



Pacific Northwest Swimming
 October Challenge – Division 4 -- Sanction #0810-CSD04
 Henry Foss High School Pool
 Tacoma, Washington
 Hosted by Metro Aquatics



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

SCHEDULES	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Dates	Saturday, October 18, 2008	Saturday, October 18, 2008	Sunday, October 19, 2008	Sunday, October 19, 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
Timers' Meetings	20 minutes before start of competition	20 minutes before start of competition	20 minutes before start of competition	20 minutes before start of competition
Warm-ups	8:00 AM	Immediately following conclusion of Session 1 but not before noon	8:00 AM	Immediately following conclusion of Session 3 but not before 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:	8:45 AM	15 minutes before start of competition	8:45 AM	15 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:

Tor Gilje
 • metroentries@yahoo.com
 • 253 426 3808

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

MEET REFEREE:

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

TEAMS:

- Metro Aquatics
- Excel Swim Club
- King Aquatic Club
- Rainier Foothills Swim Team
- South Sound Titans
- University Place Aquatic Club
- Valley Aquatics
- Vashon Aquatic Club
- Washington Athletic Club
- West Seattle YMCA Dolphin Swim Team
- WhiteWater Aquatics

LOCATION AND DIRECTIONS

Foss High School
 2112 South Tyler Street
 Tacoma, Washington

Directions: Take I-5 to Highway 16. From Hwy 16, take the South 19th Street exit east. Take right before the baseball fields onto Cheyenne Street. Go to second parking lot closest to main entrance.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 4.5 feet deep; turning end 12.0 feet deep
- 6-lane competitive pool
- Warm-up pool: shallow end of pool
- 300 spectator seats
- Colorado Five electronic timing system
- Scoreboard: six-lane readout

ELIGIBILITY:

- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming through one of the teams listed above.
- 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.

ONSITE AMENITIES

- Vendor: None - limited supply of goggles and caps