

**Northwest Region 2014 Short Course Age Group Championships**  
**Sanction #1403-NWAG ----- Time Trials Sanction #1403-NWTT**  
**Weyerhaeuser King County Aquatic Center - Federal Way, Washington**  
**Hosted by Valley Aquatics**

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

ENTRY DEADLINE: 11:59 PM PDT, WEDNESDAY, MARCH 12, 2014				
SCHEDULES	Thursday, March 20, 2014	Friday, March 21, 2014	Saturday, March 22, 2014	Sunday, March 23, 2014
Coaches Check-in & Coaches' Packet at Clerk of Course	3:30 PM	6:30 AM	7:00 AM	7:00 AM
Coaches' Meetings	If needed	7:05 AM	If needed NWAG Coaches Meeting will be held after Prelims	If needed
Relay Cards Due	N/A	6:00 PM for final relays	8:00 AM for prelim relays 6:00 PM for final relays	8:00 AM for prelim relays
Positive Check-in Deadline	<b>All 500 Freestyles: 4:20 PM</b>	<b>13&amp;O 400 IM: 10:00 AM</b>		<b>All 1650 Freestyle swimmers: 10:00 AM</b>
Officials' Meeting (prelims)	4:00 PM	8:00 AM		
Timers' Meeting (prelims)	Swimmers provide their own timers	8:30 AM		
Warm-ups (prelims)	See start time under finals for Thursday's event	7:15 AM - 7:45 AM: 13&O only in both competition pools 7:45 AM - 8:50 AM: 12&U only in south/scoreboard end pool 7:45-8:50 AM: 13&O only in north/dive tank end pool <i>Diving well with dedicated pace lane open to all swimmers</i>		
Competition--Prelims	See start time under finals for Thursday's events	9:00 AM	9:00 AM	9:00 AM
Dive Tank/North Pool	Both pools may be used. Additional information will be made available after the positive check-in deadline.	Girls Events. Note: 400 IM MAY be swum in both pools.	Boys Events	Girls Events. Note: 1650 freestyle MAY be swum in both pools
Scoreboard/South Pool		Boys Events. Note: 400 IM MAY be swum in both pools.	Girls Events	Boys Events. Note: 1650 freestyle MAY be swum in both pools
Officials' Meeting (finals)	One hour before start of competition			
Warm-ups (finals)	4:00 PM The pools will stay open until 8:00 PM after the end of competition for additional coach-supervised warm-up.	No earlier than 4:00 PM Meet Referee will announce start time by 12:30 PM each day.		
Competition--Finals	5:00 PM	No earlier than 5:00 PM Meet Referee will announce start time by 12:30 PM each day.		
Time Trials Sign-Up	Friday & Saturday: 8:00-10:00 AM; Sunday (1650 only) TBA			
Time Trials Competition	Friday & Saturday: Swum in Scoreboard/South Pool ten (10) minutes after end of preliminary session. Sunday: See Time Trials information.			

**Northwest Region 2014 Short Course Age Group Championships**  
**Sanction #1403-NWAG ----- Time Trials Sanction #1403-NWTT**  
**Weyerhaeuser King County Aquatic Center - Federal Way, Washington**  
**Hosted by Valley Aquatics**

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

**MEET DIRECTOR:**

Suzanne Rychlik  
• swimvast@hotmail.com

**MEET REFEREE:**

Rick Cox  
• nauticalrick@yahoo.com

**NORTHWEST SECTION AGE GROUP CHAIRPERSON:**

Ash Milad  
• ashmilad@hotmail.com

**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: 206-477-4444.

**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.
- Indoor 9-foot deep, 50 meter pool, divided into two eight-lane 25 yard courses by bulkheads. 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 with dedicated pace lane will be available for continual warm-up.
- 2500 spectator seats. Seating areas will be cleared at the end of each day and all articles left in stands will be removed.
- 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 the starting blocks.
- 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
- Shaving is not allowed anywhere in the facility.

**WARM-UP PROCEDURES:**

**March 20, 2014:** The pool will be available for warm-up after the completion of the 500 Freestyle competition until 8:00 PM. Swimmers must be under direct supervision of a certified coach.

**March 21-23, 2014:** Coaches are responsible for marshaling their own swimmers and following the stated warm-up notes and procedures.

- Circle swim counter-clockwise only. No paddles, pull buoys, fins or kickboards.
- 7:15-7:45 AM: 13&Over ONLY in south (scoreboard end) and north (dive tank end) pool
- 7:45-8:50 AM: 12&Under ONLY in south (scoreboard end) pool
- 7:45-8:50 AM: 13&Over ONLY in north (dive tank end) pool
- Dive well with dedicated pace lane open to all swimmers throughout warm-ups.
- 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.

