

**Northwest Region
2011 Short Course Age Group Championships
Sanction #1103-NWAG
Time Trials Sanction #1103-NWTT
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
Hosted by StingRay Swim Club**



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

SCHEDULES	Friday, March 18, 2011	Saturday, March 19, 2011	Sunday, March 20, 2011
Coaches Check-in & Coaches' Packet at Clerk of Course	6:30 AM The Clerk of Course will also be open for Coaches' Check-in 6:00-7:00PM Thursday.	7:00 AM	7:00 AM
Coaches' Meetings	7:05 AM	7:05 AM NWAG Coaches Meeting will be held after Prelims	7:05 AM
Relay Cards Due	6:00 PM for final relays	8:00 AM for prelim relays 6:00 PM for final relays	8:00 AM for prelim relays
13 & Over Positive Check-in Deadline	400 IM: 10:00 AM	500 Free: 11:00 AM	1650 Freestyle: 10:00 AM
Warm-ups (prelims)	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	9:00 AM	9:00 AM	9:00 AM
Dive Tank/North Pool	Girls Events. Note: 400 IM MAY be swum in both pools	Boys Events. Note: 500 Free MAY be swum in both pools.	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. Note: 500 Free MAY be swum in both pools	Boys Events. Note: 1650 freestyle MAY be swum in both pools
Warm-ups (finals)	No earlier than 4:00 PM; Meet Referee will announce start time by 12:30 PM each day.		
Competition--Finals	No earlier than 5:00 PM; Meet Referee will announce start time by 12:30 PM each day.		
Officials' Meeting (prelims)	8:00 AM	8:00 AM	8:00 AM
Officials' Meeting (finals)	One hour before start of competition.	One hour before start of competition.	One hour before start of competition.

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MEET DIRECTOR:

Ann Baker
• jemiann@yahoo.com
• 360-217-7174

MEET REFEREE:

Teri White
• twhite@massmutual.com

ADMINISTRATIVE REFEREE:

David Warren
• warren@dblhelix.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: 206-296-4444 or toll-free 1-800-325-6165, ext 64444.

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

WARM-UP PROCEDURES:

March 17, 2011: The pool will be available for warm-up from 6:30 PM to 8:00 PM. Swimmers must be under direct supervision of a certified coach.

March 18, 19, and 20, 2011: 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:** Sylvia's Swim Wear
- **Special Meet T-Shirts:** Fine Designs
- **Meet Heat Sheets:** \$7.00
- **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.
- **Parking:** Available at the Aquatic Center and in the Federal Way Little League parking lot to the east. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles. Carpooling is strongly recommended.
- **RV Parking:** Contact Michael Beranbaum via email at: michael.beranbaum@jc28.org 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 Hookups:** Dash Point State Park, 800 562 0900 (Five miles from 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, 206 296 4444.**

ELIGIBILITY:

- All swimmers must be registered with USA Swimming through a club in the Northwest Region (Alaska, Hawaii, Inland Empire, Montana, Oregon, Pacific Northwest, Snake River, Wyoming LSCs) as of the meet entry deadline.
- Age groups are based on the age of the swimmer as of the first day of competition.

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- 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 2011 Northwest Region Age Group Championships qualifying time in a **USA Swimming sanctioned, approved, or observed competition** between **March 10, 2010**, 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 6:00 PM, Monday, March 14, 2011, 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: \$ 5.00
- Relay: \$10.00
- Time trials \$ 5.00 - individual event
- Time trials \$10.00 - 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: Brigette Lemos-Norman via email @ blemosnorman@comcast.net

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:

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.

500 Freestyle for 12 & Under age groups:

- The 500 freestyle for 11 & Under 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 but swimmers must provide their own counter, if desired.

400 IM and 500 Freestyle 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.
- 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.

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

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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 top two copies of the relay slips must be submitted to the Clerk of Course by the stated deadline. Coaches are reminded not to turn in either the (pink) lane copy or the (blue) coach copy to the Clerk of Course.
- Verification of lead-off times and the association of specific swimmers with the relay requires that the lane copy of the relay slip be presented to the lane timers and that the names and order of which the four swimmers swim be verified prior to the start of the heat. This copy must be complete and legible.

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 freestyle 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.

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 Candace Lee at candacelee@yahoo.com prior to the meet
- Lane assignments for Prelims timers will be posted on the PNS web site www.pns.org and in the Heat Sheet.
- Timers for finals will be provided by the host team.

