



**Pacific Northwest Swimming**  
 Sponsored by the Greater Seattle Swim Association  
 in cooperation with the Seattle Department of Parks and Recreation  
**2016 PN CSC 97th Annual Senior Seattle Open - Sanction #1607-SP01**  
**Colman Pool, Seattle Washington**  
**Hosted by Cascade Swim Club**  
*Held under sanction of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.*  
*Sanctioned by PNA for USMS Inc #366-S006*

SCHEDULES	SESSION 1	SESSION 2	SESSION 3
Dates	Thursday, July 7, 2016	Friday, July 8, 2016	Saturday, July 9, 2016
Coaches' Meeting	One hour before start of competition - Check-in and coaches' packet distributed at coaches' meeting.	as needed	as needed
Officials' Meetings	30 minutes before start of competition	30 minutes before start of competition	30 minutes before start of competition
Warm-ups	10:00 AM	10:00 AM	10:00 AM
Timed Finals	11:00 AM	11:00 AM	11:00 AM
Positive Check-in Deadlines	Will be announced		Will be announced

**MEET DIRECTOR:**

Rene Folk  
 • rjdv27@comcast.net  
 • 206-781-8497

**MEET REFEREE:**

David Guffey  
 • dguffey10@comcast.net

**LOCATION AND DIRECTIONS**

Colman Pool - Lincoln Park  
 8603 Fauntleroy Way SW  
 Seattle, Washington  
 206 684 7494

Directions: From I-5 or Highway 99: Take the West Seattle Bridge to Alaska Way and Fauntleroy. Follow Fauntleroy to Lincoln Park (on right). Park in either north or south lot and head west to the water through the park to the beach.

**FACILITY**

- Outdoor, 50 meter, 8-lane competitive pool
- Starting end 12.5 feet deep; turning end 3.5 feet deep
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with Articles 105.1.7 and 107.2.1. Times will not be eligible for Masters World Records.
- No warm-up pool available. Ten-minute warm-up/warm-down breaks between events are planned throughout the meet. At the discretion of the Meet Referee, the number and length of warm-up sessions may be modified as needed.
- 400 spectator seats on deck. Ample additional space in adjacent park.

- Colorado timing system; scoreboard w/8-lane readout
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**ONSITE AMENITIES**

- Heat Sheets: \$7.00
- Results on PNS web site
- Concessions: available all day--pancake breakfast, Yakisoba lunch
- Hospitality for coaches and officials
- Parking: Parking information will be posted on the PNS web page, [www.pns.org](http://www.pns.org).

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming, a FINA member covered under USA Swimming's "open border" policy included in its Registration Manual, or USMS.
- All swimmers age 14&U, including those with a disability, must have met the listed long course meters (LCM) qualifying time in USA Swimming sanctioned, approved, or observed competition. Times achieved in compliance with PNS AD 02-01 may also be used.
- The individual event qualifying time standards are waived for all swimmers age 15&O. Those swimmers may enter any event as "NT" (no time).
- All entry times must be LCM (long course meters). USA Swimming athletes may not use converted times.
- Open competition.
- USMS: Open to all 2016 USMS swimmers age 18 and above as of July 7, 2016. Age groups for USMS Top 10 based on swimmer's age as of December 31, 2016: 18-24, 25-29, and up in five-year increments.



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#### ENTRY INFORMATION:

- Each swimmer may enter up to four (4) individual events per day plus relays. 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 processed in the order received until the 2,500th splash has been processed.
- On-deck USA Swimming registration will not be permitted. On-deck USMS 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 appropriate athlete registration and, if USA Swimming, 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. All USMS registration numbers will be verified with the USMS database.

#### ENTRY FEES:

- Surcharge: \$15.00
- Deck entry surcharge: \$30.00 (swimmer not previously in meet)
- Individual Event: \$6.00
- Relays: \$12.00
- No refunds or credits will be given for events entered but not swum; no event swapping.
- All fees must accompany entries.

#### AWARDS AND SCORING:

- Individual events: 9-7-6-5-4-3-2-1 for men's and women's high point.
- Relay events: no awards or scoring.
- No team scores or awards.

#### MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- Relays: Coaches are asked to give completed relay slips to Clerk of Course by the announced deadline. Swimmers must take the lane copy with them to give to the Head Lane Timer in their lane to verify the order of swimmers participating.
- Events 400M or shorter will be seeded and swum slowest to fastest in event number order.
- Events 800M or longer will be seeded and swum fastest to slowest, alternating men and women. Swimmers must provide own timers and counter, if desired; lanes with no timer go unprotected.
- **USMS:** In addition, USMS swimmers are subject to USMS Articles 102.1 (eligibility), 102.2 (age determining date), 102.3 (age groups), 102.5 (events), 102.6 (event limit), 102.7 (entries), 102.9 (relays), 102.11 (change of program and postponement), and 102.14 (protests). USMS members' ages will be corrected post-meet to comply with 102.2.2. In the event of any conflict between USMS rules of

competition and those of either PNS or USA Swimming, the latter take priority.

#### WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last half hour of each warm-up period:
  - Lanes 1 & 8 – pace lanes, no diving
  - Lanes 2 & 7 – sprint lanes, dive starts, return in lanes 3 & 6
  - Lanes 4 & 5 – general warm-up, no diving
  - 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:

- No diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool. No diving from the shallow end of the pool at any time.
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation; no diving over persons in the water.
- 200 meter relay starts from the shallow end of the pool will be in the water. Pool depth does not allow for dive starts.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals with the approval of the meet referee 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, other than USMS swimmers, must be under the supervision of a USA Swimming or of a FINA-member organization coach included in USA Swimming's "open border" policy. The 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, other than USMS swimmers, entered in the meet must be certified by a USA Swimming or FINA-member organization coach included in USA Swimming's "open border" policy 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, PNA, USMS, 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 may be in the officials' and staff work areas. All others must remain in the designated spectator areas or in public lobbies and are not allowed in



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the designated racing venue unless timing for an event or volunteering with 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, of a FINA-member organization included in USA Swimming's "open border" policy, or of USMS shall visibly display their membership credentials at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming, of a FINA-member organization included in USA Swimming's "open border" policy, or USMS.
- 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.
- GSSA member clubs are asked to provide timers and officials. Lane assignments for timing will be in the heat sheet.



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**USA SWIMMING ENTRY SUBMITTAL INFORMATION: Entries will open at noon, Wednesday, May 18, 2016. Entries will be accepted upon receipt of all of the following by the entry deadline, Wednesday, June 29, 2016:**

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.
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 the Cascade Swim Club. Meet entry fees should arrive to the meet host three weeks following the confirmation of your team entries or before the meet entry deadline, whichever is sooner. Any team that feels this will cause a financial hardship should contact the Meet Director to make arrangements.

Submittal Formats and 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.
- Relay-only swimmers must be listed on the Meet Entry Report or equivalent, and appropriate surcharges must be included with the entry.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- All entry times must be LCM (long course meters). Converted times are no allowed.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Contact the Meet Director for any meet entry or eligibility questions.
- Email entries to: [rjdv27@comcast.net](mailto:rjdv27@comcast.net)
- Mail hard copies and check to:  
Rene Folk  
6742 Second Ave NW  
Seattle, WA 98117

**USMS ENTRY SUBMITTAL INFORMATION:**

Online entries due by 11:59 PM, Wednesday, June 29, 2016

**OR Paper Entry must be postmarked by Monday, June 27, 2016.**

Submittal Options: Please use only one of the two options listed below:

1. **Online Entry link** for USMS Swimmers:

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1534&smid=8096](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=8096)

Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet.

**---OR---**

2. **Paper Entry:** See pages 7 and 8. Be sure to complete and submit Paper Entry form, entry fees check, and the USMS Waiver.

Submittal Notes:

- USMS swimmers must enter with their Club (i.e. PSM) or Unattached. No workout groups accepted.
- Late or incomplete 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 must be LCM (long course meters)
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.



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**97TH ANNUAL SENIOR SEATTLE OPEN ORDER OF EVENTS**

<b>Thursday</b>		<b>Women**</b>	<b>Men**</b>
1, 2	200 Free Relay	NT	NT
3, 4	200 Breaststroke	3:08.00	2:52.00
5, 6	200 Freestyle	2:26.00	2:14.00
7, 8	100 Butterfly	1:14.00	1:07.00
9, 10	200 IM	2:44.00	2:32.00
11, 12	800 Free Relay	NT	NT
13*, 14*	800 Freestyle	12:26.89	12:26.89
<b>Friday</b>			
15, 16	200 Medley Relay	NT	NT
17, 18	400 IM	5:37.00	5:21.00
19, 20	50 Freestyle	31.00	28.00
21, 22	100 Breaststroke	1:31.00	1:23.00
23, 24	100 Backstroke	1:19.00	1:12.00
25, 26	400 Free Relay	NT	NT
27, 28	400 Freestyle	6:30.00	6:30.00
<b>Saturday</b>			
29, 30	400 Medley Relay	NT	NT
31, 32	200 Backstroke	2:47.00	2:36.00
33, 34	100 Freestyle	1:07.50	1:01.50
35, 36	200 Butterfly	2:49.00	2:35.00
37*, 38*	1500 Freestyle	23:15.69	23:15.69

\*See Meet Rules for more information about the 800 and 1500 Freestyle events.

\*\* See "Eligibility" section for more information about time standards.



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**MASTER ENTRY SUMMARY – USA SWIMMING ENTRIES**

Please complete this form and send with your entries (disk or hard copy). Failure to submit this form will delay your entry processing and may result in your entries being rejected.

<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 \$ 15.00</b>	<b>\$</b>
<b>INDIVIDUAL EVENTS:</b>		<b>X \$ 6.00</b>	<b>\$</b>
<b>RELAYS:</b>		<b>X \$12.00</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 **Cascade Swim Club**.

**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.

**USMS PAPER ENTRY FORM AND WAIVER – NOT required if entering ONLINE via Club Assistant**

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1534&smid=8096](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=8096)

**USMS Paper Entry Instructions:**

- Complete Entry Form to right.
- PRINT, complete and sign USMS Waiver on next page.
- Mail hard copy of Waiver and check (made out to Cascade) to:  
 Rene Folk  
 6742 Second Ave NW  
 Seattle, WA 98117
- Entry form, waiver and check must be postmarked by Monday, June 27, 2016

**USMS Entry Form:**

**SENIOR SEATTLE OPEN USMS ENTRY FORM**

Name: \_\_\_\_\_

Sex: M F Birthday: \_\_/\_\_/\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

USMS #: \_\_\_\_\_

USMS Club: \_\_\_\_\_ or UNAT: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

Event Count	Event #	Distance/Stroke	Entry time LCM
1			
2			
3			
4			
5			
6			
7			
8			
9			

<b>Meet Surcharge:</b>	<b><u>\$15.00</u></b>
<b>Event Fee (\$6 X events entered)</b>	_____
<b>Total Entry Fees (sum)</b>	_____



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	