

EMAIL DEADLINE TO EXCEL FOR ENTRY IS MONDAY, OCT 12, 8:00 PM



Pacific Northwest Swimming
2015 PN PPST Pumpkin Palousa -- Sanction #1510-SP07
North Kitsap Community Pool
Poulsbo, Washington

Hosted by the Poulsbo Piranha Swim Team

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

SCHEDULES	Saturday, October 24, 2015	Sunday, October 25, 2015
Coaches Meeting	7:45 AM – Coaches packet at Clerk of Course.	Will be announced if necessary
Officials Meeting	45 minutes before start of competition	45 minutes before start of competition
Warm-ups	8:00 AM	8:00 AM
Timed Finals	9:00 AM	9:00 AM
Positive Check-in Deadline:	1650 Freestyle: will be announced	50 Freestyle: will be announced

MEET DIRECTOR:

Jerry Johnston
• ppstcoachjerry@gmail.com
• 360 932 8938

MEET REFEREE:

Jamie Miller
• indojamie@msn.com

LOCATION AND DIRECTIONS

North Kitsap Community Pool
1881 NE Hostmark
Poulsbo, WA

Driving directions: From Highway 3 take the Hwy 305/Poulsbo Exit. Take Hwy 305 through most of the Poulsbo shopping area. At the intersection of 305 and Hostmark turn left at the signal. Stay on Hostmark for approximately one-half mile. North Kitsap High School is on the left, and the Community Pool is on the right.

FACILITY

- 25 yard, 6-lane competitive pool
- Starting end 7.0 feet deep; turning end 3.0 feet deep
- The competition course has not been certified in accordance with 104.2.2C(4).
- Warm-up pool adjacent to starting end of pool.
- 200 spectator seats
- Colorado timing system; scoreboard with 6-lane readout
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or the starting block area.
- Changing in or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Limited deck space: Swimmers, coaches, and meet volunteers only

ONSITE AMENITIES

- Heat Sheets: \$5.00
- Results on PNS web site
- Concessions available on site
- Hospitality for coaches and officials

- Parking available next to pool and at adjacent school

ELIGIBILITY:

- All swimmers must be registered with USA Swimming.
- Age groups are based on the age of the swimmer as of the first day of the meet.

ENTRY INFORMATION:

- Each swimmer may enter up to a maximum of five (5) individual and one (1) relay event per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Complete whole-team entries will be accepted in the order received until any session reaches the four-hour limit.
- 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.
- All USA Swimming registration numbers will be verified with the PNS registration database.

ENTRY FEES:

\$25 for one day (per swimmer)
\$40 for two days (per swimmer)

fee invoices will be sent after the entry deadline
no refunds will be given for entry cancellation

AWARDS AND SCORING:

- Individual events (except 50Y "Swim-Off Challenge" events: Ribbons 1st thru 8th places. All events will be scored separately by gender and age group. Age groups for awards will be 8&U, 9-10, 11-12, 13-14, 15&O. Scoring 9-7-6-5-4-3-2-1.

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- **Relay events:** Ribbons 1st thru 8th places. Scoring 18-14-12-10-8-6-4-2.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Seeding will be SCY/LCM/SCM.
- All individual events will be seeded and swum mixed girls and boys, but awarded separately.
- **Mixed Relays:** Each relay team must consist of two girls and two boys.
- **1650 Freestyle:** A positive check-in with the Clerk of Course by the announced deadline is required in order to swim. A swimmer who checks in but fails to show will be disqualified from the next individual event in which he/she is entered. Swimmers must provide their timer and own counter, if desired; lanes with no timer go unprotected.

SPECIAL RULES FOR THE 50Y "SWIM-OFF CHALLENGE" EVENTS

- A positive check-in by the announced deadline is required to compete and indicates the swimmer's willingness to compete in all three rounds, if applicable. The fastest eight (8) girls and the fastest eight (8) boys by seed time will compete in the 50Y "Swim-Off Challenge" events. All others, whether checked in or not, will be seeded and swim in the appropriate age-group event. Swimmers who would prefer to compete in the appropriate age-specific 50Y event should not check in, and there will be no penalty for any swimmer who neither checks in nor shows for any age-specific 50Y event.
- The three rounds of each 50Y "Swim-Off Challenge" event will be swim as indicated in the Order of Events.
 - Round 1: #8 v #1, #7 v #2, #6 v #3, and #5 v #4. The winner of each heat will advance to Round 2.
 - Round 2: Round 1 times will determine seeding: #4 v #1 and #3 v #2. The winner of each heat will advance to Round 3.
 - Round 3: The winner of each race will be the "Swim-Off Challenge" winner.
- Awards: A special "Pumpkin Palousa" award for each "Swim-Off Challenge" winner.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last 30 minutes of each warm-up period:
 - Lanes 1 & 6 – pace lanes, no diving
 - Lanes 2 & 5 - sprint lanes, dive starts, return in lanes 3 & 4
 - Lanes 3 & 4 - general warm-up, no diving
 - Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closed promptly ten (10) 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.
- 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

OTHER NOTES:

- In granting this sanction 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 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.

2015 PPST PUMPKIN PALOUSA

SATURDAY

1	9&O	400 IM
2	12&U	200 mixed medley relay
3	13&O	200 mixed medley relay
4	10&U	50 fly
5	11&12	50 fly
6	9&O	200 fly
7	8&U	25 fly
8	10&U	50 breast
9	11&12	50 breast
10	9&O	200 breast
11	8&U	25 breast
12	10&U	100 free
13	11&12	100 free
14	13&O	100 free
15	10&U	100 back
16	11&12	100 back
17	13&O	100 back
18	10&U	100 IM
19	11&12	100 IM
20	9&O	200 IM
21	9&O	1650 free

SUNDAY

22	9&O	500 free
23	12&U	200 mixed free relay
24	13&O	200 mixed free relay
25	Open	Girls 50 free prelims
26	Open	Boys 50 free prelims
27	10&U	50 free
28	11&12	50 free
29	13&O	50 free
30	8&U	25 free
31	10&U	100 breast
32	11&12	100 breast
33	13&O	100 breast
34	10&U	50 back
35	11&12	50 back
36	13&O	200 back
37	8&U	25 back
25	Open	Girls 50 free semi-finals
26	Open	Boys 50 free semi-finals
40	10&U	100 fly
41	11&12	100 fly
42	13&O	100 fly
43	10&U	200 free
44	11&12	200 free
45	13&O	200 free
25	Open	Girls 50 free finals
26	Open	Boys 50 free finals