

**2013 Washington Open**  
**January 17- 20, 2013**

**TRAVEL INFORMATION:**

- This Meet is open to all 13 and Over Swimmers that qualify.
- Swimmers will be required to book their own flights.
- DSA will book hotel, ground and make all other travel arrangements. DSA will travel as a group. Please book the flights listed below.
- Swimmers who plan to attend a DSA travel meet are required to maintain an 85% practice attendance. Please understand that if attendance falls below the required 85% the swimmer may not be able to attend the meet. All fees are non-refundable.

**Flight Info.**

**United Airlines** \*Swimmers are responsible for booking your own air\* price will depend on how early you book your flight. Please book these flights as we will travel as a team

Thurs 1/17/13 United FI 586 Lv DEN 825am Arr SEA 1020am

Mon 1/21/13 United FI 386 Lv SEA 720am Arr DEN 11am

**HOTEL**

Hampton Inn and Suites Seattle/Federal Way  
31720 Gateway Center Boulevard S., Federal Way, Washington, 98003  
1-252-946-7000

**COST:**

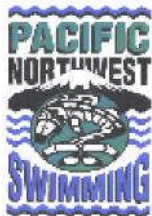
\$500 Per person

Includes:

- Ground transportation
- Three night's meals - Thursday, Friday and Saturday. Swimmers will be responsible to pay for additional meals. (All lunches and dinner Sunday night)
- All breakfasts are included
- Hotel accommodations-two swimmers per room (two double beds in each room) We may need to place 3 swimmers in a room if there are odd numbers going.

**IMPORTANT INFO and DATES:**

- **November 19<sup>th</sup>, 2012:** Please email confirmation that you plan to attend the meet. In the email please include a copy of you booked flight confirmation.
- The DSA Travel Policy can be found in the DSA web site in the DSA Only section. Please read, understand, print, sign and include with your final payment.
- **December 3<sup>rd</sup>, 2012:** Entries due online in Team Unify. You will be notified when the meet is loaded into Team Unify to enter.
- **December 3<sup>rd</sup>, 2012:** Full payment and DSA Travel Policy due to Coach Nick
- **January 9, 2012:** Mandatory Parent/Swimmer Travel meeting at Regis Pool.



Pacific Northwest Swimming  
 37<sup>th</sup> Annual Washington Open -- Approval #1301-SP03 Time Trials  
 Approval #1301-SP04 Weyerhaeuser King County Aquatic Center  
 Federal Way, Washington  
 Hosted by Valley Aquatics  
 Held under approval of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.



SCHEDULES	Thursday January 17, 2013	Friday January 18, 2013	Saturday January 19, 2013	Sunday January 20, 2013
Coaches' Meeting	4:00 PM - Check in and coaches' packets at Clerk of Course	8:15 AM		
Individual Event Positive Check-in/scratch Deadlines	1000 free--5:00 pm	200 IM & 50 free— 8:30 AM Friday 500 free--9:30 AM	Events 200yards or less— 5:30 PM Friday 400 IM--9:30 AM	Events 200yards or less— 5:30 PM Saturday 1650 free—9:30 AM
Officials Meeting -- Prelims		8:30 AM	8:30 AM	8:30 AM
Warm-up -- Prelims		8:00 AM	8:00 AM	8:00 AM
Prelims		9:30 AM	9:30 AM	9:30 AM
Officials Meeting -- Finals	5:00 PM	4:30 PM	4:30 PM	3:30 PM
Warm-up -- Finals	4:30 PM	4:00 PM	4:00 PM	3:30 PM
Finals	6:00 PM	5:30 PM	5:30 PM	4:30 PM
Dive Tank Pool	Available for warm-up and cool-down			
Entries Due	Entries are due by Wednesday, January 9, 2013			

**MEET DIRECTOR:**

Suzanne Rychlik  
 • [swimvast@hotmail.com](mailto:swimvast@hotmail.com)  
 • 253-241-4827

**MEET REFEREE:**

Mike Murphy  
 • [swimoff1@gmail.com](mailto:swimoff1@gmail.com)

**ADMINISTRATIVE REFEREE:**

Marianne Kersten  
 • [mkers10@comcast.net](mailto:mkers10@comcast.net)

**LOCATION AND DIRECTIONS**

Weyerhaeuser King County Aquatic Center  
 650 SW Campus Drive  
 Federal Way, Washington

**Directions from I-5:** Take Exit 142B west on 348th. It becomes Campus Drive after crossing 1st Ave S. Pool is on the right side approximately 1 1/4 miles from I-5.

