



**Rules:** Current USA Swimming rules will govern this meet. Meet format will be Prelims (8 lanes) and Finals (8 lanes). One championship heat (8 lanes) and three consolation heats (8 lanes) will compete in Finals except as noted in Schedule of Events. Seeding for the meet will be Short Course Yards (SCY) Long Course Meters (LCM), Short Course Meters (SCM). Bonus events will be seeded after all of the above.

In Prelims, the pools will be divided into an odd heat pool (north course near diving well) and an even heat pool (south course near scoreboard). Thus Event 1 Heat 1 will be swum in the north pool near the dive tank and Event 1 Heat 2 will be swum in the south pool near the scoreboard. Heat 2 of an event will not begin until Heat 1 of that event has started. The Meet Referee has authority to modify the conduct of the prelim heats in regards to the north and south pool when doing so will materially improve the meet time line.

**PLEASE REVIEW SCRATCH RULES AND CHECK-IN PROCEDURES LISTED ON FOLLOWING PAGES.**

**Eligibility:** Open to all swimmers who:

1. Are currently registered with USA Swimming LSC's within the Western Region Section of the Western Zone as of the day meet entries close [Alaska, Arizona, Colorado, Hawaii, Inland Empire, Montana, New Mexico, Oregon, Pacific Northwest, Snake River, Utah and Wyoming].
2. Are full-year members of USA Swimming. **Note: It is the legal responsibility of each club to ensure that each swimmer listed on the Master Entry Form is USA Swimming Registered for the current year. There will be no on-deck USA Swimming registration.**
3. Have met the appropriate 2010 qualifying times in competition, between March 11, 2009, and the entry deadline. **(NOTE: Penalties apply for unproven entry times.)**
4. Meet management will produce a psych sheet prior to the start of the meet with markings to indicate times requiring proof as required under #5 below. The psych sheet will be e-mailed to all who have requested by e-mail and will be posted on the host teams' and PNS Website – see pg 1 for URLs.
5. Each entry time used must be from a "Sanctioned" or "Approved" meet, or from an "Observed Swim" in accordance with USA Swimming Rules and Regulations. Entry times which are not in the SWIMS database must be proved to the Admin Referee, or designated representative, prior to the scratch deadline for the event. Failure to provide such proof of time prior to the scratch deadline for the event will result in a \$100 fine assessed against the club or individual swimmer, if unattached. There is no requirement to prove relay entry times.
6. An official time can be achieved only in USA Swimming sanctioned or USA Swimming approved competition, or in an observed swim in accordance with all applicable rules. (102.16.4A in the 2009 USA Swimming Rule Book)

NOTE: Times achieved in High School or collegiate competitions are generally NOT acceptable. Ensure the times are in SWIMS or otherwise proven through your LSC."

**Event Limit:** Each swimmer entered may participate in up to six (6) individual events and up to five (5) relays. No swimmer may participate in more than three (3) individual events per day, including time trials. All swimmers, including relay only swimmers, are limited to three (3) time trials. There is no limit to the number of relays a club enters, but only the top 2 relay teams per club can score.

**Time Line:** If the projected length of a preliminary session exceeds 4½ hours, the Meet Referee, in consultation with the meet host and the Western Region Section Officers, reserves the right to divide the preliminary session into "A" and "B" sessions. The "A" session will consist of the fastest 7 heats (5 of the 400 yard events) with the remainder of the heats in the "B" session. The "B" session will be swum fastest to slowest.

If the projected length of Sunday's 1650 freestyle preliminary events does not allow for the scheduled Finals start time, the Meet Referee reserves the right to first, reduce the warm-up time for the Finals'

session to one hour; second, to begin the Sunday warm-up period for the preliminary session one hour earlier (6:30 a.m.).