TIME TRIALS:

- Time Trials will be offered Friday and Saturday. Friday's events will be the Friday/Saturday/Sunday events and Saturday's events will be the Saturday/Sunday/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 8:00AM 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 \$5.00 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

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- 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.

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.

- 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 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 Teri White, Meet Referee. Instructions for Certification will be provided during the Officials' briefings.

Northwest Section Meeting Announcement:

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

ENTRY SUBMITTAL INFORMATION:

- Entries may be submitted on line beginning 12:00 AM, February 7, 2011 through the USA Swimming website: www.usaswimming.org/ome
- Online entries will be accepted until 11:59 PM PST March 10, 2011.
- 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: Stingray Swim Club Mail to: SSC P.O. Box 1346 Snohomish, WA 98291 **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 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 or meet host.
- For help with online entry, please contact Susan Woessner at USA Swimming (719) 866-4578.

**2011 NORTHWEST SECTION SC AGE GROUP CHAMPIONSHIPS
ORDER OF EVENTS**

FRIDAY, MARCH 18, 2011

Dive Tank	Prelims 9:00 a.m.		Scoreboard
Event #	Event	Age Group	Event #
1	100 back	10 & Under	2
3	100 back	11	4
5	100 back	12	6
7	100 back	13	8
9	100 back	14	10
11	100 back	15-18	12
13	200 fly	11-12	14
15	200 fly	13	16
17	200 fly	14	18
19	200 fly	15-18	20
21	50 free	10 & Under	22
23	50 free	11	24
25	50 free	12	26
27	50 free	13	28
29	50 free	14	30
31	50 free	15-18	32
33	100 breast	10 & Under	34
35	100 breast	11	36
37	100 breast	12	38
39	100 breast	13	40
41	100 breast	14	42
43	100 breast	15-18	44
45	400 IM	11-12	46
47	400 IM	13	48
	400 IM	14	
	400 IM	15-18	

Finals - no earlier than 5:00 p.m.			
Event #	Event	Age Group	Event #
3	100 back	11	4
5	100 back	12	6
7	100 back	13	8
9	100 back	14	10
11	100 back	15-18	12
13	200 fly	11-12	14
15	200 fly	13	16
17	200 fly	14	18
19	200 fly	15-18	20
23	50 free	11	24
25	50 free	12	26
27	50 free	13	28
29	50 free	14	30
31	50 free	15-18	32
35	100 breast	11	36
37	100 breast	12	38
39	100 breast	13	40
41	100 breast	14	42
43	100 breast	15-18	44
49	200 med relay	11-12	50
51	200 med relay	13-14	52
53	200 med relay	15-18	54

SATURDAY, MARCH 19, 2011

Scoreboard Prelims 9:00 a.m. Dive Tank

Event #	Event	Age Group	Event #
55	200 med relay	10 & Under	56
57	400 med relay	11-12	58
59	400 med relay	13-14	60
61	400 med relay	15-18	62
63	50 fly	10 & Under	64
65	50 fly	11	66
67	50 fly	12	68
69	200 breast	11-12	70
71	200 breast	13	72
73	200 breast	14	74
75	200 breast	15-18	76
77	50 back	10 & Under	78
79	50 back	11	80
81	50 back	12	82
83	100 free	10 & Under	84
85	100 free	11	86
87	100 free	12	88
89	100 free	13	90
91	100 free	14	92
93	100 free	15-18	94
95	200 IM	10 & Under	96
97	200 IM	11	98
99	200 IM	12	100
101	200 IM	13	102
103	200 IM	14	104
105	200 IM	15-18	106
107	200 free relay	10 & Under	108
109	500 free	11 & Under	110
111	500 free	12	112
113	500 free	13	114
	500 free	14	
	500 free	15-18	

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

Event #	Event	Age Group	Event #
65	50 fly	11	66
67	50 fly	12	68
69	200 breast	11-12	70
71	200 breast	13	72
73	200 breast	14	74
75	200 breast	15-18	76
79	50 back	11	80
81	50 back	12	82
85	100 free	11	86
87	100 free	12	88
89	100 free	13	90
91	100 free	14	92
93	100 free	15-18	94
97	200 IM	11	98
99	200 IM	12	100
101	200 IM	13	102
103	200 IM	14	104
105	200 IM	15-18	106
115	200 free relay	11-12	116
117	200 free relay	13-14	118
119	200 free relay	15-18	120