**ONSITE AMENITIES**

- **Vendor:** Northwest Swim Shop
- **Special Meet T-Shirts:** Fine Designs
- **Meet Heat Sheets:** \$9.00
- **Finals Program:** \$1.00 per session
- **Results** on PNS web site
- **Concessions:** Operates under contract with King County; neither PNS nor the Northwest Region nor the host team derive any benefit.
- **Hospitality:** will be available for coaches and officials in the Hospitality Room. Swimmers, timers, volunteers and spectators are not allowed.
- **Aquatic Center Parking:** Limited parking available in front and back lots. Illegally parked vehicles will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. Carpooling is strongly recommended!
- **Overflow parking:** Federal Way Little League lot east of Aquatic Center: cars \$5.00/day; limited number of oversized vehicles spaces \$15.00/day. No overnight parking or in-out privileges.
- **RV Parking:** Contact the Meet Director to obtain a permit prior to meet. A limited number of permits are available. RV's parking in lot without a permit will be asked to move or towed if necessary. RV parking is available in the north parking lot only. Dry camping--no sewer, water, or electricity.
- RV's and trailers with "pop-outs" may not park in outside perimeter spaces on the west, north, or east (uphill) sides of the parking lot. Units with "pop-outs" may only park next to planter islands in the center pull-through spaces so that "pop-outs" overhang the islands.
- **Hotel:** Hampton Inn Federal Way - [www.hampton.com](http://www.hampton.com), 253 733 3473
- **RV Hookups:** Dash Point State Park, 800 562 0900 (5 miles KCAC)
- **Camping:** KOA Seattle South Campground, 5801 S. 212th Street, Kent, 206 872 8652 (13 miles from KCAC)
- **Warm-up,** other than designated times, must be arranged directly with the **King County Aquatic Center**, 206 477 4444 or contact **Fife Pool**, 253 922 7665

**ELIGIBILITY:**

- All swimmers must be registered with USA Swimming through a club in the Northwest Region (Alaska, Hawaii, Inland Empire, Montana,

**Northwest Region 2014 Short Course Age Group Championships**  
**Sanction #1403-NWAG ----- Time Trials Sanction #1403-NWTT**  
**Weyerhaeuser King County Aquatic Center - Federal Way, Washington**  
**Hosted by Valley Aquatics**

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

- Oregon, Pacific Northwest, Snake River, Wyoming LSCs) as of the meet entry deadline. Swimmers not registered through a Northwest Region club must be registered through an above-listed LSC for at least 60 days prior to the meet entry deadline.
- Age groups are based on the age of the swimmer as of the first day of competition.
  - Age groups for competition will be 10&Under, 11, 12, 13, 14, and 15-18, with the following exceptions:
    - The 200 back, 200 breast, 200 fly, 400 IM, and 1650 Freestyle age groups will be 11-12, 13, 14, and 15-18.
    - The 500 Freestyle age groups will be 11&U, 12, 13, 14, and 15-18.
    - Relay age groups will be 10&Under, 11-12, 13-14, and 15-18.
  - Entries must meet the published qualifying times. Entries that do not meet these standards will be scratched without notification and entry fees will **NOT** be refunded.
  - Swimmers must have met the 2014 Northwest Region Age Group Championships qualifying time in a **USA Swimming sanctioned, approved, or observed competition** between February 1, 2013, and the entry deadline.
  - Swimmers with a disability must have met the PNS Championship Disability Championship time standard based on classification in a USA Swimming sanctioned, approved, or observed competition between February 1, 2013, and the entry deadline.
  - A swimmer age 15-18 who has achieved an **individual** Western Region Sectional time (any course) may not enter this meet, not even as a relay swimmer.

**ENTRY INFORMATION:**

- Each swimmer may enter up to a maximum of six (6) individual events but no more than three (3) per day. The daily limit includes Time Trials. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- On-deck USA Swimming registration will not be permitted. On-deck transfer to an eligible member club or LSC will not be permitted.
- No deck entries will be permitted.

**PROOF OF TIME:**

- All individual entry times submitted must be in USA Swimming's SWIMS database by 11:59 PM PST, Friday, March 15, 2014, and will be reconciled with SWIMS as part of the entry processing. Entry times not in SWIMS as of that date will be scratched without notification and entry fees will **NOT** be refunded.
- PNS AD 02-01 does not apply to this meet.
- USA Swimming rules concerning altitude adjustment will apply.
- **Converted times from one course to another may not be used.**

**ENTRY FEES:**

- Surcharge: \$15.00
- Individual Event: \$ 6.00
- Relay: \$12.00
- Time trials \$ 6.00 - individual event
- Time trials \$12.00 - relay event
- No refunds or credits will be given for events entered but not swum.
- All fees must accompany entries.