**Bonus Events:** Swimmers may enter a bonus event for each qualified event with a maximum of two bonus swims as follows:

One (1) Qualified Event	1 Bonus Event	2 Total Events
Two (2) Qualified Events	2 Bonus Events	4 Total Events
Three (3) Qualified Events	2 Bonus Events	5 Total Events
Four (4) Qualified Events	2 Bonus Events	6 Total Events
Five (5) Qualified Events	1 Bonus Event	6 Total Events
Six (6) Qualified Events	0 Bonus Event	6 Total Events

**For teams using Team Manager 4.0 or 5.0, bonus swims should be designated in the Meet Entry Screen for individual entries or, if using paper entry, circle the bonus time on the Master Entry Forms.**

Bonus swims should be entered using the swimmer’s best-achieved time that is not an event qualifying time. NT is not acceptable.

**Entries:** MEET ENTRY SUBMITTAL: NOTE: If you choose to submit electronic entries and you use an “other than” Hy-Tek product, be aware that proof of times and bonus swims may not import into Meet Manager correctly. You can download a free version of Hy-Tek Team Manager for entry preparation at <http://www.hy-tek.com/downloads.html>

<b>Deadline to Meet Entry Clerk March 2, 2010 11:59 PM PST</b>	<b>Electronic Export File</b>	<b>Printed Entry Report</b>	<b>Entry Fee Report</b>	<b>Hardcopy Team Info/Summary Entry Form and Fees Via MAIL</b>
<b>ELECTRONIC</b> <a href="mailto:golfandswim@comcast.net">golfandswim@comcast.net</a>	Hy-Tek Team Manager Commlink File	Individual (sorted by swimmer) and Relay (sorted by event) Entry Reports with proof of time and bonus swims marked	Team Manager Meet Entry Fee Report	SIGNED Team Info/Summary Info Form with entry fees attached. Make check payable to Wave/West Meet
<b>MAIL</b> <b>14910 66<sup>th</sup> Ave. W. Edmonds, WA 98026</b>			Meet Entry Fee Report	

<b>FAX entries available ONLY for first time swims made March 2<sup>nd</sup> through March 7<sup>th</sup></b>  <b>FAX</b> <b>1-888-788-2764</b>	<b>FAX ENTRIES AVAILABLE ONLY FOR FIRST TIME SWIMS ACHIEVED</b> <b>MARCH 2<sup>RD</sup> THROUGH MARCH 7<sup>TH</sup></b>			
	<b>FAX DEADLINE – 11:59 p.m., Sunday, March 7, 2010 (PST)</b>			
	Individual (sorted by swimmer) Entry Report with proof of time and bonus swims marked. See fax form, pg. 11, for details		Meet Entry Fee Report	SIGNED <u>Revised</u> Team Info/Mastery Info Form <b>Bring to Meet:</b> (Additional) Entry Fees for FAX entries

<ul style="list-style-type: none"> <li>All Individual Times must be proven.</li> </ul>	<ul style="list-style-type: none"> <li>Make Checks payable to ‘Wave/West Meet’</li> </ul>
<ul style="list-style-type: none"> <li>Converted times will not be accepted.</li> </ul>	<ul style="list-style-type: none"> <li>Use ‘Manual Indiv Entry Form’ and ‘Relay Entry Form’ (pg. 14-15) if submitting manual entries</li> </ul>
<ul style="list-style-type: none"> <li>Seeding will be YLS, then bonus</li> </ul>	<ul style="list-style-type: none"> <li>Relay-only swimmers must be listed on the entry form and are subject to swimmer surcharge</li> </ul>
<ul style="list-style-type: none"> <li>Entries must be accompanied by payment</li> </ul>	<ul style="list-style-type: none"> <li>SIGNED hardcopy Team Info/Summary Form with meet fees, required for ALL entries</li> </ul>

Please insure all forms submitted are legible. Meet management will make every reasonable attempt to verify questionable entries. Mistakes due to errors, either wrong entry times or illegible entry times, on the Master entry Forms will result in an entry time for prelims (or timed finals) equal to the short course yard qualifying standard. Errors on the part of the meet host will be corrected and the event re-seeded if necessary. The Meet Referee will be the final authority for the correction of errors.

