



Pacific Northwest Swimming
 2022 PN SSCD Dick LaFave Classic - Sanction #2204-SP05
 Weyerhaeuser King County Aquatic Center
 650 SW Campus Drive, Federal Way, Washington
 Hosted by the South Snohomish County Dolphins
Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

SCHEDULES	SESSION 1	SESSIONS 2 & 3	SESSIONS 4 & 5
Dates	FRIDAY APRIL 29, 2022	SATURDAY, APRIL 30, 2022	SUNDAY, MAY 1, 2022
Coaches' Meetings	All coaches must check in at the Clerk of Course Friday: 2:45 PM and Saturday: 7:15 AM -- others will be announced as needed		
Officials' Meetings	45 minutes before start of competition	One hour before start of competition	One hour before start of competition
Timers' Meetings	Swimmers must provide own timers	20 minutes before start of competition	20 minutes before start of competition
Warm-ups	3:00 pm	Session 2: 7:30 am Session 3: Immediately following conclusion of Session 2	Session 4: 7:30 am Session 5: Immediately following conclusion of Session 4
Timed Finals	4:00pm	Session 2: 8:30 am Session 3: One hour after start of warm-ups	Session 4: 8:30 am Session 5: One hour after start of warm-ups
Positive Check-in Deadlines:	400 Free: 3:30 PM 400 IM: 4:15 PM 1500 Free: 5:00 PM	Session 2: 8:10 AM Session 3: 30 minutes after start of warm-ups	Session 4: 8:10 AM Session 5: 30 minutes after start of warm-ups

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.

MEET DIRECTOR:

Jeny Carlson
 • jeny.carlson@icloud.com
 • 206 356 8891

MEET REFEREE:

David Guffey
 • dguffey10@comcast.net

FACILITY

- Site of the 1990 Goodwill Games, multiple NCAA Men's Division 1 Championships and many USA Swimming National and Junior National Championships.
- Indoor 50-meter, 9 feet deep, 8-lane competitive pool. Omega OSB starting blocks and take-off pads with adjustable setting back plates (fins) and backstroke starting 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 warm-up and warm-down, no diving or horseplay at any time during this meet.
- 2500 spectator seats. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections. In addition, sessions will be livestreamed to provide online spectator viewing.
- Omega electronic timing system and full-read scoreboard
- Shaving is not permitted anywhere in the facility.
- Heat Sheets on Meet Mobile (Meet Mobile fees apply); Results on Meet Mobile and the PNS web site
- Concessions: Under contract with King County; neither PNS nor the host team derive any benefit
- Hospitality for coaches and officials only
- Parking information will be posted on the PNS website. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles.

TEAMS:

- South Snohomish County Dolphins
- Bellingham Bay Swim Team
- Blue Dolphin Swim Team

- Bremerton YMCA Swim Team
- Chinook Aquatic Club
- Eastside Aquatic Swim Team
- Excel Swim Club
- Harbor Aquatics Club
- Mighty Marlins Swim Club
- Ohana Swim Team
- Penguin Aquatics
- Port Angeles Swim Club
- Poulsbo Piranha Swim Team
- Rainier Foothills Swim Team
- Shadow Seals
- Skagit Valley YMCA Aquatics
- StingRay Swim Team
- Storm Aquatics
- Thunderbird Aquatic Club
- Thurston Olympians Swim Club
- University Place Aquatic Club
- Vashon Stingrays Swim Team
- West Coast Aquatics

ELIGIBILITY & ENTRY INFORMATION:

- Except as allowed under the PNS 2022 Long Course Priority System (See Entry Submittal Information.) and PNS swimmers not registered through a PNS-member club who have received permission from PNS Program Operations to enter this meet, all swimmers must be registered with USA Swimming and Pacific Northwest Swimming through one of the teams listed above.
- 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 competition.
- Swimmers ages 10&U may enter up to seven (7) events, but no more than three (3) on Saturday and no more than three (3) on Sunday.
- Swimmers ages 11&O may enter up to eight (8) events, but no more than two (2) on Friday, three (3) on Saturday, and three (3) on Sunday. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Deck entries are not available at this meet.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

- Qualifying Time Standards:** With the exception of Bonus events clearly identified as such on all entry reports, a swimmer must have achieved that event's PNS 2022 Long Course "A" time standard for his/her age as of the first day of the meet in USA Swimming sanctioned, approved, or observed competition, with the following exceptions:
- Swimmers with a disability and Para Swimming classification may enter with achievement of the appropriate PNS disability standard. Please alert meet management with a note in your cover email.
 - Times achieved in compliance with PNS AD 02-01 may also be used, but must be indicated as such on the meet entry report and in your cover email.
 - Converted times may not be used.
- Eligibility will be verified in the SWIMS database. Unproven times will be scratched without notification, and entry fees will not be refunded.

- Bonus Events:** A swimmer entered in one (1) qualifying event on Saturday and/or Sunday may enter up to two (2) Bonus events the same day, subject to the daily entry limits listed above. All Bonus entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition or in compliance with PNS AD 02-01. The latter must be clearly identified as such on all entry reports.
- Converted times may not be used.
 - NT ("no time") entries will not be allowed.

