls 10 & U	200 IM	87	Girls 13 & O	200 IM
3	Girls 11-12	200 Free	30	Boys 13 & O	200 Free	60	Boys 10 & U	200 IM	88	Boys 13 & O	200 IM
9	Girls 10 & U	100 Fly	36	Boys 11-12	100 Fly	65	Girls 11-12	50 Breast	94	Boys 11-12	100 Free
10	Boys 10 & U	100 Fly	37	Girls 13 & O	100 Fly	67	Girls 10 & U	50 Breast	95	Girls 13 & O	100 Free
11	Girls 11-12	100 Fly	38	Boys 13 & O	100 Fly	68	Boys 10 & U	50 Breast	96	Boys 13 & O	100 Free
13	Girls 10 & U	50 Free	40	Boys 11-12	50 Free	69	Girls 11-12	50 Fly	98	Boys 11-12	50 Fly
14	Boys 10 & U	50 Free	41	Girls 13 & O	50 Free	71	Girls 10 & U	50 Fly	100	Boys 11-12	50 Breast
15	Girls 11-12	50 Free	42	Boys 13 & O	50 Free	72	Boys 10 & U	50 Fly	102	Boys 11-12	200 Fly
17	Girls 11-12	50 Back	44	Boys 11-12	50 Back	73	Girls 11-12	200 Fly	103	Girls 13 & O	200 Fly
19	Girls 10 & U	50 Back	45	Girls 13 & O	200 Back	75	Girls 11-12	100 Back	104	Boys 13 & O	200 Fly
20	Boys 10 & U	50 Back	46	Boys 13 & O	200 Back	77	Girls 10 & U	100 Back	106	Boys 11-12	100 Back
21	Girls 11-12	200 Back	48	Boys 11-12	200 Back	78	Boys 10 & U	100 Back	107	Girls 13 & O	100 Back
23	Girls 10 & U	100 Breast	49	Girls 13 & O	100 Breast	79	Girls 11-12	100 Free	108	Boys 13 & O	100 Back
24	Boys 10 & U	100 Breast	50	Boys 13 & O	100 Breast	81	Girls 10 & U	100 Free	110	Boys 11-12	200 Breast
25	Girls 11-12	100 Breast	52	Boys 11-12	100 Breast	82	Boys 10 & U	100 Free	111	Girls 13 & O	200 Breast
27	Girls 11-12	400 IM	53	Mixed 13 & O	400 IM	83	Girls 11-12	200 Breast	112	Boys 13 & O	200 Breast
			54	Boys 11-12	400 IM	85	Girls 11-12	400 Free	114	Boys 11-12	400 Free
			55	Mixed 13 & O	1500 Free				115	Mixed 13 & O	400 Free
									116	Mixed 13 & O	800 Free

Notes

- 1) No dequalifying standards for 10&Under events
- 2) All 11-12 and 13&Over events have a dequalification time standard equal to the PNS Long Course Champs time standard (any course) for that event
- 3) All 10&U individual events will be awarded and scored as 8&U and 9/10
- 4) All 13&O individual events will be awarded and scored as 13-14 and 15&O
- 5) The mixed 13&O events will be awarded and scored by gender as 13-14 and 15&O