**Note:** In the event of inclement weather, call the King County Aquatic Center Hotline: 206-296-4444 or toll-free 1-800-325-6165 x64444.

**FACILITY**

• Site of the 1990 Goodwill Games and 1991, 1994, 1997, 2000, and 2006 Spring National Championships, 2008 and 2012 NCAA Men's Division 1 Championships, 2009 U.S. Open, 2009 Junior Nationals, and 2009 Short Course Nationals.

- Two 25 yard, 9 feet deep, 8-lane competitive pools. The area between the bulkheads is closed at all times.
- 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 cool-down.
- 2500 spectator seats
- Omega electronic timing system
- Full-read scoreboard
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind starting blocks on pool deck.
- Except where venue facilities require otherwise, changing in or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**ONSITE AMENITIES**

- **Vendor:** Northwest Swim Shop
- **Heat Sheets:** \$3.00 prelims, \$1.00 for finals
- **Results** on 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:** pool parking lots (front and rear). Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in cars.



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Time Trials Approval #1301-SP04  
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#### 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 with the NCAA.
- Swimmers must have met the listed minimum qualifying time standards in each individual event entered, with the exception of bonus events.
- Swimmers with a disability must meet the qualifying standards for this meet in compliance with PNS Policy AD 97-02.

#### ENTRY INFORMATION:

- There is no entry limit, but each swimmer may not compete in more than three (3) individual events per day plus relays.

Swimmers who compete in more than three individual events on any given day will be disqualified from all individual events following their third daily individual event.

- All entry times should be clearly identified as SCY or LCM. Times not otherwise identified will be assumed to be SCY. Converted times are not allowed.
- On-deck USA Swimming registration will not be permitted.
- No deck entries will be permitted.
- All USA Swimming registration numbers will be verified for PNS swimmers.

#### BONUS EVENTS

- Swimmers entered in at least one individual event with a qualifying time may enter up to two (2) additional events as bonus events, subject to the entry and splash limits stated above.
- For example:
  1. Qualify in 1=swim up to 3
  2. Qualify in 2=swim up to 4
  3. Qualify in 3=swim up to 5
- The 1650 freestyle events may not be entered as a bonus event.
- Bonus swims must be clearly identified in submitting entries; teams using Team Manager must designate bonus swims on the Meet Entries Screen. See Entry Submittal Information.
- Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.

#### ENTRY FEES:

- Surcharge: \$15.00
- Individual Event: \$8.50
- DSA Surcharge \$5.00 per swimmer
- No refunds or credits will be given for events entered but not swum; no event swapping.

#### AWARDS AND SCORING:

- **Individual events:** Medals 1st - 3rd places.  
Scoring 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

- **Relay events:** Medals 1st - 3rd places  
Scoring 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- **Team trophies:** Top three teams--combined men's and women's scores
- **Individual high point:** Top scoring male swimmer and top scoring female swimmer

#### MEET RULES:

- This year's meet course will be short course yards (25 yard pool).
- Current USA Swimming and PNS rules govern throughout the meet, including warm-ups.
- The meet will be swum as prelims/finals (C/B/A) except for relays and the 1000/1650 events.
- See Order of Events for more information.
- Seeding will be SCY/LCM.
- At the Meet Referee's discretion, two pools may be used for prelims. An announcement will be made at the Coaches' Meeting.

#### DISTANCE EVENTS:

- The 500, 1000, and 1650 freestyle, and the 400 IM events will require a positive check-in to be seeded Swimmers not checking in for these events will automatically be scratched without penalty. Swimmers checking in for any of these events who do not swim will be disqualified from their next scheduled individual event.
- The check-in deadlines are:
  - 1000 freestyle: Thursday 5:00 PM
  - 500 freestyle: Friday 9:30 AM
  - 400 IM: Saturday 9:30 AM
  - 1650 freestyle: Sunday 9:30 AM
- The 1000 free and 1650 free events may be limited to six (6) heats of women and six (6) heats of men.
- Each swimmer must provide their own timer and counter, if desired, for the 1000 and 1650 free events. Lanes with no timer go unprotected.
- Timers will be provided for the 500 free events, but each swimmer must provide their own counter, if desired.
- Timers will be provided for the 400 IM events.

