



Pacific Northwest Swimming
2022 PN BISC Bob Miller Sprint/Distance Classic
Sanction #2211-SP05



Ray Williamson Memorial Pool
8521 Madison Avenue North, Bainbridge Island, Washington
Hosted by the Bainbridge Island Swim Club Boosters

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

SCHEDULES	SATURDAY, NOVEMBER 5, 2022	SUNDAY, NOVEMBER 6, 2022
Coaches' Meeting	8:15 AM Saturday All coaches must check in with the Clerk of Course	
Officials' Meetings	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
Warm-ups	Session 1: 8:30 AM Session 2: Immediately following conclusion of Session 1	Session 3: 8:30 AM Session 4: Immediately following conclusion of Session 3
Timed Finals	Session 1: 9:30 AM Session 2: One hour after start of warm-ups	Session 3: 9:30 AM Session 4: One hour after start of warm-ups
Positive Check-in Deadlines:	Session 1: 9:00 AM	Session 3: 9:00 AM Session 4: 30 minutes after start of warm-ups

MEET DIRECTORS:

- Melissa Jasperson
 - melissajasperson@gmail.com
 - 206-696-1591

Michelle Rehder

- michellerehder@gmail.com
- 206-940-8150

MEET REFEREE:

- Julee Longridge
 - juleelongridge@comcast.net

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 12.0 feet deep; turning end 3.5 feet deep
- Warm-up pool: continuous lanes in Don Nakata Pool
- Spectator viewing allowed in non-athlete assigned areas
- Each team will be assigned a seating area inside the Nakata warm up pool room. Each team must provide two (2) chaperones for their team area.
- Colorado electronic timing system; scoreboard w/6-lane LED matrix readout
- Heat Sheets will be posted; Results on Meet Mobile and the PNS website
- Parking lots east and west of venue

ELIGIBILITY & ENTRY INFORMATION:

- All swimmers must be registered with USA Swimming through the PNS. Neither 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. Age groups for competition will be 8&U, 9-10, 11-12, and 13&O.
- Complete whole team entries will be processed in order received until each session reaches the four-hour limit.

- Each swimmer may enter up to four (4) events on Saturday and up to two (2) events on Sunday. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- No deck entries.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

ENTRY FEES:

- Surcharge: \$15.00
- Individual Event: \$4.50
- 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 8th places by age group and gender. Age groups for Saturday's awards will be 8&U, 9-10, 11-12, 13-14, 15-16, and 17&O. Age groups for Sunday's awards will be 9-10, 11-12, 13-14, 15-16, and 17&O.
- Individual High Point: one girl and one boy- in the event of a tie, total Hy-Tek Age Group points from events swum at this meet will be used to break the tie
- Team High Point: highest scoring team
- Scoring: 10-8-7-6-5-4-3-2

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All events will be timed finals seeded mixed boys and girls, but awarded separately.

Saturday's events will be seeded slow-to-fast.

- All 12&U events will be pre-seeded.
- All 13&O events will be deck-seeded, require a positive check-in with the Clerk of Course prior to the posted deadline in order to swim. 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. A swimmer who checks in but fails to show will be scratched from their remaining events.

Sunday's events will be deck-seeded fast-to-slow and require a positive check-in with the Clerk of Course prior to the posted deadline in order to swim.

- 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. A swimmer who checks in but fails to show will be scratched from their remaining events.
- Distance freestyle swimmers must provide their own counter, if desired.
- Timers will be provided for the 400IM and 500 Freestyle events, but 1650 Swimmers must provide their own timers.
- 1650 swimmers wishing an initial 500 and/or 1000 Freestyle split time must so declare when checking in with the Clerk of Course and must provide the required additional timers.
- All timers and counters must be individuals authorized to be on deck at that time.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last 15 minutes of warm-up period:
 - Lanes 1 & 6 – general warm up, no diving
 - Lanes 2 thru 5 - sprint lanes, dive starts
 - 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 INFORMATION:

- All applicable adults participating in or associated with this meet acknowledge that they are subject to provisions of the USA Swimming Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0") and that they understand that compliance with the MAAPP 2.0 policy is a precondition of participation in the conduct of this meet. In addition, all 18&O athletes must be current in their Athlete Protection Training (APT) in order to swim.
- 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 U.S. Center For Safe Sport's Centralized Disciplinary Database, USA Swimming's List of Individuals Permanently Suspended or Ineligible for Membership, USA's 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 AED is located in the lifeguard office and behind the front desk.
- 911 is called in any situation that requires immediate assistance from the police, fire department or emergency medical services. This includes but is not limited to medical emergency, fire, missing person, bomb threat, violent behavior and chemical emergencies
- 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, including

warm ups. 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 shallow end of the pool 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 must remain in designated spectator area and are not allowed in designated racing venue unless timing for an event or volunteering with the management of the meet. 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, the Bainbridge Island Swim Club, and the Bainbridge Island Swim Club Boosters 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 INFORMATION: Entries will be only be accepted upon receipt of at least the first three of the following prior to the entry deadline, October 26, 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) and relay (sorted by event) events from Team Manager or equivalent.
3. **Meet Entry Fee Report** from Team Manager or equivalent. Note any Outreach Vouchers.
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 BISC.

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:
 - 2022 Bob Miller Sprint/Distance Classic Meet*
 - BISC – Meet Directors Melissa Jasperson & Missy Rehder*
 - PO Box 10424*
 - Bainbridge Island, WA 98110*
- Email to: melissajasperson@gmail.com and michellerehder@gmail.com
- Questions: *Meet Director*

BOB MILLER SPRINT DISTANCE CLASSIC-ORDER OF EVENTS

SESSION 1—Day 1—12&U events pre-seeded slowest to fastest, 13&O deck seeded slowest to fastest

1	Mixed	8&U	100 IM
2	Mixed	13&O	100 Free
3	Mixed	8&U	25 Free
4	Mixed	13&O	100 Fly
5	Mixed	8&U	25 Fly
6	Mixed	13&O	100 Back
7	Mixed	8&U	25 Back
8	Mixed	13&O	100 Breast
9	Mixed	8&U	25 Breast
10	Mixed	13&O	100 IM

SESSION 2—Day 1—All events pre-seeded slowest to fastest

11	Mixed	9-12	100 IM
12	Mixed	9-10	50 Free
13	Mixed	11-12	50 Free
14	Mixed	9-10	50 Fly
15	Mixed	11-12	50 Fly
16	Mixed	9-10	50 Back
17	Mixed	11-12	50 Back
18	Mixed	9-10	50 Breast
19	Mixed	11-12	50 Breast

SESSION 3—Day 2—All events deck-seeded fastest to slowest

20	Mixed	9-12	400 IM
21	Mixed	9-12	500 Free
22	Mixed	9-12	1650 Free

SESSION 4—Day 2—All events deck-seeded fastest to slowest

23	Mixed	13&O	400 IM
24	Mixed	13&O	500 Free
25	Mixed	13&O	1650 Free



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MASTER ENTRY SUMMARY

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 \$ 15.00	\$
INDIVIDUAL EVENTS:		X \$ 4.50	\$
		SUBTOTAL:	\$
LESS OUTREACH VOUCHERS:			(\$)
		TOTAL:	\$

Make one check payable to **Bainbridge Island Swim Club Boosters**

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.