**AWARDS AND SCORING:**

- **Individual events:** Medals 1st - 8th places.  
Scoring 9-7-6-5-4-3-2-1
- **Relay events:** Medals 1st - 3rd places, ribbons 4th - 8th places.  
Scoring 18-14-12-10-8-6-4-2
- **Team awards:** 1st through 10th place teams
- After the meet, please direct any questions regarding awards to the Meet Director at swimvast@hotmail.com

**MEET RULES:**

- Current USA Swimming rules govern throughout the meet, including warm-ups.
- This is a prelim/final meet for all events except:
  - All 10&U events
  - All relays
  - All 400 IM, 500 freestyle, 1650 freestyle events
- There will be one heat of finals for all 11 & Older prelims/finals events. See the Order of Events for more information.
- The Meet Referee reserves the right to shift heats of the distance events to alternate pools to facilitate the flow of the meet.
- Meet will be seeded YSL (short course yards/short course meters/long course meters).
- The national championship eligibility and technical rules protest policies apply. USA Swimming's 207.12.4 and 207.12.5 will be in effect.

**DISTANCE EVENTS:**

**500 Freestyle for all age groups:**

- These events will be deck-seeded timed finals. All participating swimmers must check in with the Clerk of Course by the posted deadline in order to swim. See Scratch Procedures for more information.
- Swimmers must provide own timers and counter, if desired. Lanes with no timer go unprotected.
- The top eight for each age group will be seeded by age group and swim separately youngest to oldest. The remaining heats will be seeded and swum together fastest to slowest, combined age groups, in event number order.
- The Meet Referee may adjust these events to accommodate the usage of pool of time.

**400 IM for 11 - 12 age group:**

- The 400 IM for 11 and 12 will be pre-seeded timed finals. No check-in is required.
- These events will be swum slowest to fastest in event order.
- Timers will be provided.

**400 IM for 13-18 age groups:**

- These events will be deck-seeded timed finals. All participating swimmers must check in with the Clerk of Course by the posted deadline in order to swim. See Scratch Procedures for more information.
- The top eight for each age group will be seeded by age group and swim separately youngest to oldest. The remaining heats will be seeded and swum together fastest to slowest, combined age groups, in event number order.
- The Meet Referee may adjust these events to accommodate the usage of pool of time.

**Northwest Region 2014 Short Course Age Group Championships**  
**Sanction #1403-NWAG ----- Time Trials Sanction #1403-NWTT**  
**Weyerhaeuser King County Aquatic Center - Federal Way, Washington**  
**Hosted by Valley Aquatics**

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

**1650 Freestyle for 11-18 age groups:**

- These events will be deck-seeded timed finals. All participating swimmers must check in with the Clerk of Course by the posted deadline in order to swim. See Scratch Procedures for more information.
- Swimmers must provide own timers and counter, if desired. Lanes with no timer go unprotected.
- The top eight for each age group will be seeded by age group and swim separately oldest to youngest. The remaining heats will be seeded and swum together fastest to slowest, combined age groups, in event number order.
- The Meet Referee may adjust these events to accommodate the usage of pool of time.

**RELAYS:**

**Relay Slips:**

- The completed (white) original copy of each relay slip must be submitted to the Clerk of Course by the stated deadline.
- Swimmers must take the (pink) lane copy of the relay slip with them to give to the timer in their lane to verify the order of participating swimmers prior to the start of the heat. If not, relay names cannot be included in the meet results and thus cannot be entered into USA Swimming's SWIMS database.

**Friday & Saturday Finals:**

- 200 yard relays for 11 & older age groups will be swum at the end of Finals.

**Saturday Prelims:**

- 400 medley relays for 11 & Older age groups and 200 medley relays for the 10&U age group will be swum at the beginning of prelims.
- 200 freestyle relays for the 10&U age group will be swum after the 12-year-old age group's 200 IM.

**Sunday Prelims:**

- 400 freestyle relays for 11 & older age groups will be swum at the beginning of prelims.

**SCRATCH PROCEDURES:**

- **All 10&U events, all 11 & older preliminary events, all relays:** No check-in requirement; no penalty for failure to show, except as noted below.
- **Timed Finals Distance Events:** A positive check-in is required at the Clerk of Course for the 13 & Older 400 IM, 500 Freestyle and 1650 Freestyle in order to swim. Swimmers not checking in for these events will automatically be scratched without penalty. Swimmers checking in for these events who fail to show for the swim will be disqualified from their next individual event in which they are entered.
- **Finals:** Swimmers qualifying for the finals of any prelims/finals event who fail to show will be barred from competing in the rest of the meet, unless properly scratched.
- **Intention to Scratch:** Once event results are announced, finalists and alternates have 30 minutes to scratch or declare their intention to scratch. Swimmers declaring an intention have until 30 minutes after the completion of their last **preliminary event (not timed finals)** to make a final decision to scratch. There is no penalty for scratches made under these conditions.
- Athletes who are seeded in a final event as a result of other athletes scratching will not themselves be penalized for a failure to properly scratch.