SUNDAY, MARCH 20, 2011

Dive Tank	<u>Prelims 9:00 a.m.</u>		Scoreboard
Event #	Event	Age Group	Event #
121	400 free relay	11-12	122
123	400 free relay	13-14	124
125	400 free relay	15-18	126
127	50 breast	10 & Under	128
129	50 breast	11	130
131	50 breast	12	132
133	200 back	11-12	134
135	200 back	13	136
137	200 back	14	138
139	200 back	15-18	140
141	100 fly	10 & Under	142
143	100 fly	11	144
145	100 fly	12	146
147	100 fly	13	148
149	100 fly	14	150
151	100 fly	15-18	152
153	200 free	10 & Under	154
155	200 free	11	156
157	200 free	12	158
159	200 free	13	160
161	200 free	14	162
163	200 free	15-18	164
165	100 IM	10 & Under	166
167	100 IM	11	168
169	100 IM	12	170
171	1650 free	15-18	172
	1650 free	14	
	1650 free	13	
	1650 free	11-12	

<u>Finals - no earlier than 5:00 p.m.</u>			
Event #	Event	Age Group	Event #
129	50 breast	11	130
131	50 breast	12	132
133	200 back	11-12	134
135	200 back	13	136
137	200 back	14	138
139	200 back	15-18	140
143	100 fly	11	144
145	100 fly	12	146
147	100 fly	13	148
149	100 fly	14	150
151	100 fly	15-18	152
155	200 free	11	156
157	200 free	12	158
159	200 free	13	160
161	200 free	14	162
163	200 free	15-18	164
167	100 IM	11	168
169	100 IM	12	170

2011 NORTHWEST REGION S.C. AGE GROUP CHAMPIONSHIPS -- MARCH 19 - 21, 2011

TIME STANDARDS -- QUALIFYING PERIOD MARCH 10, 2010 - MARCH 9, 2011

GIRLS 10&U	SCY	SCM	LCM
50 FREE	30.39	33.99	34.69
100 FREE	1:07.69	1:15.59	1:16.99
200 FREE	2:27.89	2:45.29	2:48.39
500/400 FREE	6:07.09	5:21.19	5:27.79
50 BACK	35.79	39.99	40.79
100 BACK	1:16.89	1:25.89	1:26.89
50 BREAST	40.79	45.59	46.49
100 BREAST	1:28.99	1:39.29	1:42.29
50 FLY	34.49	38.49	39.29
100 FLY	1:19.29	1:28.49	1:29.19
100 IM	1:17.19	1:26.19	N/A
200 IM	2:45.89	3:05.19	3:08.59
200 FR RLY	2:12.39	2:27.79	2:29.59
200 MED RLY	2:29.69	2:47.09	2:50.19

BOYS 10&U	SCY	SCM	LCM
50 FREE	30.79	34.39	35.29
100 FREE	1:08.49	1:16.49	1:18.79
200 FREE	2:29.49	2:46.89	2:50.79
500 FREE	6:16.09	5:29.09	5:40.29
50 BACK	36.59	40.89	42.09
100 BACK	1:18.59	1:27.89	1:30.59
50 BREAST	42.09	46.99	48.39
100 BREAST	1:30.99	1:41.59	1:45.29
50 FLY	35.29	39.39	40.59
100 FLY	1:22.29	1:31.99	1:33.09
100 IM	1:18.99	1:27.79	N/A
200 IM	2:50.29	3:10.09	3:16.99
200 FR RLY	2:13.19	2:28.69	2:32.19
200 MED RLY	2:32.39	2:50.09	2:56.29

GIRLS 11	SCY	SCM	LCM
50 FREE	28.69	32.09	32.69
100 FREE	1:03.29	1:10.69	1:11.99
200 FREE	2:18.19	2:34.29	2:36.19
500/400 FREE	6:07.09	5:21.19	5:27.79
1650/1000 FR	20:20.59	20:16.99	20:41.89
50 BACK	33.39	37.29	37.99
100 BACK	1:11.79	1:20.19	1:21.19
200 BACK	2:26.79	2:43.89	2:45.89
50 BREAST	37.59	41.99	42.79
100 BREAST	1:22.09	1:31.69	1:34.39
200 BREAST	2:45.89	3:05.19	3:07.49
50 FLY	31.79	35.59	36.19
100 FLY	1:12.99	1:21.49	1:22.09
200 FLY	2:33.69	2:51.59	2:52.79
100 IM	1:12.19	1:20.59	N/A
200 IM	2:35.79	2:53.89	2:57.09
400 IM	5:14.59	5:51.19	5:55.49
200 FR RLY	1:53.19	2:06.39	2:07.89
400 FR RLY	4:08.09	4:36.99	4:40.39
200 MED RLY	2:06.29	2:20.89	2:23.49
400 MED RLY	4:37.89	5:10.29	5:15.99