**Entry Fees  
& Surcharge:**

\$15.00 Surcharge Per Swimmer	\$10.00 Time Trial fee – Indiv events
\$10.00 Individual Event Fee	\$20.00 Time Trial fee – relay events
\$20.00 Relay Fee	\$5.00 Paper Entry Processing Fee per team
\$20.00 Coach & Manager Deck Pass Fee	\$5.00 Paper Entry Processing Fee per unattached swimmer

**Entry Deadline: ALL Entries must be received by 11:59 p.m., Tuesday, March 2<sup>nd</sup>, 2010**

If mailing entries, overnight mail service is recommended--**please mark “no signature required”**. Late entries, entries without fees, “no time” entries, and entries without proper payment will not be accepted. No refunds will be given to teams or individuals who withdraw after the entry deadline.

Entries for swims from Tuesday, March 2<sup>nd</sup> 2010, through Sunday March 7<sup>th</sup>, 2010, which achieve a first time individual qualifying standard, must be made on the FAX entry form enclosed and sent by FAX transmission. FAX entries must be received no later than 11:59 p.m. (PST) on Sunday, March 7<sup>th</sup>, 2010, and may not be used to improve the seed time of a previously submitted entry. **Relay FAX entries will not be accepted after the normal entry deadline. Updating bonus swims to a qualifying time after the entry deadline is not permitted. However, a swimmer who swims a first-time qualifying time in an event in which they had previously entered as a bonus swim, may treat the bonus swim as a qualifying swim in order to allow for additional bonus swims. Adding bonus swims for qualifying times achieved after the entry deadline is permitted.**

**LATE ENTRIES WILL NOT BE ACCEPTED AND UPDATING OF TIMES IS NOT PERMITTED.**

**Entry Address:** Email: Deb Keane: [golfandswim@comcast.net](mailto:golfandswim@comcast.net)

**Hard copies and payment:**

Deb Keane: 14910 66th Ave. W.  
(425) 745-8926 Edmonds, WA 98026

**Meet Entry Chair: Questions concerning meet entries should be directed to the Meet Referee–NOT to the Meet Entry Chair.**

**Registration:**

All Swimmers will receive a meet specific Bag Tag which will serve as a deck pass. Coaches and Managers listed on the Summary Entry Form will receive Bag Tag deck pass, according to the following formula, based upon the total size of the team. Managers must be included in this formula and on the entry form to receive a deck pass, and must be currently registered with USA Swimming. All Coach/Manager deck passes will be assessed a \$20 fee.

Swimmers in Indiv Events:	Deck Passes	Swimmers in Indiv Events:	Deck Passes
1 – 3 swimmers, or 1 relay only team	1	21 – 30 swimmers	5
4 – 6 swimmers	2	31 – 40 swimmers	6
7 – 9 swimmers	3	41 – 50 swimmers	7
10 – 20 swimmers	4	51 + swimmers	9

Unattached swimmers with a team shall be included in above schedule even if listed on separate entry blank. Unattached swimmers not with a team: 1 deck pass.

**Scratch  
Procedures:**

The USA Swimming National Championship scratch procedure and no show rule will be used at this meet, subject to the modifications described below. These rules are described in the current USA Swimming Rules (207.12.6 in the 2009 Rule Book).

**SWIMMERS MUST CHECK IN FOR THE 1000 FREESTYLES AND 200 FREE RELAYS ON WEDNESDAY EVENING NO LATER THAN 15 MINUTES AFTER THE CONCLUSION OF THE GENERAL MEETING. SWIMMERS ARE CONSIDERED CHECKED IN FOR ALL OTHER EVENTS EXCEPT RELAYS AND THE 1650 FREESTYLES UNLESS SCRATCHED.**

