



Pacific Northwest Swimming  
2022 PN VAST Fall Classic  
Sanction #2210-SP01



Weyerhaeuser King County Aquatic Center  
650 SW Campus Drive, Federal Way, Washington  
Hosted by Valley Aquatics

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

SCHEDULES	SESSIONS 1 & 2 SATURDAY, OCTOBER 22, 2022	SESSIONS 3 & 4 SUNDAY, OCTOBER 23, 2022
<b>Coaches' Meetings</b>	Saturday: 7:45 AM All Coaches must check in with the Clerk of Course.	
<b>Officials' Meetings</b>	One hour before start of competition	
<b>Warm-ups</b>	Session 1: 8:00 AM Session 2: Immediately following conclusion of previous session	Session 3: 8:00 AM Session 4: Immediately following conclusion of previous session
<b>Timed Finals</b>	One hour after start of warm-ups	One hour after start of warm-ups

**MEET DIRECTOR:**

Suzanne Rychlik  
• swimvast@hotmail.com  
• 253-241-4827

**MEET REFEREE:**

Brad Tucker  
• wsutucker@gmail.com

**FACILITY**

- Site of the 1990 Goodwill Games; 2008 and 2012 NCAA Men's Division 1 Championships; and many U.S. Open, Junior Nationals, and Nationals.
- Indoor 50-meter, 9 feet deep, 8-lane competitive pool, divided into two 25-yard courses. The area between the bulkheads is closed at all times. Omega OSB starting blocks and take-off pads with adjustable setting back plates (fins) and backstroke ledges.
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Diving tank will be available for continual coach-supervised warm-up.
- Spectator seating will be available in the stands.
- Omega electronic timing system w/full-read scoreboard
- Heat Sheets on Meet Mobile; Results on PNS web site and Meet Mobile
- No concessions.
- Limited hospitality for coaches and officials only
- Parking information will be posted on the PNS web page. Carpooling is strongly recommended as illegally parked vehicles will be ticketed by the Federal Way Police Department and towed at the owner's expense.
  - Do not leave valuables in vehicles!

**ELIGIBILITY & ENTRY INFORMATION:**

- All swimmers must be registered with USA Swimming. Neither any on-deck USA Swimming registration nor any on-deck transfer will be permitted.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Each swimmer may enter up to four (4) 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.

- Individual event qualifying times:
  - 50Y/100Y events: none
  - 200Y/400Y/500Y events: PNS "Silver" time (any course)
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

**ENTRY FEES:**

- Surcharge: \$20.00
- Individual Event: \$ 7.00 per event
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

**AWARDS AND SCORING:** None

**MEET RULES:**

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All events 100Y or shorter will be pre-seeded slow-to-fast and mixed girls and boys.
- All events 200Y or longer will be deck-seeded slow-to-fast and mixed girls and boys. These events will require a positive check-in with the Clerk of Course by the announced deadline in order to swim. While there is 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.
  - Swimmers in events 400Y or longer must provide their own timers.
  - Distance freestyle swimmers must provide their own counter, if desired.
  - All timers and counters must be individuals authorized to be on deck at that time.
- Seeding will be YLS. All events will be timed finals.

**WARM-UP PROCEDURES:**

- Circle swim counter-clockwise only.
- Last 15 minutes of warm-ups:
  - Lanes 1 & 6—pace lanes, no diving
  - Lanes 2 & 5—sprint lanes, dive starts, one-way
  - Lanes 3 & 4—general warm-up, no diving
  - Additional sprint lanes may be made available upon request to the Meet Referee.
- 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.
- A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center For SafeSport's Centralized Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming's List of Individuals Suspended or Ineligible – Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.
- 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 AEDs are located in the southwest corner of the natatorium by the doors to the recreation pool and in the main lobby behind the front desk next to the viewing windows. A third AED is on the Banquet Hall wall by the reception desk.
- 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 bulkheads 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. 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 Valley Aquatics 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.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC NORTHWEST SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO THE PARTICIPATION IN THIS COMPETITION.**

**ENTRY SUBMITTAL INFORMATION:**

Entries will be only be accepted upon receipt of at least the first four of the following prior to the entry deadline, October 12, 2022. If bringing the latter two to the meet, so attest in your cover email.