- Friday's events may not be entered as bonus events.
- Eligibility will be verified in the SWIMS database. Unproven times will be scratched without notification, and entry fees will not be refunded.

ENTRY FEES:

- Surcharge: \$25.00
- Individual Event: \$ 8.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

AWARDS AND SCORING: None

MEET RULES

- The facility's and the host club's Covid-19 guidelines and procedures apply to this meet. Additional information will be posted on the PNS web page.
- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All events will be seeded and swum mixed girls and boys.
- Seeding will be LSY.

FRIDAY EVENTS:

- The 400 freestyle is open to all eligible swimmers, but the 400 IM and 1500 freestyle events are open only to eligible 11&O swimmers.
- These events will be deck-seeded requiring a positive check-in by the announced deadline in order to swim. A swimmer who fails to check in will be scratched without penalty. A swimmer who checks in but fails to swim will be disqualified from his/her next individual event.
- These events will be seeded fast-to-slow.
- If any of these events are single-ended, flyover starts will be used. If any of these events will be double-ended, all odd-numbered heats will start at the dive tank end of the pool; all even-numbered heats will start at the scoreboard end of the pool.
- All swimmers must provide their own timers.
- All 1500M freestyle swimmers must provide their own counter, if desired. All counters must be individuals authorized to be on deck at that time.

SATURDAY AND SUNDAY EVENTS:

- **50M events:** All 50M events will be pre-seeded, with no penalty for a swimmer who fails to show.
 - These events will be single-ended, with all heats starting at the scoreboard end of the pool.
 - These events will be seeded and swum slow-to-fast.
- **100 and 200M events:** All 100 and 200M events will be deck-seeded, requiring a positive check-in by the announced deadline in order to swim. A swimmer who fails to check in will be scratched without penalty. A swimmer who checks in but fails to swim will be disqualified from his/her next individual event.
 - If any of these events are single-ended, flyover starts will be used. If any of these events are double-ended, all odd-numbered heats will start at the dive tank end of the pool, and all event-numbered heats will start at the scoreboard end of the pool.
 - These events will be seeded slow-to-fast.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last 25 minutes of each warm-up period:
 - Lanes 1 & 8 - pace lanes, no diving
 - Lanes 2 & 7 - one-way sprint lanes, dive starts
 - Remaining lanes - general warm-up, no diving
 - Additional sprint lanes may be made available upon request to the Meet Referee.

- Pool closes 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.

TIMERS: The Meet Director will assign lanes for timing to participating teams, and lane assignments will be posted on the web page. Include your Volunteer Coordinator's name and contact information with your meet entry.

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.
- 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 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 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.
- 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 the South Snohomish County Dolphins 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.

ENTRY SUBMITTAL INFORMATION: Before processing your entries, click on "Enforce Qualifying Times" and "Use Since Date" filter; set "Use Times Since" to September 1, 2019. Click on your team management software's "Proof of Time" option, if available.

The PNS 2022 Long Course Priority System applies to this meet. All entry windows open at noon. Entries submitted prior to the appropriate entry window will not be processed. The entry window for assigned teams opens at noon, April 6, 2022. Should timeline and facility constraints so allow, additional PNS teams may submit entries starting at noon, April 13, 2022.

Bonus swims must be clearly identified as such on all printed reports.

Entry times achieved in compliance with PNS AD 02-01 must be clearly identified as such on all printed reports.

ENTRY DEADLINE: Entries will be only be accepted upon receipt of at least the first four of the following prior to the entry deadline, April 20, 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, showing proof of time for all individual events. Be sure that all bonus events and entries complying with PNS AD 02-01 are clearly identified as such.
3. **Meet Entry Fee Report** from Team Manager or equivalent.
4. **Volunteer Coordinator's Name and Email Address**
5. **Master Entry Summary Form**—Completed and hand-signed hardcopy only (original or faxed); typed signatures will not be accepted.
6. **Meet Entry Fees**—one check payable to the South Snohomish County Dolphins.

Submittal Formats & Notes

- **Electronic files:** email items #1, #2, #3, and #4.
- **Hardcopies:** mail or hand-deliver items #4 and #5. If sending via express mail, waive signature requirement.
- Please be advised that proof of time and bonus swims may not import into Meet Manager from non-Hy-Tek products. The host club will not be responsible for entry errors due to software incompatibility. See "Proof of Time" and "Bonus Swims" for additional details.
- Late, incomplete, or paper entries will not be processed.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- **Mail entries to:** *Jeny Carlson, 12556 Meridian Avenue North, Seattle WA 98133*
- **Email:** *jeny.carlson@icloud.com*
- **Questions:** *Meet Director*



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MASTER ENTRY SUMMARY

TEAM NAME:			
TEAM CODE:		LSC CODE:	
COACH:			
EMAIL ADDRESS:		PHONE:	
TEAM MAIL ADDRESS:			
CITY, STATE, ZIP:			
ENTRY INFORMATION PREPARED BY:		PHONE:	

MEET ENTRY FEES:

SURCHARGE:		X \$ 25.00	\$
INDIVIDUAL EVENTS:		X \$ 8.00	\$
		SUBTOTAL:	\$
LESS OUTREACH VOUCHERS:			(\$)
		TOTAL:	\$

Make one check payable to the **South Snohomish County Dolphins**.

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.