1. The Scratch Box will be located at the General Meeting and then at the Clerk of Course for the duration of the meet.
2. Scratches prior to the seeding of preliminary heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box, available at the Clerk of Course.
3. Entrants in the 1000 and 1650 Freestyles must check-in and confirm their intention to compete before the scratch deadline in order to be seeded. For the 1650 yard freestyles, seeded heat sheets will be published at the end of finals on Saturday.
4. E-mail or phone check in, in addition to physical check in, will be permitted for the first day only. All other days will require physical check in. The same deadline applies to email and phone check in. Email check-in should be sent to [2010WRSS@gmail.com](mailto:2010WRSS@gmail.com).
5. Scratch/Check-in Deadlines **Check in for all relays and the 1000 and 1650 Freestyles, or place your scratch card in the Scratch Box located at the Clerk of Course according to the following time lines:**

<b>SCRATCH AND CHECK IN SCHEDULE – INDIVIDUAL &amp; RELAYS</b>		
<b>EVENT(S)</b>	<b>ACTION REQUIRED</b>	<b>DEADLINE</b>
<b>WEDNESDAY EVENTS (1000 FREE AND 200 FREE RELAY)</b>	Positive Check In	15 MIN AFTER CONCLUSION OF GENERAL MEETING
<b>THURSDAY INDIV EVENTS</b>	Scratch	5PM WEDNESDAY
<b>THURSDAY RELAYS</b>	Positive Check In	
<b>FRIDAY INDIV EVENTS</b>	Scratch	6 PM THURSDAY
<b>FRIDAY RELAYS</b>	Positive Check In	
<b>SATURDAY INDIV EVENTS</b>	Scratch	6 PM FRIDAY
<b>SATURDAY RELAYS</b>	Positive Check In	
<b>SUNDAY INDIV EVENTS - (NOT INCL 1650)</b>	Scratch	6 PM SATURDAY
<b>SUNDAY 1650 FREE, RELAYS</b>	Positive Check In	
<b>ALL CHECKED IN RELAYS: WEDNESDAY - SUNDAY</b>	Submit Relay Card w/ full names and order of swimmers to Clerk of Course	One hour before scheduled start of relays
	If necessary, changes to relay line-up	At time of relay swim
<b>ANNOUNCED FINALISTS FOR CHAMPIONSHIP HEAT AND 3 CONSOLATION HEATS</b>	Declare intention to scratch to Admin Referee	Within 30 minutes of announcement of championship and consolation qualifiers for that race
	If earlier declared intention to scratch, declare final intention	Within 30 minutes of swimmer's last individual preliminary event of the day

- Scoring:** Scoring will be on a sixteen (16) place basis (must meet time standard).  
Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1  
Relay Events receive double these point values.
- Awards:** Medals will be provided for top 8 places for individual and 3 places for relay events  
Trophies for team awards -- first through third places for men, women and combined  
Women's and Men's Individual High Point Awards  
Team scoring will be based on 16 places per event including relays
- Travel Fund:** Swimmers who attend are eligible to receive a travel reimbursement. The amount of the reimbursement will be determined based upon total entry fees for this meet and the number of swimmers who qualify and attend. Application for the reimbursement must be made by submitting the attached form within 15 days following the conclusion of the meet (March 29, 2010).
- Meetings:** **Business Meeting:** Wednesday, March 10 at 1:00pm  
**General Meeting:** A general meeting will be held Wednesday, March 10<sup>th</sup> at 2:00 p.m. Teams must have a coach or team representative in attendance. Coaches' packets may be picked up at the Clerk of Course. Current coaching credentials must be shown in order to pick up packet.  
Scratch Box and Check In sheets will be available at the General Meeting  
**Officials Meetings:** One hour before each session each day.
- Officials:** We appreciate the help of certified officials from other clubs; if you will be attending this meet please return the attached Application to Officiate. In order to be considered for an assigned position, applications must be received by February, 7<sup>th</sup>, 2010.
- National Championship**
- Certification:** This meet has been designated as a training meet for N2 and N3 Officials Certification. Officials wishing to obtain or renew this level of certification must apply on the attached application form, and notify Dave Withrow, Meet Referee, upon arrival at the meet. Instructions for Certification will be provided during the Officials' briefings.
- Hospitality:** A hospitality room will be provided for officials and coaches.
- Warm-Up Procedures:**  
**General Warm-up** (first half) NO DIVING from the blocks or sides of pool.  
**Sprint and Pace Warm-up** (remainder).  
**Lanes 1 & 8 pace lanes**—push off, one or two lengths and back. No diving or racing starts. CIRCLE SWIM ONLY.  
**Lanes 2 & 7 sprint lanes**—dive start, swim only one direction (return from adjacent lane). Backstrokers enter the water feet first in rotation. No diving over persons in the water.  
**Lanes 3, 4, 5, & 6 general warm-up**—No Diving.  
Additional sprint lanes may be made available upon request to the Referee.  
**\*\*Warm-up may be modified to accommodate the number of swimmers entered at the discretion of meet management and in agreement with the Referee.**
- Shaving is not permitted in this facility.**
- Time Trials:** Time Trials will be conducted on a time-available basis, and may be limited, at the discretion of the meet referee. Approximately 90 minutes are planned each day. These Time Trials shall be held under a separate sanction of the LSC where the meet is held.