1. **Entry File** from Team Manager or equivalent.
2. **Meet Entry Reports** for individual (sorted by swimmer) from Team Manager or equivalent.
3. **Meet Entry Fee Report** from Team Manager or equivalent. Note any Outreach Vouchers.
4. **Volunteer Coordinator's Name and Contact Information.**
4. **Master Entry Summary Form**—Completed and signed.
5. **Meet Entry Fees**—one check payable to VAST

**Submittal Formats & Notes:**

- **Electronic files:** email items #1, #2, and #3.
- **Hardcopies:** mail or hand-deliver items #4 and #5. If sending via express mail, waive signature requirement.
- Late, incomplete, or paper entries will not be processed.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline except deck entries.
- All entry times will be assumed to be SCY unless otherwise indicated.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- **Mail entries to:** *Valley Aquatics, 27435 Maple Ridge Way SE, Maple Valley WA 98038*
- **Email:** *swimvast@hotmail.com*
- **Questions:** *Meet Director*

**ORDER OF EVENTS****Saturday October 22<sup>nd</sup>-12 & Under Session #1**

1. 12 & under 50 Free
2. 11-12 200 Fly
3. 12 & under 100 Breast
4. 12 & under 200 Free
5. 12 & under 100 IM
6. 12 & under 50 Fly
7. 12 & under 100 Back
8. 12 & under 500 Free

**Saturday, October 22<sup>nd</sup> 13 & over: Session #2**

9. 13 & over 50 Free
10. 13 & over 200 Fly
11. 13 & over 100 Breast
12. 13 & over 200 Free
13. 13 & over 100 IM
14. 13 & over 50 Fly
15. 13 & over 100 Back
16. 13 & over 500 Free

**Sunday, October 23<sup>rd</sup>, 12 & under Session #3:**

17. 12 & under 50 Back
18. 12 & under 100 Free
19. 11-12 200 Breast
20. 12 & under 100 fly
21. 12 & under 200 IM
22. 12 & under 50Bbreast
23. 11-12 200 Back
24. 11-12 400 IM

**Sunday, October 24<sup>th</sup>, 13 & over Session #4**

25. 13 & over 50 Back
26. 13 & over 100 Free
27. 13 & over 200 Breast
28. 13 & over 100Fly
29. 13 & over 200 IM
30. 13 & over 50 Breast
31. 13 & over 200 Back
32. 13 & over 400 IM



Pacific Northwest Swimming  
 2022 PN VAST Fall Classic  
 Sanction #2210-SP01  
 Hosted by Valley Aquatics

### MASTER ENTRY SUMMARY

<b>TEAM NAME:</b>			
<b>TEAM CODE:</b>		<b>LSC CODE:</b>	
<b>COACH:</b>		<b>HOME PHONE:</b>	
<b>EMAIL ADDRESS:</b>		<b>OFFICE PHONE:</b>	
<b>TEAM MAIL ADDRESS:</b>		<b>CELL PHONE:</b>	
<b>CITY, STATE, ZIP:</b>		<b>POOL PHONE:</b>	
<b>ENTRY INFORMATION PREPARED BY:</b>		<b>PHONE:</b>	

#### MEET ENTRY FEES ENCLOSED:

<b>SURCHARGE:</b>		<b>X \$ 20.00</b>	<b>\$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$ 7.00</b>	<b>\$</b>
		<b>SUBTOTAL:</b>	<b>\$</b>
<b>LESS OUTREACH VOUCHERS:</b>			<b>(\$ )</b>
		<b>TOTAL:</b>	<b>\$</b>

Make one check payable to **Valley Aquatics**

#### 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.