- Reseeding to include scratches made after the scratch deadline may occur at the discretion of the Meet Referee.

**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.
- The space between the bulkheads is closed at all times.
- 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.
- Shaving is not permitted anywhere in the facility.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

**TIMERS:**

- Participating teams will be assigned lanes for timing during Prelims. Lanes without timers will go unprotected.
- Please email your schedule of timers to the Timers' Volunteer Coordinator [swimvast@hotmail.com](mailto:swimvast@hotmail.com) prior to the meet.
- Lane assignments for Prelims timers will be posted on the PNS web site [www.pns.org](http://www.pns.org) and in the Heat Sheet.
- Timers for finals will be provided by the host team.

**OTHER NOTES:**

- In granting this sanction it is understood and agreed that PNS, the Northwest Region 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 others must remain in the designated spectator area or in public lobbies and are not allowed in the natatorium.
- 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.

**Northwest Region 2014 Short Course Age Group Championships**  
**Sanction #1403-NWAG ----- Time Trials Sanction #1403-NWTT**  
**Weyerhaeuser King County Aquatic Center - Federal Way, Washington**  
**Hosted by Valley Aquatics**

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

- 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. The size of banner must not exceed 5 feet by 8 feet.

**N2/N3 Certification for Officials:**

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 Rick Cox, Meet Referee. Instructions for Certification will be provided during the Officials' briefings.

**Northwest Section Meeting Announcement:**

Northwest Section Age Group meeting will be held at end of prelims on Saturday. Items should be submitted to Ash Milad for the agenda.

**TIME TRIALS:**

- Time Trials will be offered each day as follows:
  - Friday's events will be the Friday/Saturday/Sunday/Thursday events, and Saturday's events will be the Saturday/Sunday/Thursday/Friday events, with the exception of the 1650 Freestyle which will only be offered on Sunday.
  - The 1650 Freestyle Time Trial will be the only Time Trial offered on Sunday and will be at the Meet Referee's discretion. If available, it will be swum at the same time as the slowest heats of the 1650 events.
- Time Trial entry will be at the Clerk of Course between 8:00 AM and 10:00 AM. The closing time for the 1650 Freestyle Time Trials will be announced.
- Time Trial fees must be paid at sign-up. Time Trial entry fees are \$6.00 per individual event and \$10.00 per relay event.
- Swimmers are asked to provide an accurate seed time but may enter a Time Trial as NT (no time).
- A swimmer must be pre-entered into the Meet--listed on a Master Entry Summary and Meet Surcharge paid prior to the Meet Entry deadline--to be eligible for Time Trials. Each swimmer may enter up to one (1) Time Trial per day, subject to the daily event limitations.
- Swimmers may only enter events offered at this meet for their age group as of the first day of the meet.
- Swimmers must provide their own timer. Lanes with no timer go unprotected.
- Events will be swum slowest to fastest and may be swum mixed by stroke, gender, and/or age.
- Friday and Saturday Time Trials may be limited to one hour each day.

**ENTRY SUBMITTAL INFORMATION:**

- Entries may be submitted on line beginning 12:00 AM, February 14, 2014, through the USA Swimming website: [www.usaswimming.org/ome](http://www.usaswimming.org/ome)
- Entries for swimmers with a disability: Contact the Meet Director.
- Online entries will be accepted until 11:59 PM PST Wednesday, March 13, 2014.
- You may choose to pay for the online entries with Visa, Master Card, American Express or Discover. Payment may also be made via check made payable to Valley Aquatics and mailed to 27435 Maple Ridge Way SE, Maple Valley, WA 98038. **Payment must be received prior to start of the meet.**
- Before checking out (i.e., completing your online entry), double-check the meet entry fee data to be sure you have entered the correct number of swimmers and splashes. **Be sure to enter (and pay for) all relay-only swimmers.**
- Once you complete your online entry you will be sent a confirmation email. Bring all written communications with you to the meet in case of problems with entries.
- OME will **not** automatically update your entry times as new results are entered into SWIMS. Should you wish your entry to reflect any updated times, you must return to your entry after you have checked out to do so. You have until the entry deadline to update times in OME. You can also add events to your entry but you **cannot delete events after you have checked out.**
- NOTE FOR DISTANCE EVENTS: The 400 IM, 500 Freestyle, and 1650 Freestyle OME (on-line meet entry) event numbers will not match the Order of Events numbers. The special OME event numbers are for meet-entry purposes only. Event numbers in the Order of Events will be used during competition.
- NOTES FOR RELAYS: Use the "over-ride" feature for 13-14 and 15-18 200 medley relay times, if necessary.
- Please **DO NOT** submit paper entry to USA Swimming