BOYS 11	SCY	SCM	LCM
50 FREE	29.19	32.59	33.59
100 FREE	1:04.49	1:11.99	1:14.19
200 FREE	2:19.49	2:35.69	2:39.39
500 FREE	6:16.09	5:29.09	5:40.29
1650/1000 FR	20:18.09	20:14.49	20:55.89
50 BACK	34.19	38.19	39.39
100 BACK	1:13.89	1:22.49	1:24.99
200 BACK	2:28.59	2:45.89	2:50.79
50 BREAST	39.39	44.19	45.59
100 BREAST	1:25.79	1:35.79	1:38.69
200 BREAST	2:53.19	3:13.39	3:20.39
50 FLY	33.29	37.19	38.29
100 FLY	1:16.49	1:25.39	1:26.49
200 FLY	2:36.49	2:54.69	2:57.89
100 IM	1:14.49	1:23.19	N/A
200 IM	2:40.69	2:59.29	3:05.89
400 IM	5:18.69	5:55.69	6:06.39
200 FR RLY	1:54.79	2:08.19	2:11.19
400 FR RLY	4:18.19	4:48.19	4:54.99
200 MED RLY	2:10.49	2:25.69	2:30.99
400 MED RLY	4:43.69	5:16.69	5:26.09

2011 NORTHWEST REGION S.C. AGE GROUP CHAMPIONSHIPS -- MARCH 19 - 21, 2011

TIME STANDARDS -- QUALIFYING PERIOD MARCH 10, 2010 - MARCH 9, 2011

GIRLS 12	SCY	SCM	LCM
50 FREE	27.09	30.29	30.89
100 FREE	59.49	1:06.49	1:07.69
200 FREE	2:09.99	2:25.19	2:26.89
500/400 FREE	5:47.69	5:04.19	5:10.49
1650/1000 FR	20:20.59	20:16.99	20:41.89
50 BACK	31.79	35.49	36.19
100 BACK	1:07.59	1:15.49	1:16.39
200 BACK	2:26.79	2:43.89	2:45.89
50 BREAST	35.49	39.69	40.39
100 BREAST	1:16.79	1:25.79	1:28.29
200 BREAST	2:45.89	3:05.19	3:07.49
50 FLY	30.19	33.79	34.39
100 FLY	1:07.69	1:15.59	1:16.19
200 FLY	2:33.69	2:51.59	2:52.79
100 IM	1:08.19	1:16.19	N/A
200 IM	2:26.69	2:43.79	2:46.79
400 IM	5:14.59	5:51.19	5:55.49
200 FR RLY	1:53.19	2:06.39	2:07.89
400 FR RLY	4:08.09	4:36.99	4:40.39
200 MED RLY	2:06.29	2:20.89	2:23.49
400 MED RLY	4:37.89	5:10.29	5:15.99

BOYS 12	SCY	SCM	LCM
50 FREE	27.29	30.49	31.09
100 FREE	59.49	1:06.49	1:07.69
200 FREE	2:10.79	2:25.99	2:27.79
500 FREE	5:50.59	5:06.69	5:12.99
1650/1000 FR	20:18.09	20:14.49	20:55.89
50 BACK	31.99	35.79	36.39
100 BACK	1:08.09	1:16.09	1:17.19
200 BACK	2:28.59	2:45.89	2:50.79
50 BREAST	35.99	40.19	40.99
100 BREAST	1:18.69	1:27.89	1:30.09
200 BREAST	2:53.19	3:13.39	3:20.39
50 FLY	30.39	33.99	34.69
100 FLY	1:08.99	1:17.09	1:17.59
200 FLY	2:36.49	2:54.69	2:57.89
100 IM	1:08.89	1:16.99	N/A
200 IM	2:27.59	2:44.79	2:47.79
400 IM	5:18.69	5:55.69	6:06.39
200 FR RLY	1:54.79	2:08.19	2:11.19
400 FR RLY	4:18.19	4:48.19	4:54.99
200 MED RLY	2:10.49	2:25.69	2:30.99
400 MED RLY	4:43.69	5:16.69	5:26.09