Each time trial swim will count toward the daily event limit, with a combination of time trials and individual meet events not to exceed three (3) per day.

A swimmer is limited to three time trials during the course of the Championships

Time Trials will be deck entered

Time Trials entry fee: \$10 individual; \$20 relay.

Time Trials entry deadline: one hour before projected end of preliminaries. Turn in entries to Clerk of Course.

Time Trials will be conducted in short course yards

Except as noted below, Time Trials shall be swum in the order listed under the meet program as follows:

1. 1000 Free: will be offered as the last event for time trial on Thursday
2. 1650 Free: will be offered for time trial on one day only. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc., and be announced at the General Meeting.
3. The 50 Free is the last event swum in Time Trials, except on the day(s) it is contested in the meet, when it is the first event in Time Trials.

**Timers:** Swimmers/clubs are responsible for providing their own timers for the 1000 and 1650 freestyle swims on Wednesday evening and Sunday afternoon. Swimmers/clubs are also responsible for providing their own timers for any time trial event.

**Teams will be assigned lanes for the Prelim sessions based on number of swimmers entered.** After entries have been processed timing assignments will be e-mailed to teams and posted on the websites listed on page 1

**Concessions:** Snack bar is available throughout the competition and is controlled and operated under contract with King County and the Aquatic Center - the host team and PNS receive no benefit.

**Social Events:** Officials/Coaches Social to be held Friday, March 12, after the conclusion of finals. Details TBD

**Programs:**

Psych Sheets:	\$10.00
Heat Sheets:	Prelims - \$3.00 each session
	Finals - \$2.00 each session
Results:	\$5.00 (Order at the Clerk of Course)

#### Information

**on Web:** Meet information will be posted on the Websites listed on page 1.  
Real time results available at [www.pns.org](http://www.pns.org)  
Post meet results available at websites listed on page 1.

#### Local Hotels/

**Motels:** Available at the websites listed on page 1

**Parking:** Parking is free in the three lots surrounding the venue. An adjacent lot at the Little League Fields will also be available during for the duration of the meet.

#### RV's and

**Motor homes:** RV Parking is limited to 5 spaces. Permits must be obtained for RV parking. RV parking only in the north parking lot. Contact the Meet Director for a permit. RV hookups are not permitted.

**Note:** In granting this sanction it is understood and agreed that USA Swimming, Pacific Northwest Swimming, Wave Aquatics and West Coast Aquatics shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**2010 USA Swimming/Speedo Champions Series  
Western Region Section Short Course Championships  
March 10-14, 2010  
Qualifying Times**