**2014 NORTHWEST SECTION SC AGE GROUP CHAMPIONSHIPS  
ORDER OF EVENTS**

**THURSDAY, MARCH 20, 2014**

**Timed Finals 5:00 p.m.**

Event #	Event	Age Group	Event #
1	500 free	11 & Under	2
	500 free	12	
	500 free	13	
	500 free	14	
	500 free	15-18	

**FRIDAY, MARCH 21, 2014**

**Dive Tank**      **Prelims 9:00 a.m.**      **Scoreboard**  
**Event #**      **Event**      **Age Group**      **Event #**

3	100 back	10 & Under	4
5	100 back	11	6
7	100 back	12	8
9	100 back	13	10
11	100 back	14	12
13	100 back	15-18	14
15	200 fly	11-12	16
17	200 fly	13	18
19	200 fly	14	20
21	200 fly	15-18	22
23	50 free	10 & Under	24
25	50 free	11	26
27	50 free	12	28
29	50 free	13	30
31	50 free	14	32
33	50 free	15-18	34
35	100 breast	10 & Under	36
37	100 breast	11	38
39	100 breast	12	40
41	100 breast	13	42
43	100 breast	14	44
45	100 breast	15-18	46
47	400 IM	11-12	48
49	400 IM	13	50
	400 IM	14	
	400 IM	15-18	

**Finals - no earlier than 5:00 p.m.**

Event #	Event	Age Group	Event #
5	100 back	11	6
7	100 back	12	8
9	100 back	13	10
11	100 back	14	12
13	100 back	15-18	14
15	200 fly	11-12	16
17	200 fly	13	18
19	200 fly	14	20
21	200 fly	15-18	22
25	50 free	11	26
27	50 free	12	28
29	50 free	13	30
31	50 free	14	32
33	50 free	15-18	34
37	100 breast	11	38
39	100 breast	12	40
41	100 breast	13	42
43	100 breast	14	44
45	100 breast	15-18	46
51	200 med relay	11-12	52
53	200 med relay	13-14	54
55	200 med relay	15-18	56

## SATURDAY, MARCH 22, 2014

### Scoreboard

### Prelims 9:00 a.m.

### Dive Tank

### Finals - no earlier than 5:00 p.m.

Event #	Event	Age Group	Event #
57	200 med relay	10 & Under	58
59	400 med relay	11-12	60
61	400 med relay	13-14	62
63	400 med relay	15-18	64
65	50 fly	10 & Under	66
67	50 fly	11	68
69	50 fly	12	70
71	200 breast	11-12	72
73	200 breast	13	74
75	200 breast	14	76
77	200 breast	15-18	78
79	50 back	10 & Under	80
81	50 back	11	82
83	50 back	12	84
85	100 free	10 & Under	86
87	100 free	11	88
89	100 free	12	90
91	100 free	13	92
93	100 free	14	94
95	100 free	15-18	96
97	200 IM	10 & Under	98
99	200 IM	11	100
101	200 IM	12	102
103	200 IM	13	104
105	200 IM	14	106
107	200 IM	15-18	108
109	200 free relay	10 & Under	110

Event #	Event	Age Group	Event #
67	50 fly	11	68
69	50 fly	12	70
71	200 breast	11-12	72
73	200 breast	13	74
75	200 breast	14	76
77	200 breast	15-18	78
81	50 back	11	82
83	50 back	12	84
87	100 free	11	88
89	100 free	12	90
91	100 free	13	92
93	100 free	14	94
95	100 free	15-18	96
99	200 IM	11	100
101	200 IM	12	102
103	200 IM	13	104
105	200 IM	14	106
107	200 IM	15-18	108
111	200 free relay	11-12	112
113	200 free relay	13-14	114
115	200 free relay	15-18	116

## SUNDAY, MARCH 23, 2014

Dive Tank	<u>Prelims 9:00 a.m.</u>		Scoreboard
Event #	Event	Age Group	Event #
117	400 free relay	11-12	118
119	400 free relay	13-14	120
121	400 free relay	15-18	122
123	50 breast	10 & Under	124
125	50 breast	11	126
127	50 breast	12	128
129	200 back	11-12	130
131	200 back	13	132
133	200 back	14	134
135	200 back	15-18	136
137	100 fly	10 & Under	138
139	100 fly	11	140
141	100 fly	12	142
143	100 fly	13	144
145	100 fly	14	146
147	100 fly	15-18	148
149	200 free	10 & Under	150
151	200 free	11	152
153	200 free	12	154
155	200 free	13	156
157	200 free	14	158
159	200 free	15-18	160
161	100 IM	10 & Under	162
163	100 IM	11	164
165	100 IM	12	166
167	1650 free	11-12	168
	1650 free	13	
	1650 free	14	
	1650 free	15-18	