GIRLS 13	SCY	SCM	LCM
50 FREE	26.49	29.59	30.19
100 FREE	57.49	1:04.29	1:05.49
200 FREE	2:04.39	2:19.09	2:20.89
500/400 FREE	5:34.29	4:52.19	4:58.19
1650/1000 FR	19:11.29	19:07.89	19:31.29
100 BACK	1:04.99	1:12.59	1:13.49
200 BACK	2:19.89	2:36.19	2:38.19
100 BREAST	1:14.59	1:23.19	1:25.79
200 BREAST	2:41.19	2:59.99	3:03.29
100 FLY	1:04.39	1:11.89	1:12.39
200 FLY	2:25.89	2:42.89	2:44.09
200 IM	2:20.59	2:36.99	2:39.89
400 IM	4:58.19	5:32.89	5:36.89
200 FR RLY	1:45.39	1:57.99	1:59.39
400 FR RLY	3:50.99	4:17.89	4:21.09
200 MED RLY	1:57.79	2:11.59	2:13.99
400 MED RLY	4:18.79	4:48.89	4:52.49

BOYS 13	SCY	SCM	LCM
50 FREE	25.59	28.59	29.19
100 FREE	55.69	1:02.19	1:03.39
200 FREE	2:01.19	2:15.89	2:18.59
500 FREE	5:27.59	4:45.99	4:51.89
1650/1000 FR	18:42.49	18:35.79	18:59.79
100 BACK	1:04.59	1:11.79	1:12.69
200 BACK	2:19.09	2:35.29	2:37.19
100 BREAST	1:13.59	1:22.19	1:24.69
200 BREAST	2:39.89	2:58.59	3:01.89
100 FLY	1:03.59	1:11.09	1:11.59
200 FLY	2:27.99	2:45.29	2:46.39
200 IM	2:18.59	2:34.79	2:37.59
400 IM	4:57.99	5:32.79	5:36.79
200 FR RLY	1:41.59	1:53.59	1:54.89
400 FR RLY	3:42.39	4:09.49	4:13.39
200 MED RLY	1:54.29	2:07.69	2:10.09
400 MED RLY	4:06.09	4:35.59	4:38.59

2011 NORTHWEST REGION S.C. AGE GROUP CHAMPIONSHIPS -- MARCH 19 - 21, 2011
TIME STANDARDS -- QUALIFYING PERIOD MARCH 10, 2010 - MARCH 9, 2011

GIRLS 14	SCY	SCM	LCM
50 FREE	26.19	29.29	29.89
100 FREE	56.49	1:03.09	1:04.29
200 FREE	2:01.89	2:16.09	2:17.79
500/400 FREE	5:29.19	4:48.09	4:53.89
1650/1000 FR	18:58.59	18:55.49	19:18.69
100 BACK	1:03.99	1:11.49	1:12.29
200 BACK	2:17.99	2:34.09	2:35.89
100 BREAST	1:13.19	1:21.69	1:24.19
200 BREAST	2:36.89	2:55.10	2:58.39
100 FLY	1:02.59	1:09.99	1:10.49
200 FLY	2:22.49	2:39.39	2:40.39
200 IM	2:17.89	2:33.89	2:36.69
400 IM	4:54.59	5:28.79	5:32.79
200 FR RLY	1:45.39	1:57.99	1:59.39
400 FR RLY	3:50.99	4:17.89	4:21.09
200 MED RLY	1:57.79	2:11.59	2:13.99
400 MED RLY	4:18.79	4:48.89	4:52.49

BOYS 14	SCY	SCM	LCM
50 FREE	24.49	27.39	27.89
100 FREE	53.19	59.39	1:00.49
200 FREE	1:55.69	2:08.19	2:10.59
500 FREE	5:14.09	4:34.09	4:30.09
1650/1000 FR	18:04.69	18:01.39	18:23.89
100 BACK	1:00.99	1:08.29	1:09.09
200 BACK	2:11.79	2:27.09	2:28.89
100 BREAST	1:09.59	1:17.69	1:20.09
200 BREAST	2:31.79	2:49.59	2:52.89
100 FLY	59.49	1:06.49	1:06.89
200 FLY	2:16.59	2:32.49	2:33.59
200 IM	2:11.29	2:26.59	2:29.29
400 IM	4:43.59	5:16.89	5:20.89
200 FR RLY	1:41.59	1:53.59	1:54.89
400 FR RLY	3:42.39	4:09.49	4:13.39
200 MED RLY	1:54.29	2:07.69	2:10.09
400 MED RLY	4:06.09	4:35.59	4:38.59