WOMEN			Event	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
25.01	27:82	28.49	50 FREE	22.49	25.71	25.79
54.04	59:47	1:01.34	100 FREE	48.89	53.92	56.02
1:56.74	2:08.61	2:12.69	200 FREE	1:47.08	1:58.54	2:02.79
5:11.76	4:29.17	4:39.69	500/400 FREE	4:51.69	4:12.49	4:22.79
10:46.09	9:22.55	9:42.19	1000/800 FREE	10:14.69	8:57.79	9:12.79
18:09.88	17:58.11	18:44.59	1650/1500 FREE	17:11.26	16:52.78	17:36.59
1:00.41	1:06.31	1:10.61	100 BACK	55.83	1:01.28	1:05.69
2:09.93	2:23.98	2:30.55	200 BACK	2:01.79	2:15.25	2:21.19
1:09.51	1:17.57	1:20.29	100 BREAST	1:02.19	1:09.06	1:13.19
2:30.51	2:48.32	2:53.49	200 BREAST	2:18.49	2:35.26	2:40.79
59.34	1:05.19	1:06.95	100 FLY	54.04	59.37	1:01.24
2:12.40	2:25.48	2:31.16	200 FLY	2:01.79	2:13.25	2:20.39
2:12.16	2:25.76	2:31.09	200 IND. MEDLEY	2:00.69	2:13.35	2:18.69
4:38.70	5:07.29	5:18.84	400 IND. MEDLEY	4:18.89	4:46.49	4:57.79
1:44.69	1:56.89	1:59.29	200 FREE RELAY	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 FREE RELAY	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 FREE RELAY	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 MEDLEY RELAY	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 MEDLEY RELAY	3:47.49	4:15.75	4:23.39

## 2010 USA Swimming/Speedo Champions Series Order of Events

<b>Women's Event #</b>	<b>Wednesday</b>	<b>March 10, 2010</b>	<b>Men's Event #</b>
1	1000-yard <b>(C)</b>	Freestyle	2
3	200-yard <b>(A)</b>	Freestyle relay	4
<b>Women's Event #</b>	<b>Thursday</b>	<b>March 11, 2010</b>	<b>Men's Event #</b>
5	100-yard	Freestyle	6
7	200-yard	Breaststroke	8
9	200-yard	Backstroke	10
11	200-yard	Butterfly	12
13	200-yard <b>(B)</b>	Medley Relay	14
<b>Women's Event #</b>	<b>Friday</b>	<b>March 12, 2010</b>	<b>Men's Event #</b>
15	200-yard	Freestyle	16
17	400-yard	Individual Medley	18
19	800-yard <b>(B)</b>	Freestyle Relay	20
<b>Women's Event #</b>	<b>Saturday</b>	<b>March 13, 2010</b>	<b>Men's Event #</b>
21	100-yard	Backstroke	22
23	500-yard	Freestyle	24
25	100-yard	Breaststroke	26
27	100-yard	Butterfly	28
29	400-yard <b>(B)</b>	Freestyle relay	30
<b>Women's Event #</b>	<b>Sunday</b>	<b>March 14, 2010</b>	<b>Men's Event #</b>
31	200-yard	Individual Medley	32
33	1650-yard <b>(D)</b>	Freestyle	34
35	50-yard	Freestyle	36
37	400-yard <b>(A)</b>	Medley Relay	38

- (A)** These relay events will be conducted as timed finals, all heats in preliminaries.
- (B)** The relay events on Thursday, Friday and Saturday will be conducted as timed finals with the two fastest heats of women and men swum at the end of finals. All slower heats will be swum as scheduled during preliminaries.
- (C)** The women and men's 1000 freestyle will be conducted as timed finals with all heats on Wednesday evening. The heats will be swum slowest to fastest in event order.
- (D)** The 1650-yard freestyle will be conducted as timed finals. The fastest heat of women and men will be swum in finals in event number order. All other heats will be swum at the end of preliminaries, alternating women and men's heats, slowest to fastest. The starting time for each preliminary heat shall be scheduled so that the second fastest heat of men's is concluded 90 minutes before the evening final's session is scheduled to begin.