<u>Finals - no earlier than 5:00 p.m.</u>			
Event #	Event	Age Group	Event #
125	50 breast	11	126
127	50 breast	12	128
129	200 back	11-12	130
131	200 back	13	132
133	200 back	14	134
135	200 back	15-18	136
139	100 fly	11	140
141	100 fly	12	142
143	100 fly	13	144
145	100 fly	14	146
147	100 fly	15-18	148
151	200 free	11	152
153	200 free	12	154
155	200 free	13	156
157	200 free	14	158
159	200 free	15-18	160
163	100 IM	11	164
165	100 IM	12	166





**NORTHWEST AGE GROUP REGIONALS**  
**MARCH 20-23, 2014**  
**TIME STANDARDS**  
**WEYERHAEUSER KING COUNTY AQUATIC CENTER**  
**QUALIFYING TIME PERIOD 2/1/2013 TO ENTRY DEADLINE**

<b>25 YARD COURSE</b>	<b>G10U</b>	<b>G11</b>	<b>G12</b>	<b>G13</b>	<b>G14</b>	<b>G15-18</b>	<b>B10U</b>	<b>B11</b>	<b>B12</b>	<b>B13</b>	<b>B14</b>	<b>B15-18</b>
<b>50 Free</b>	30.19	28.59	27.19	26.29	25.79	25.59	30.39	28.69	26.79	25.09	23.99	23.19
<b>100 Free</b>	1:06.99	1:02.49	59.19	56.99	55.79	55.69	1:07.79	1:02.89	58.59	54.79	52.19	50.09
<b>200 Free</b>	2:27.69	2:17.29	2:09.49	2:03.89	2:00.99	2:00.09	2:28.69	2:18.49	2:08.69	1:59.89	1:53.99	1:50.79
<b>500 Free</b>	6:01.99	6:01.99	5:43.89	5:33.89	5:24.39	5:23.09	6:12.19	6:12.19	5:47.49	5:25.79	5:12.19	5:01.89
<b>1650 Free</b>		20:07.99	20:07.99	19:11.29	18:52.49	18:56.99		20:19.69	20:19.69	18:42.49	18:04.69	17:40.39
<b>50 Back</b>	35.49	33.29	31.69				35.39	33.69	31.59			
<b>100 Back</b>	1:16.69	1:11.59	1:07.59	1:04.39	1:03.29	1:02.29	1:16.99	1:12.39	1:07.19	1:02.99	59.39	57.99
<b>200 Back</b>		2:26.39	2:26.39	2:19.09	2:15.89	2:15.49		2:26.59	2:26.59	2:16.59	2:09.09	2:05.79
<b>50 Breast</b>	40.19	37.29	35.19				40.99	37.99	35.09			
<b>100 Breast</b>	1:27.59	1:21.99	1:16.69	1:13.99	1:12.39	1:11.79	1:30.09	1:22.89	1:16.89	1:11.79	1:07.29	1:05.59
<b>200 Breast</b>		2:44.79	2:44.79	2:39.79	2:36.89	2:35.69		2:46.39	2:46.39	2:35.69	2:27.49	2:24.59
<b>50 Fly</b>	33.99	31.89	29.99				34.39	32.09	29.99			
<b>100 Fly</b>	1:19.09	1:12.29	1:07.59	1:03.89	1:02.49	1:01.49	1:19.89	1:13.59	1:07.49	1:02.49	58.69	56.39
<b>200 Fly</b>		2:34.39	2:34.39	2:26.19	2:20.39	2:19.79		2:39.49	2:39.49	2:22.79	2:13.29	2:10.09
<b>100 IM</b>	1:16.89	1:11.99	1:08.19				1:17.79	1:12.59	1:07.99			
<b>200 IM</b>	2:46.09	2:35.69	2:25.99	2:20.09	2:17.19	2:17.19	2:47.79	2:37.19	2:26.29	2:15.79	2:08.59	2:06.09
<b>400 IM</b>		5:12.39	5:12.39	5:00.39	4:53.89	4:55.29		5:19.69	5:19.69	4:51.09	4:38.09	4:34.79
<b>200 F.R.</b>	2:09.69	1:50.89		1:44.89	1:46.59	2:09.99		1:51.59		1:38.99		1:38.29
<b>400 F.R.</b>		4:03.99		3:49.79	3:53.89			4:06.79		3:37.39		3:34.49
<b>200 M.R.</b>	2:25.19	2:04.59		1:56.69	2:00.69	2:25.19		2:05.09		1:50.79		1:50.09
<b>400 M.R.</b>		4:34.39		4:13.79	4:17.19			4:37.39		4:01.69		3:58.09



**NORTHWEST AGE GROUP REGIONALS**  
**MARCH 20-23, 2014**  
**TIME STANDARDS**  
**WEYERHAEUSER KING COUNTY AQUATIC CENTER**  
**QUALIFYING TIME PERIOD 2/1/2013 TO ENTRY DEADLINE**

