



Pacific Northwest Swimming
 2022 PN MET-SEAL LCM Cannonball Classic
 PNS Sanction #2206-SP03
 Sanctioned by PNA for USMS, Inc. - Sanction #362-S004
 Weyerhaeuser King County Aquatic Center
 650 SW Campus Drive, Federal Way, Washington



Hosted by the Metro Aquatics Boosters and the Vashon Seals Swim Team
*Held under sanction of Pacific Northwest Swimming, Inc., USA Swimming, Inc.,
 Pacific Northwest Association of Masters Swimming, Inc., and US Masters Swimming, Inc.*

SCHEDULES	SESSIONS 1 & 2	SESSIONS 3 & 4
Dates	SATURDAY, JUNE 11, 2022	SUNDAY, JUNE 12, 2022
Coaches' Meetings	Saturday: 7:45 am -- others will be announced as needed	
Officials' Meetings	One hour before start of competition	One hour before start of competition
Timers' Meetings	20 minutes before start of competition	20 minutes before start of competition
Warm-ups	Session 1: 8:00 am Session 2: Immediately following conclusion of Session 1	Session 3: 8:00 am Session 4: Immediately following conclusion of Session 3
Timed Finals	Session 1: 9:00 am Session 2: One hour after start of warm-ups	Session 3: 9:00 am Session 4: One hour after start of warm-ups

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC NORTHWEST SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS AGENTS, EMPLOYEES, OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO THE PARTICIPATION IN THIS COMPETITION.

MEET DIRECTORS:

Kimber Towle
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 • 253 203 8593

Terra Bourse-Acharo
 • terralynn12@gmail.com

MEET REFEREE:

Paul Sachs
 • pesachs@aol.com

FACILITY

- Site of the 1990 Goodwill Games, multiple NCAA Men's Division 1 Championships and many USA Swimming National and Junior National Championships.
- Indoor 50-meter, 9 feet deep, 8-lane competitive pool. Omega OSB starting blocks and take-off pads with adjustable setting back plates (fins) and backstroke starting ledges.

- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- USMS: The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.
- USMS: The primary timing system will be automatic timing. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.
- Diving tank will be available for continual warm-up and warm-down, no diving or horseplay at any time during this meet.
- 2500 spectator seats. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections. In addition, sessions will be livestreamed to provide online spectator viewing.
- Omega electronic timing system and full-read scoreboard
- Shaving is not permitted anywhere in the facility.

- Heat Sheets on Meet Mobile; results on Meet Mobile and the PNS and PNA web sites. Meet Mobile fees apply.
- Concessions: Under contract with King County; neither PNS nor the host team derive any benefit
- Hospitality for coaches and officials only
- Parking information will be posted on the PNS and PNA websites. Illegally parked cars will be ticketed and towed by the Federal Way Police Dept. Do not leave valuables in vehicles.

ELIGIBILITY & ENTRY INFORMATION:

- All swimmers must be registered with USA Swimming through Pacific Northwest Swimming or USMS. Entries from non-PNS clubs will be limited to 180 swimmers per day.
 - USMS: All participants must be currently registered members of U.S. Masters Swimming and must be age 18 or older as of their first day of competition at the meet. Each USMS member must provide their current USMS membership number, and the event host will verify that they are currently registered with USMS.
- Athletes who are members of both USA Swimming and USMS must pick one organization with which to compete for the entire meet. Automatic recognition by USMS of times achieved by a USMS swimmer competing as USA Swimming is still available.
- Neither on-deck USA Swimming registration, USMS registration, nor any on-deck transfer will be permitted.
- Age groups for USA Swimming athletes are based on the age of the swimmer as of the first day of competition.
- USMS age groups for Top 10 and records based on the swimmer's age as of December 31, 2022: 18-24, 25-29, and up in five-year increments.
- USMS age groups for Relays– 72-99, 100-119, 120-159, 160-199, ... (40 yr. increments as necessary). The aggregate age of the four relay team members shall determine the age group. Correct relay age groups will not be reflected until post meet processing by USMS.
- Swimmers may enter up to three (3) events per day, but each club or individual may enter events in only one session per day. In addition, each swimmer may participate on one (1) relay team per day. Entries exceeding this limit will be scratched without notification, and entry fees for entry count limitation scratches will not be refunded.
- Deck Entries: Deck entries for individual events will be allowed in open lanes only at the discretion of the Meet Referee.
 - Deck entered swimmers who are not already in the meet are required to show proof of appropriate athlete registration through a club participating in that session or be otherwise authorized to deck enter.
 - USA Swimming athletes must complete a PNS Deck Entry Registration at the Clerk of Course in order to enter.
 - No deck entry will be considered complete without payment of all appropriate entry fees.
- **All USA Swimming registration numbers will be verified with the PNS registration database.**

ENTRY FEES:

- | | USA Swimming | USMS |
|---------------------|--------------|---------|
| • Surcharge: | \$25.00 | \$34.00 |
| • Individual Event: | \$ 8.00 | \$ 4.00 |
| • Relay: | \$14.00 | \$ 0.00 |
- No refunds or credits will be given for events entered but not swum; no event swapping.
 - All fees must accompany entries.
 - PNA swimmers who need financial assistance for entry fees may request same from the PNA Wiggin Fund.