GIRLS 15-18	SCY	SCM	LCM
50 FREE	25.99	29.09	29.59
100 FREE	56.29	1:02.89	1:04.09
200 FREE	2:02.39	2:16.69	2:18.29
500/400 FREE	5:27.59	4:46.69	4:52.49
1650/1000 FR	18:56.99	18:53.59	19:16.79
100 BACK	1:03.69	1:11.19	1:12.09
200 BACK	2:18.59	2:34.79	2:36.69
100 BREAST	1:12.59	1:21.09	1:23.49
200 BREAST	2:37.99	2:56.39	2:59.59
100 FLY	1:02.29	1:09.69	1:10.09
200 FLY	2:22.49	2:39.09	2:40.19
200 IM	2:19.49	2:35.79	2:38.59
400 IM	4:57.69	5:32.29	5:38.39
200 FR RLY	1:50.19	2:02.99	2:04.49
400 FR RLY	3:57.79	4:25.39	4:28.09
200 MED RLY	2:02.89	2:17.19	2:19.69
400 MED RLY	4:27.79	4:58.89	5:02.59

BOYS 15-18	SCY	SCM	LCM
50 FREE	23.29	26.09	26.59
100 FREE	50.79	56.69	58.09
200 FREE	1:53.19	2:06.39	2:07.89
500 FREE	5:05.29	4:26.49	4:32.29
1650/1000 FR	17:54.69	17:51.49	18:13.49
100 BACK	58.59	1:05.49	1:06.29
200 BACK	2:08.79	2:22.69	2:24.49
100 BREAST	1:06.79	1:14.59	1:16.79
200 BREAST	2:26.59	2:43.59	2:46.59
100 FLY	57.49	1:04.19	1:04.69
200 FLY	2:13.49	2:28.99	2:30.09
200 IM	2:08.39	2:23.39	2:25.99
400 IM	4:39.29	5:11.79	5:15.59
200 FR RLY	1:38.79	1:50.29	1:51.69
400 FR RLY	3:35.99	4:01.09	4:03.99
200 MED RLY	1:51.19	2:04.19	2:06.39
400 MED RLY	4:02.39	4:30.59	4:33.89

2011 AGE GROUP REGIONAL CHAMPIONSHIPS

Application to Officiate

**Applicant must be a member of USA Swimming and an LSC certified official.
(PLEASE TYPE OR PRINT CLEARLY)**

Name: _____ LSC: _____
Address: _____ Cell Phone: _____
City, State, Zip: _____
E-mail Address: _____
Current LSC Certifications: _____
Current N2 Certifications and Expiration: _____
Current N3 Certifications and Expiration: _____
Years/Months at Highest Level _____

ALL APPLICANTS MUST ATTEND MANDATORY OFFICIALS BRIEFINGS BEFORE EACH SESSION WHICH BEGIN ONE HOUR PRIOR TO THE START OF EACH SESSION

I will serve at all sessions: Yes ___ No ___

I can't serve all sessions. My choices for individual sessions are checked below:

Friday 3/18	Prelims _____	Finals _____
Saturday 3/19	Prelims _____	Finals _____
Sunday 3/20	Prelims _____	Finals _____

Shirt Size: _____ (S, M, L, etc.)

APPLICATION FOR ASSIGNED POSITION: If you would like to be considered for an Assigned Position, please check the appropriate box below. If applying for more than one position, please indicate preference (1,2,3)

Assignment request: ___ Deck Referee ___ Starter ___ Chief Judge ___ Admin. Ref

**** If you are not applying for an Assigned Position, please check here:** ___ Stroke & Turn Only

APPLICATION FOR EVALUATION: If you would like to be evaluated during the meet, complete the following:

I request Evaluation as follows: ___ For Advancement to N2 ___ For Advancement to N3 (___ Initial only at this meet)
___ For Recertification ___ For Education
___ Referee ___ Starter ___ Chief Judge ___ Admin Ref ___ Stroke & Turn

Most Recent Evaluation & Evaluator _____

This application must be received by the Meet Referee no later than **March 1, 2011** in order for the applicant to be considered for specific assigned positions (Deck Referee, Starter, Chief Judge, Admin Ref). **Assigned positions will be notified by March 7, 2011.** Applications for other deck positions will be accepted anytime. **However, only those applying by March 1 will be assured of getting a meet shirt.**

Email your application to the Meet Referee, Teri White, at twhite@massmutal.com. You will receive an E-Mail confirmation of your application. If you do not receive a confirmation within 5 days of submitting your application, please send a follow-up email.