<b>50 METER COURSE</b>	<b>G10U</b>	<b>G11</b>	<b>G12</b>	<b>G13</b>	<b>G14</b>	<b>G15-18</b>	<b>B10U</b>	<b>B11</b>	<b>B12</b>	<b>B13</b>	<b>B14</b>	<b>B15-18</b>
<b>50 Free</b>	34.29	32.49	30.99	29.99	29.39	29.19	34.49	32.59	30.49	28.59	27.39	26.59
<b>100 Free</b>	1:15.69	1:10.79	1:07.19	1:04.69	1:03.39	1:03.29	1:16.59	1:11.19	1:06.49	1:02.29	59.49	57.09
<b>200 Free</b>	2:46.49	2:35.09	2:26.49	2:20.29	2:17.09	2:16.09	2:47.59	2:36.39	2:25.59	2:15.89	2:09.39	2:05.89
<b>400 Free</b>	5:26.59	5:26.59	5:10.69	5:01.89	4:53.49	4:52.39	5:35.59	5:35.59	5:13.79	4:54.69	4:42.79	4:33.69
<b>1500 Free</b>		20:26.39	20:26.39	19:28.89	19:09.89	19:14.39		20:50.99	20:50.99	19:11.29	18:32.59	18:07.59
<b>50 Back</b>	40.09	37.69	35.89				39.99	38.09	35.79			
<b>100 Back</b>	1:26.39	1:20.79	1:16.39	1:12.89	1:11.69	1:10.59	1:26.69	1:21.69	1:15.99	1:11.29	1:07.39	1:05.79
<b>200 Back</b>		2:45.09	2:45.09	2:36.99	2:33.49	2:33.09		2:45.29	2:45.29	2:34.29	2:25.99	2:22.39
<b>50 Breast</b>	45.29	42.09	39.79				46.09	42.79	39.59			
<b>100 Breast</b>	1:38.39	1:32.19	1:26.39	1:23.39	1:21.69	1:20.99	1:41.09	1:33.19	1:26.59	1:20.99	1:16.09	1:14.19
<b>200 Breast</b>		3:05.29	3:05.29	2:59.79	2:56.59	2:55.29		3:07.09	3:07.09	2:55.29	2:46.29	2:43.09
<b>50 Fly</b>	38.39	36.09	33.99				38.89	36.29	33.99			
<b>100 Fly</b>	1:28.99	1:21.59	1:16.39	1:12.29	1:10.79	1:09.69	1:29.89	1:22.99	1:16.29	1:10.79	1:06.59	1:04.09
<b>200 Fly</b>		2:53.89	2:53.89	2:44.89	2:38.49	2:37.79		2:59.49	2:59.49	2:41.09	2:30.69	2:27.09
<b>200 IM</b>	3:06.69	2:55.29	2:44.59	2:38.09	2:34.99	2:34.99	3:08.59	2:56.99	2:44.99	2:33.39	2:25.49	2:22.69
<b>400 IM</b>		5:51.69	5:51.69	5:38.49	5:31.29	5:32.89		5:59.69	5:59.69	5:28.19	5:13.89	5:10.29
<b>200 F.R.</b>	2:26.69	2:05.99		1:59.39		2:01.29	2:26.99	2:06.79		1:52.89		1:52.19
<b>400 F.R.</b>		4:36.39		4:20.79		4:25.29		4:39.49		4:07.19		4:03.99
<b>200 M.R.</b>	2:43.79	2:21.09		2:12.39		2:16.79	2:43.79	2:21.59		2:05.89		2:05.09
<b>400 M.R.</b>		5:09.89		4:48.19		4:50.99		5:13.19		4:33.89		4:29.89



**NORTHWEST AGE GROUP REGIONALS**  
**MARCH 20-23, 2014**  
**TIME STANDARDS**  
**WEYERHAEUSER KING COUNTY AQUATIC CENTER**  
**QUALIFYING TIME PERIOD 2/1/2013 TO ENTRY DEADLINE**