**2010 USA Swimming/Speedo Champions Series  
Western Region Short Course Championship  
Hosted by Wave Aquatics and West Coast Aquatics  
March 10-14, 2010**

**THIS FORM,  
SIGNED,  
REQUIRED OF  
ALL ENTRIES.**

**MAIL – WITH  
PAYMENT – TO  
MEET ENTRY  
CLERK**

**TEAM INFORMATION--SUMMARY ENTRY FORM**

TEAM NAME: \_\_\_\_\_ CLUB CODE: \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

TEAM ADDRESS: \_\_\_\_\_

CERTIFIED COACH(ES) AND MANAGER(S) ATTENDING MEET: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

While in Federal Way our coach can be reached at: \_\_\_\_\_  
 \_\_\_\_\_

Lodging Name/Phone #

The following statement must be signed by coach or team representative:

I have read the meet information and attest that all swimmers entered are current (2010), full-year members of USA Swimming.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

<b>ENTRY SUMMARY:</b>	Coach/Manager Passes _____ X \$20 Each	\$
	Total from Master Entry Form(s) =	\$
	Total from Relay Entry Form =	\$
	<b>TEAM TOTAL ENTRY FEES=</b>	<b>\$</b>

(Make checks payable to Wave/West meet)

**ENTRY DEADLINE – 11:59 P.M. Tuesday, March 2, 2010**

Mail team information form/disk/entry forms/check to Meet Entry Clerk:

Deb Keane	(425) 745-8926	14910 66th Ave. W
	<a href="mailto:golfandswim@comcast.net">golfandswim@comcast.net</a>	Edmonds, WA 98026

**2010 USA SWIMMING/SPEEDO CHAMPIONS SERIES  
WESTERN REGION SHORT COURSE CHAMPIONSHIP**  
Hosted by Wave Aquatics and West Coast Aquatics  
Weyerhaeuser King County Aquatic Center  
March 10-14, 2010

**FAX ENTRY FORM**

TEAM NAME: \_\_\_\_\_ CLUB CODE: \_\_\_\_\_

COACH NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

COACH'S USA ID#: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

\_\_\_\_\_

City State Zip

**FAX QUALIFICATION PERIOD – March 2 – March 7, 2010  
FAX DEADLINE – 11:59 p.m., Sunday, March 7, 2010 (PST)  
FAX PHONE NUMBER – 1-888-788-2764**

**Only swims achieving the qualifying time standards for the first time from Tuesday March 2, 2010, through Sunday, March 7, 2010, may be sent by FAX.** These faxed entries must be received no later than 11:59 p.m. (PST) on Sunday, March 7, 2010, and may not be used to improve the seed time of a previously submitted entry. **Relay FAX entries will not be accepted after the normal entry deadline. Updating bonus swims to a qualifying time after the entry deadline is not permitted. However, a swimmer who swims a first-time qualifying time in an event in which they had previously entered as a bonus swim, may treat the bonus swim as a qualifying swim in order to allow for additional bonus swims. Adding bonus swims for qualifying times achieved after the entry deadline is permitted.**

We have entered the following events on this FAX entry form:

Women: Individual Events \_\_\_\_\_ x \$10.00 = \_\_\_\_\_ Men: Individual Events \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

Total Faxed Entry Fee \$ \_\_\_\_\_ FAX entries must be paid at the Registration Desk.

**The undersigned coach or team representative of all swimmers listed on this entry form hereby certifies that all times stated on this entry form are true and correct.**

Coach Signature: \_\_\_\_\_

**Swimmer Information**

Print Name \_\_\_\_\_ Age \_\_\_\_\_

Team Name \_\_\_\_\_

Female \_\_\_\_\_ Male \_\_\_\_\_ Registration # \_\_\_\_\_

Swimmer previously entered in meet? Yes \_\_\_\_\_ No \_\_\_\_\_

Event # \_\_\_\_\_ Event \_\_\_\_\_ Time: \_\_\_\_\_ Date Achieved: \_\_\_\_\_

Event # \_\_\_\_\_ Event \_\_\_\_\_ Time: \_\_\_\_\_ Date Achieved: \_\_\_\_\_

Event # \_\_\_\_\_ Event \_\_\_\_\_ Time: \_\_\_\_\_ Date Achieved: \_\_\_\_\_

**2010 USA SWIMMING/SPEEDO CHAMPIONS SERIES  
WESTERN SECTION SHORT COURSE CHAMPIONSHIPS**  
Hosted by Wave Aquatics and West Coast Aquatics  
Weyerhaeuser King County Aquatic Center  
March 10-14, 2010