#### SCRATCH PROCEDURE FOR EVENTS 200 YARDS OR LESS:

##### Prelims:

- Swimmers will be seeded into all preliminary events of 200 yards or less unless properly scratched by the appropriate scratch deadline. See Distance Event rules above for the 400 IM and 500 freestyle events. The scratch deadlines are:
  - **Friday's events 200 yds or less: 8:30 AM Friday**
  - **Saturday's events 200 yds or less: 5:30 PM Friday**
  - **Sunday's events 200 yds or less: 5:30 PM Saturday**



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- There is NO penalty for swimmers who fail to show for prelim events for which they have NOT BEEN SCRATCHED (with the exception of the DISTANCE EVENTS as described above).

**Finals:**

- Once the C, B, and A finalists are announced, those swimmers have 30 minutes to declare their intention to scratch and until 30 minutes after the completion of their last preliminary (not timed finals) event to finalize their intention to scratch. There is no penalty for scratches during this time.
- A swimmer for the C, B, or A finals of any prelims/finals event who fails to show will be barred from competing in the rest of the meet, including relays, unless properly scratched. A swimmer who is not an announced C, B, or A finalist 30 minutes after the announcement of an event's results will not be penalized for a failure to scratch.
- Reseeding due to scratches made after the initial 30 minute deadline will be at the discretion of the meet referee.

**RELAYS:**

**Relay Information:**

- The top sixteen (16) entry times for each gender of the 200 freestyle, 200 medley, and 400 medley relays will swim in finals--i.e., two heats of women's relays and two heats of men's relays. The top eight (8) entry times for each gender of the 800 freestyle relay will swim in finals--i.e., one heat of women's relays and one heat of men's relays.
- All other relays, including all heats of the 400 free relay, will be swum during prelims.

**Relay Slips:**

- The top two copies of the relay slips must be submitted to the Clerk of Course by the deadline to be stated at the Coaches' meeting.
- The Lane Copy of the relay slip must be presented to the Head Lane Timer of the appropriate lane prior to the swim to verify the order in which the athletes will swim. This copy must be complete and legible.

**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 3, 4, 5 & 6—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, a FINA-member coach covered under USA Swimming's "open border" policy included in its Registration Manual, or an NCAA 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.
- **Shaving is not permitted in the facility.**

**OTHER NOTES:**

- In granting this approval it is understood and agreed that Valley Aquatics, Pacific Northwest Swimming 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 credentialed athletes, coaches, officials, authorized volunteers and facility employees are allowed on deck or in the locker rooms. All volunteers must check in prior to their assigned shift for a name tag which must be displayed while on deck.
- All others must remain in the designated spectator area or in public lobbies and are not allowed in the natatorium unless timing for an event in which swimmers must provide their own timers.
- 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 covered by USA Swimming's "open border" policy or of the NCAA 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 covered by USA Swimming's "open border" policy or Canadian equivalent or of the NCAA.



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- 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.
- **Lost and Found:** Items will be left in place during the meet. After the meet, contact KCAC.
- **Team Banners:** Banners must be fabric. No helium balloons or paper signs.

**ENTRY Deadline:**

**Monday December 3<sup>rd</sup>.**

**Please enter online using Team Unify on the DSA website**

**OFFICIALS:**

- All certified officials are welcome. The dress code will conform to PNS official's dress code (no shorts for finals).
- This meet is applying for designation as a training meet for N2 officials Certification. Officials wishing to obtain or renew N2 certification must apply by January 9, 2013. Preference will be given to those who agree to work all sessions. Instructions for certification will be provided during the Official's meetings.
- Once N2 designation has been granted, this meet information sheet will be updated, and the Application to Officiate form will be made available.

**TIMERS:**

- All participating teams are asked to provide timers.
- Lane assignments will be posted on Valley Aquatics' web page, [www.swimvast.org](http://www.swimvast.org), the week prior to the meet.
- Larger teams should be prepared to take the first shift Friday.
- We appreciate your cooperation in facilitating this request.