<b>25 METER COURSE</b>	<b>G10U</b>	<b>G11</b>	<b>G12</b>	<b>G13</b>	<b>G14</b>	<b>G15-18</b>	<b>B10U</b>	<b>B11</b>	<b>B12</b>	<b>B13</b>	<b>B14</b>	<b>B15-18</b>
<b>50 Free</b>	33.29	31.49	29.99	28.99	28.39	28.19	33.49	31.59	29.49	27.59	26.39	25.59
<b>100 Free</b>	1:13.69	1:08.79	1:05.19	1:02.69	1:01.39	1:01.29	1:14.59	1:09.19	1:04.49	1:00.29	57.49	55.09
<b>200 Free</b>	2:42.49	2:31.09	2:22.49	2:16.29	2:13.09	2:12.09	2:43.59	2:32.39	2:21.59	2:11.89	2:05.39	2:01.89
<b>400 Free</b>	5:18.59	5:18.59	5:02.69	4:53.89	4:45.49	4:44.39	5:27.59	5:27.59	5:05.79	4:46.69	4:34.79	4:25.69
<b>1500 Free</b>		19:52.49	19:52.49	18:56.29	18:38.09	18:42.49		20:04.09	20:04.09	18:28.09	17:50.79	17:26.78
<b>50 Back</b>	39.09	36.69	34.89				38.99	37.09	34.79			
<b>100 Back</b>	1:24.39	1:18.79	1:14.39	1:10.89	1:09.69	1:08.59	1:24.69	1:19.69	1:13.99	1:09.29	1:05.39	1:03.79
<b>200 Back</b>		2:41.09	2:41.09	2:32.99	2:29.49	2:29.09		2:41.29	2:41.29	2:30.29	2:21.99	2:18.39
<b>50 Breast</b>	44.29	41.09	38.79				45.09	41.79	38.59			
<b>100 Breast</b>	1:36.39	1:30.19	1:24.39	1:21.39	1:19.69	1:18.99	1:39.09	1:31.19	1:24.59	1:18.99	1:14.09	1:12.19
<b>200 Breast</b>		3:01.29	3:01.29	2:55.79	2:52.59	2:51.29		3:03.09	3:03.09	2:51.29	2:42.29	2:39.09
<b>50 Fly</b>	37.39	35.09	32.99				37.89	35.29	32.99			
<b>100 Fly</b>	1:26.99	1:19.59	1:14.39	1:10.29	1:08.79	1:07.69	1:27.89	1:20.99	1:14.29	1:08.79	1:04.59	1:02.09
<b>200 Fly</b>		2:49.89	2:49.89	2:40.89	2:34.49	2:33.79		2:55.49	2:55.49	2:37.09	2:26.69	2:23.09
<b>100 IM</b>	1:24.59	1:19.19	1:15.09				1:25.59	1:19.89	1:14.79			
<b>200 IM</b>	3:02.69	2:51.29	2:40.59	2:34.09	2:30.99	2:30.99	3:04.59	2:52.99	2:40.99	2:29.39	2:21.49	2:18.69
<b>400 IM</b>		5:43.69	5:43.69	5:30.49	5:23.29	5:24.89		5:51.69	5:51.69	5:20.19	5:05.89	5:02.29
<b>200 F.R.</b>	2:22.69	2:01.99		1:55.39	1:57.29	2:22.99		2:02.79		1:48.89		1:48.19
<b>400 F.R.</b>		4:28.39		4:12.79	4:17.29			4:31.49		3:59.19		3:55.99
<b>200 M.R.</b>	2:39.79	2:17.09		2:08.39	2:12.79	2:39.79		2:17.59		2:01.89		2:01.09
<b>400 M.R.</b>		5:01.89		4:39.19	4:42.99			5:05.19		4:25.89		4:21.89

**2014 NORTHWEST REGION SHORT COURSE AGE GROUP CHAMPIONSHIPS**  
**Weyerhaeuser King County Aquatic Center**  
**March 20 – 23, 2014**  
**APPLICATION TO OFFICIATE**

You are hereby invited to officiate at the 2014 Northwest Region Short Course Age Group Championships.

This meet has been designated as a training meet for N2/N3 Officials Certification.

A mandatory officials briefing session will be held one hour prior to each session.

The dress is white shirt/blouse for prelims and finals; navy pants, skirts, shorts (PRELIMS only), white socks; and white shoes.

Officials desiring an assigned position must submit their application no later than Friday, February 14 (preference will be given to those who agree to work all sessions). All others planning to attend the meet are also encouraged to return an application. The Meet Referee will be Richard Cox.

Name: \_\_\_\_\_ LSC: \_\_\_\_\_  
Address: \_\_\_\_\_ Team: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

I will work at all sessions: \_\_\_\_\_

I can't work at all sessions. I will be able to work:

Friday	Prelims _____	Finals _____
Saturday	Prelims _____	Finals _____
Sunday	Prelims _____	Finals _____

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

**CURRENT CERTIFICATION**

LSC	Position Certified: _____	Expiration: _____
N2	Position Certified: _____	Expiration: _____
N3	Position Certified: _____	Expiration: _____

Request evaluation for advancement/recertification N2/N3 in the following position: \_\_\_\_\_

**PLEASE RETURN THIS INVITATION TO:**

Richard Cox  
PO Box 650  
South Prairie WA 98385  
Phone: 253-862-3629

To aid the meet host with ordering shirts for those working a minimum of four (4) sessions, please return this application by Friday, February 14, and note size below.

**Please mark preferred polo shirt size:**

**Women or Men size (circle one)**

Small: \_\_\_\_\_  
Medium: \_\_\_\_\_  
Large: \_\_\_\_\_

X-Large \_\_\_\_\_  
XXL: \_\_\_\_\_  
Other-specify: \_\_\_\_\_