**APPLICATION TO OFFICIATE**

You are hereby invited to officiate at the 2010 USA SWIMMING/SPEEDO CHAMPIONS SERIES SHORT COURSE CHAMPIONSHIPS to be held at the Weyerhaeuser King County Aquatic Center in Federal Way, WA. The meet will be conducted over a 4½ day period with the Prelims starting at 9:00 a.m. and Finals at 5:30 p.m. (Timed Finals at 4:30 p.m. on Wednesday and Finals at 4:30 p.m. on Sunday). A mandatory officials briefing session will be held one hour prior to each session. The Western Section Short Course Championship has been designated as a training meet for N2 and N3 National Championship Officials Certification. The dress is white shirt/blouse for prelims and finals; khaki pants, shorts, or skirts (no shorts at finals); white socks; and white shoes. Officials desiring an assigned position must submit their application no later than February 7, 2010 (preference will be given to those who agree to work all sessions). All others planning to attend the meet are encouraged to return their application by March 1, 2010. The meet referee will be Dave Withrow.

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

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

City, State, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

I will work at all sessions: _____	I can't work at all sessions. I will be able to work:
Wednesday (Competition at 4:30 p.m.)	Finals _____
Thursday	Prelims _____ Finals _____
Friday	Prelims _____ Finals _____
Saturday	Prelims _____ Finals _____
Sunday	Prelims _____ Finals _____

Key position(s) desired (i.e. chief judge, starter, deck referee) \_\_\_\_\_

**CURRENT CERTIFICATION**

	<b>S&amp;T CJ ST Ref Admin</b>	
LSC	Position Certified: _____	Expiration: _____
N2	Position Certified: _____	Expiration: _____
N3	Position Certified: _____	Expiration: _____

**PLEASE RETURN THIS INVITATION TO:**

**Dave Withrow**  
15515 NE 175<sup>th</sup> Street  
Woodinville, WA 98072  
(425) 483-0224 (H); (206) 817-4560 (cell)  
Email: [swimming@2dave.us](mailto:swimming@2dave.us)

**Please circle polo shirt size:**

Small  
Medium  
Large  
X-Large  
XX-Large

Email: [swimming@2dave.us](mailto:swimming@2dave.us)





**2010 USA SWIMMING/SPEEDO CHAMPIONS SERIES  
WESTERN SECTION SHORT COURSE CHAMPIONSHIPS**

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**RELAY FORM**

**THIS FORM  
REQUIRED FOR  
HAND ENTRIES ONLY.**

<b>Team Name:</b>			
<b>Team Code:</b>		<b>LSC Code:</b>	
<b>Coach:</b>		<b>Home Phone:</b>	
<b>Coach's USA ID#:</b>		<b>Office Phone:</b>	
<b>E-Mail Address:</b>		<b>Cell Phone:</b>	

Enter the time only for each relay team in the appropriate place below. Swimmer names will be required on the relay entry forms provided at the meet. If entering with a LCM or SCM time, please indicate by placing a LCM after a long course meter time and SCM after a short course meter time.

Event #	Event	Team A	Team B
3	Women's 200 Freestyle Relay		
4	Men's 200 Freestyle Relay		
13	Women's 200 Medley Relay		
14	Men's 200 Medley Relay		
19	Women's 800 Freestyle Relay		
20	Men's 800 Freestyle Relay		
29	Women's 400 Freestyle Relay		
30	Men's 400 Freestyle Relay		
37	Women's 400 Medley Relay		
38	Men's 400 Medley Relay		

**Total number of relay teams entered above:** \_\_\_\_\_ **x \$20.00 =** \_\_\_\_\_  
(Insert this total on the Team Information Sheet)