AWARDS AND SCORING: None

MEET RULES

- The facility's and the host club's Covid-19 guidelines and procedures apply to this meet. Additional information will be posted on the PNS and PNS web pages.
- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All events will be seeded slow-to-fast and mixed genders.
- This is a combined meet sanctioned by both USA Swimming and USMS, with all swimmers competing according to USA Swimming rules for individual strokes, relays, and the conduct and officiating of competition with the exception that USMS rules and regulations governing events, eligibility, protests of USMS applicable rules, and meet results shall apply to USMS members.
- Seeding will be LSY.
- All 50M events will be pre-seeded with no penalty for a swimmer who fails to show.
- All 100M and 200M events will be deck-seeded, requiring a positive check-in by the announced deadline in order to swim. A swimmer who fails to check in will be scratched without penalty. A swimmer who checks in but fails to swim will be disqualified from his/her next individual event.
 - If any of these events are single-ended, flyover starts will be used. If any of these events are double-ended, all odd-numbered heats will start at the dive tank end of the pool, and all event-numbered heats will start at the scoreboard end of the pool.

WARM-UP PROCEDURES:

- Circle swim counter-clockwise only.
- Last 25 minutes of each warm-up period:
 - Lanes 1 & 8 - pace lanes, no diving
 - Lanes 2 & 7 - one-way sprint lanes, dive starts
 - Remaining lanes - general warm-up, no diving
 - Additional sprint lanes may be made available upon request to the Meet Referee.
- Pool closes promptly five (5) minutes prior to the start of competition.
- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

SAFETY INFORMATION:

- All applicable adults participating in or associated with this meet acknowledge that they are subject to provisions of the USA Swimming Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0") and that they understand that compliance with the MAAPP 2.0 policy is a precondition of participation in the conduct of this meet. In addition, all 18&O athletes must be current in their Athlete Protection Training (APT) in order to swim.
 - USMS entrants who do not have a relationship with a minor athlete entered in the meet are not considered Applicable Adults and do not need to have completed the APT.
- This is a dual sanctioned meet and competitors of all ages will be using the locker rooms. Athletes should be respectful of minors in the locker room and not linger in a state of undress. MAAPP rules require showering with a swimsuit on if adult participants and minor athletes are present.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding.
- Deck changes are prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open

- ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- No diving from the shallow end of the pool at any time. No diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool.
 - Jumping into the pool is not allowed.
 - Backstroke swimmers enter the water feet first in rotation; no diving over persons in the water.
 - Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.
 - Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
 - All participating swimmers, other than USMS 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, other than USMS swimmers, 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 without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance with this requirement.
 - Only authorized volunteers and working personnel can be on deck. All others are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet. Authorized volunteers will need to wear an ID badge or receive a lanyard from the Clerk of Course.
 - In order to be on deck and serve in their official capacity, all officials shall visibly display their membership credentials, including current certification(s), at all times.
 - All persons acting in any coaching capacity must be coach members of USA Swimming or USMS and must show proof of current coaching credentials when checking in for the meet.
 - 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.
 - It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event
 - It is further understood that Pacific Northwest Swimming, Metro Aquatics, the Metro Aquatics Boosters, and the Vashon Seals Swim Team shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
 - It is further understood that US Masters Swimming and the Pacific Northwest Association of Masters Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ENTRY SUBMITTAL INFORMATION FOR USA SWIMMING ATHLETES: This meet is an invitational. Do not submit entries without an invitation. Entries will be only be accepted upon receipt of at least the first three of the following by the entry deadline, June 1, 2022. If bringing the latter two to the meet, so attest in your cover email.

1. **Entry File** from Team Manager or equivalent.
2. **Meet Entry Reports** for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager or equivalent.
3. **Meet Entry Fee Report** from Team Manager or equivalent.
4. **Master Entry Summary Form**—Completed and hand-signed hardcopy only (original or faxed); typed signatures will not be accepted
5. **Meet Entry Fees**—one check payable to Metro Aquatics Boosters.

Submittal Formats & Notes:

- **Electronic files:** email items #1, #2, and #3.
- **Hardcopies:** mail or hand-deliver items #4 and #5. If sending via express mail, waive signature requirement.
- Late, incomplete, or paper entries will not be processed.
- Relay-only swimmers must be listed on the Meet Entry Report or equivalent, and appropriate surcharges must be included with the entry.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- All entry times will be assumed to be SCY (short course yards), unless clearly identified as either SCM or LCM.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to: *Metro Aquatics Boosters, PO Box 65902, University Place, WA 98464*
- Email entries to: *meetentries@metroaquatics.org*
- Meet Entry Contact/Questions: *Meet Director*

ENTRY SUBMITTAL INFORMATION FOR USMS ATHLETES: An invitation is not necessary, but you must enter through the Club Assistant Platform. Information will be posted on the *swimpna.org* pool meets page, *Pool Meets – Pacific Northwest Association of Masters Swimmers (swimpna.org)* with the link to the registration and meet info for that meet.

