

2010 Rainbow Classic

Held under approval of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.
Approval #A1002-SP02

In granting this approval, it is agreed and understood that West Seattle YMCA Dolphins, Pacific Northwest Swimming and USA Swimming shall be free from any liabilities or claims for damages arising by result of injuries to anyone during the conduct of the event.

Saturday, February 13th, and Sunday February 14th, 2010

Hosted by the West Seattle YMCA Dolphins

Warm ups begin at: 9:00 Meet begins at: 10:00

- Location: Mary Wayte Pool
8815 SE 40th St.
Mercer Island, WA 98040
- Directions to Pool: From Southbound I-5 merge onto 405 S.
Via EXIT 182 toward Bellevue/Renton
Merge onto I-90 via Exit 11 toward Seattle/Mercer Island
Take the Mercer Way Exit 8 slight right onto SE 36th St.
SE 36th St. becomes Gallagher Hill Rd.
Turn right onto SE 40th St.
Alternate Route:
From Seattle Merge onto I-90 Exit 164
Toward Bellevue/Spokane
Keep left at fork to continue to I-90 East
Merge onto Island Crest Way via EXIT 7B.
Turn Left onto SE 40th ST.
- Meet Director: Laurie Friesen
lgfriesen@comcast.net
206-933-7385
- Meet Referee: Frank Toles
selotfs@aol.com
206-938-3182
- Coaches meeting: 8:45 a.m.
Timers/Officials meeting: 9:30 a.m.
- Timelines: Info to Coaches: By January 3rd
Hand entries due: Postmarked by February 1st
Email entries due: by January 31st (Hytek entry file)
Psych Sheet to coaches: by Feb 7th
(return errors & corrections immediately)
Heat Sheets for Coaches at meet site.
- Facilities: Indoor, 6- lane, 25 yard pool, equipped with starting blocks, and backstroke flags. The competition course has not been certified in accordance with 104.2.2C(4).

Teams: PSSA teams invited: Northshore, GH2O, SVY, LYAC, OYST, Morgan Family YMCA, BEST, AYAS, WSY.

Timers: Each Swim Team must provide timers for 1 lane. You will provide your own watches.

Rules: Current YMCA swimming/USA Swimming rules will govern throughout the meet for stroke and turn. All events will be timed finals.

Entries: Swimmers may enter 3 individual events, plus one relay per day (not including time trials). For the 500 free and 400 IM entries will be restricted to the first 12 (male/female) entries received. Deck entries will be accepted only in lanes empty at the time of heat sheet publication. Time trials will be run (time permitting) on Saturday and Sunday at the conclusion of the session. No 1650 time trials offered.

Meet Fees: Meet Fee is: \$25.00. Please make checks payable to YMCA
All meet fees are due prior to the swims.
Deck entries will be accepted @ \$5.00 per event.

Awards: Individual & Relay events. Rainbow ribbons will be awarded for 1st thru 6th places. 1-3rd Rosette Ribbons 4th-6th Rainbow Ribbons. Team awards for 1-6th places. Deck entries are exhibition only and not eligible for ribbons. Teams may pick up ribbons at the award table on Sunday.

Scoring: Scoring towards team trophies will be based on individual and relay events.
Individual events scored: 7-5-4-3-2-1
Relay events scored 14-10-8-6-4-2
10&U scored and awarded as 8&U and 10 &U
11&O scored and awarded as 11-12, 13-14, 15&O

Concessions: Will be available throughout the meet.

Heat Sheets: For sale at concessions for \$5.00

Vendors: Northwest Designs. Sweatshirts and apparel for sale throughout the meet
Northwest SwimShop. Providing goggles, swim suits and other swimming necessities.

Hospitality: Food and Beverages will be provided throughout the day for officials and coaches.

Warm up assignments: Team assigned times and lanes at coaches meeting

The small pool area will be available for warm-up/cool down through the meet, Coaches are responsible to provide direct supervision while swimmers are using warm up and cool down pool. The pool is to be used ONLY FOR TRAINING.

Order of Events Saturday February 13, 2010

<u>Event #</u>	<u>Events</u>	<u>Age Group</u>
1 & 2	100 Individual Medley	10 & U
3 & 4	100 Individual Medley	11 & O
5 & 6	50 Back	10 & U
7 & 8	50 Back	11 & O
9 & 10	200 back	Open
11 & 12	25 Breast	8 & U
13 & 14	100 breast	10 & U
15 & 16	100 breast	11 & O
17 & 18	500 Free	Open/Mix
19 & 20	25 Free	8 & U
21 & 22	200 Free	10 & U
23 & 24	200 Free	11 & U
25 & 26	50 Fly	10 & U
27 & 28	50 Fly	11 & U
29 & 30	200 Fly	Open
31 & 32	100 IM	8 & U
33 & 34	200 Medley Relay	Open/Mix

BREAK: 15 minutes

35 & 36	1000 Free	Open/Mix
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Order of Events Sunday February 14, 2010

37 & 38	100 Free	10 & U
39 & 40	100 Free	11 & O
41 & 42	25 Fly	8 & U
43 & 44	100 Fly	10 & U

45 & 46	100 Fly	11 & O
47 & 48	50 Breast	10 & U
49 & 50	50 Breast	11 & O
51 & 52	200 Breast	Open
53 & 54	200 IM	10 & U
55 & 56	200 IM	11 & O
57 & 58	400 IM	Open/Mix
59 & 60	25 Back	8 & U
61 & 62	100 Back	10 & U
63 & 64	100 Back	11 & O
65 & 66	50 Free	10 & U
67 & 68	50 Free	11 & O
69 & 70	100 Free Relay	8 & U
71 & 72	200 Free Relay	Open

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of all of the following prior to the entry deadline, Sunday January 31, 2010

1. **COMMLINK** file exported from Team Manager, if used.
2. **Meet Entry Reports** for individual (sorted by swimmer) and relay (sorted by event) events from Team Manager—preferred—or equivalent hardcopy.
3. **Meet Entry Fee Report** from Team Manager—preferred—or equivalent hardcopy.
- 4 **Meet Entry Fees**—one check payable to YMCA.

Submittal Formats:

- **Electronic files:** email attachments—preferred—or disk. If emailing the COMMLINK file, include items #2 and #3 above in Word for Windows format in your email. Item #4 must still be received by the entry deadline.
- **Hardcopies:** mail, hand-deliver, or fax. If sending via express mail, waive signature requirement.
- To ensure correct entries, teams that do not have Team Manager or equivalent software can use Hy-Tek Lite to complete and submit entries for this meet. It is available at <http://www.hy-tekltd.com/downloads.html> at no charge.

Submittal Notes:

- Late or incomplete entries will not be processed.
- Entry times must be SCY (short course yards).
- Converted times are not allowed.
- NT ("no time") times *are* allowed.
- Meet Entry Report or equivalent hardcopy must include full name of club, and, for each swimmer, first and last names, actual age as of the first day of the meet, gender, USA Swimming permanent 14-character identification number, if applicable, events entered, and entry time for each.
- Recheck all entries as no additional entries or corrections will be accepted after the deadline (except deck entries).
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- **Mail entries to: West Seattle YMCA c/o Trish Montemayor, 10432 Marine View Drive SW, Seattle, WA 98146**
- **Email address: dataentry@wsyswimteam.com**