**TIME TRIALS:**

- Time Trials will first be seeded in open lanes during the meet. Additional time trial may be available at the conclusion of prelims, subject to the Meet Referee's discretion. There will be no additional Time Trials on Sunday (after prelims).
- Only swimmers who are pre-entered into the meet (i.e., meet entry surcharge paid prior to the entry deadline) are eligible for time trials.
- One Time Trial per day per swimmer, subject to meet entry limitations.
- Deck-entry only at the Clerk of Course.
- Time Trial fee: \$8.50 per individual event. \$16.00 per relay
- Each swimmer should provide a timer and counter, if needed. Lanes with no timer go unprotected.

## 2013 WASHINGTON OPEN ORDER OF EVENTS

WOMEN			MEN			
#	LCM	SCY	EVENT	SCY	LCM	#

Thursday						
<b>1</b>	10:30.00	11:40.00	<b>1000 FREE (1)</b>	10:59.00		
9:55.00	<b>2</b>					
(1) The 1000 Free will be deck seeded, positive check-in (which will close at 5:00 PM), swum fastest to slowest, alternating women then men. This event may be limited to six (6) heats each. At the Meet Referee's discretion, this event may be swum in two pools.						

Friday						
<b>3</b>	NT	NT	<b>200 FREE RELAY (2)</b>	NT	NT	<b>4</b>
<b>5</b>	2:45.00	2:28.00	<b>200 IM (3)</b>	2:20.00	2:35.00	<b>6</b>
<b>7</b>	31.50	28.00	<b>50 FREESTYLE (3)</b>	25.50	29.00	<b>8</b>
<b>9</b>	5:05.00	5:45.00	<b>500 FREESTYLE (4)</b>	5:30.00	4:52.00	<b>10</b>
<b>11</b>	NT	NT	<b>400 MEDLEY RELAY (2)</b>	NT	NT	<b>12</b>
(2) Fastest two heats in finals; all others in prelims.						
(3) Scratches for events 200 and less close at 8:30 am						
(4) 500 Free will be deck seeded, positive check-in (which will close at 9:30 AM)						

Saturday						
<b>13</b>	NT	NT	<b>200 MEDLEY RELAY (2)</b>	NT	NT	<b>14</b>
<b>15</b>	1:15.00	1:07.50	<b>100 BUTTERFLY (3)</b>	1:03.00	1:10.00	<b>16</b>
<b>17</b>	2:24.00	2:08.00	<b>200 FREESTYLE (3)</b>	2:00.00	2:15.00	<b>18</b>
<b>19</b>	1:29.00	1:20.00	<b>100 BREASTSTROKE (3)</b>	1:15.00	1:24.00	<b>20</b>
<b>21</b>	1:18.00	1:09.00	<b>100 BACKSTROKE (3)</b>	1:05.00	1:13.00	<b>22</b>
<b>23</b>	5:46.00	5:00.00	<b>400 IM (4)</b>	4:45.00	5:29.00	<b>24</b>
<b>25</b>	NT	NT	<b>800 FREE RELAY (5)</b>	NT	NT	<b>26</b>
(2) Fastest two heats in finals; all others in prelims.						
(3) Scratches for events 200 & less close at 5:30 pm Friday						
(4) 400 IM will be deck seeded, positive check-in (which will close at 9:30 AM)						
(5) Fastest heat of women and fastest heat of men in finals; all others in prelims.						

Sunday						
<b>27</b>	2:45.00	2:26.00	<b>200 BACKSTROKE (3)</b>	2:20.00	2:38.00	<b>28</b>
<b>29</b>	1:07.00	1:01.00	<b>100 FREESTYLE (3)</b>	58.00	1:03.00	<b>30</b>
<b>31</b>	3:10.00	2:50.00	<b>200 BREASTSTROKE (3)</b>	2:41.00	3:00.00	<b>32</b>
<b>33</b>	2:50.00	2:30.00	<b>200 BUTTERFLY (3)</b>	2:21.00	2:40.00	<b>34</b>
<b>35</b>	20:00.0	19:30.00	<b>1650 FREE (6)</b>	18:45.00	19:05.00	<b>36</b>
<b>37</b>	NT	NT	<b>400 FREE RELAY (7)</b>	NT	NT	<b>38</b>
(3) Scratches for events 200 and less to close at 5:30 pm Saturday						
(6) The 1650 Free will be deck-seeded, positive check-in (which will close at 9:30), swum fastest to slowest, alternating women then men. This event may be limited to six heats each. At the Meet Referee's discretion, this event may be swum in two pools.						
(7) All heats will swim in prelims.						