CANNONBALL CLASSIC ORDER OF EVENTS -- ALL EVENTS WILL BE LCM

Note: Whole teams will enter a single session each day.

SESSION 1

101	Mixed	Open	50 Free
102	Mixed	Open	50 Breast
103	Mixed	Open	100 Fly
104	Mixed	Open	200 Breast
105	Mixed	Open	100 Back
106	Mixed	Open	200 IM
107	Girls	10&U	200 Free Relay
108	Boys	10&U	200 Free Relay
109	Mixed	10&U	200 Free Relay
110	Girls	12&U	200 Free Relay
111	Boys	12&U	200 Free Relay
112	Mixed	12&U	200 Free Relay
113	Girls	14&U	200 Free Relay
114	Boys	14&U	200 Free Relay
115	Mixed	14&U	200 Free Relay
116	Girls	Open	200 Free Relay
117	Boys	Open	200 Free Relay
118	Mixed	Open	200 Free Relay

SESSION 3

301	Mixed	Open	50 Back
302	Mixed	Open	50 Fly
303	Mixed	Open	100 Free
304	Mixed	Open	200 Fly
305	Mixed	Open	200 Back
306	Mixed	Open	100 Breast
307	Mixed	Open	200 Free
308	Girls	10&U	200 Med Relay
309	Boys	10&U	200 Med Relay
310	Mixed	10&U	200 Med Relay
311	Girls	12&U	200 Med Relay
312	Boys	12&U	200 Med Relay
313	Mixed	12&U	200 Med Relay
314	Girls	14&U	200 Med Relay
315	Boys	14&U	200 Med Relay
316	Mixed	14&U	200 Med Relay
317	Girls	Open	200 Med Relay
318	Boys	Open	200 Med Relay
319	Mixed	Open	200 Med Relay

SESSION 2

201	Mixed	Open	50 Free
202	Mixed	Open	50 Breast
203	Mixed	Open	100 Fly
204	Mixed	Open	200 Breast
205	Mixed	Open	100 Back
206	Mixed	Open	200 IM
207	Girls	10&U	200 Free Relay
208	Boys	10&U	200 Free Relay
209	Mixed	10&U	200 Free Relay
210	Girls	12&U	200 Free Relay
211	Boys	12&U	200 Free Relay
212	Mixed	12&U	200 Free Relay
213	Girls	14&U	200 Free Relay
214	Boys	14&U	200 Free Relay
215	Mixed	14&U	200 Free Relay
216	Girls	Open	200 Free Relay
217	Boys	Open	200 Free Relay
218	Mixed	Open	200 Free Relay

SESSION 4

401	Mixed	Open	50 Back
402	Mixed	Open	50 Fly
403	Mixed	Open	100 Free
404	Mixed	Open	200 Fly
405	Mixed	Open	200 Back
406	Mixed	Open	100 Breast
407	Mixed	Open	200 Free
408	Girls	10&U	200 Med Relay
409	Boys	10&U	200 Med Relay
410	Mixed	10&U	200 Med Relay
411	Girls	12&U	200 Med Relay
412	Boys	12&U	200 Med Relay
413	Mixed	12&U	200 Med Relay
414	Girls	14&U	200 Med Relay
415	Boys	14&U	200 Med Relay
416	Mixed	14&U	200 Med Relay
417	Girls	Open	200 Med Relay
418	Boys	Open	200 Med Relay
419	Mixed	Open	200 Med Relay



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**MASTER ENTRY SUMMARY
 (USA SWIMMING ATHLETES)**

TEAM NAME:			
TEAM CODE:		LSC CODE:	
COACH:			
EMAIL ADDRESS:		PHONE:	
TEAM MAIL ADDRESS:			
CITY, STATE, ZIP:			
ENTRY INFORMATION PREPARED BY:		PHONE:	

MEET ENTRY FEES ENCLOSED:

SURCHARGE:		X \$ 25.00	\$
INDIVIDUAL EVENTS:		X \$ 8.00	\$
RELAYS:		\$ \$ 14.00	
		SUBTOTAL:	\$
LESS OUTREACH VOUCHERS:			(\$)
		TOTAL:	\$

Make one check payable to **Metro Aquatics Boosters**

THE FOLLOWING STATEMENT MUST BE SIGNED:

I attest that all swimmers entered hereon are properly registered athlete members of USA Swimming, Inc.

 Signature of Coach or Team Representative

 Date

 Phone Number

Important Note: Upon processing of the pre-meet exception report, PNS will register as a full-year USA Swimming athlete member any swimmer not then registered. PNS shall require the club or responsible party to pay an amount equal to the current full-year USA Swimming athlete registration fee, including the PNS surcharge, plus a \$15.00 fine for each athlete who is registered from the pre-meet exception report. The fines are due prior to the entry deadline of the next meet entered by the team being fined or within 15 business days after the receipt of the fine statement, whichever occurs first. See PNS AD 97-08 for additional information.