



## 2023 SPRING SPEEDO SECTIONALS

Federal Way, WA  
MARCH 9-12<sup>th</sup>, 2023

Co-hosted By  
Valley Aquatics & Seattle Metropolitan Aquatic Club

Weyerhaeuser King County Aquatic Center  
650 SW Campus Drive, Federal Way 98023  
Facility Phone: (206) 477-4444

**All entries must be submitted online through USA Swimming's Online Meet Entry system between February 1, 2023 and 11:59 PM PST, March 1<sup>ST</sup>, 2023**  
**Should OME be unavailable, an alternative method of entry will be posted on the Western Zone Site by February 1st.**

Held Under the Sanction of Pacific Northwest Swimming and USA Swimming, Inc.  
Sanction #2303-WRSS-R1  
Time Trials Sanction #2303-WRTT

**Websites:**

[www.pns.com](http://www.pns.com) \* [www.westernzoneswimming.org](http://www.westernzoneswimming.org) \* [www.usaswimming.org](http://www.usaswimming.org)

**IMPORTANT: All meet format details contained in this meet announcement are tentative and based on the current COVID-19 guidelines as of the date of sanctioning. Final details will be confirmed after the close of regular entries on March 1, 2023 and will be reviewed at the General Meeting.**

**Sanction**

This meet has been sanctioned by Pacific Northwest Swimming, Inc. and current USA Swimming rules and Pacific Northwest Swimming Policies & Procedures Manual will apply. All athletes must be currently registered as Premium or Outreach members for 2023 with USA Swimming. Pacific Northwest does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

**Liability**

*In granting this sanction and by any person's participation in the meet, it is understood and agreed that 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. It is further understood that the Pacific Northwest Swimming, Inc., all meet officials, The Weyerhaeuser King County Aquatic Center, Valley Aquatics, LLC, Seattle Metropolitan Aquatic Club & Boosters, and the Western Region Section 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 meet. Damage to the facility, when proven, will cause the offending athlete, if unattached, or the offending athlete's team, if attached, to be held accountable for repairs.*

**Meet Referee**

Judi Creech  
[jjjcreech@comcast.net](mailto:jjjcreech@comcast.net)  
360-909-7526

**Admin Referee**

Jacki Allender  
[jacki.allender@gmail.com](mailto:jacki.allender@gmail.com)  
541-990-5144

**Meet Director (VAST)**

Suzanne Rychlik  
[swimvast@hotmail.com](mailto:swimvast@hotmail.com)  
253-241-4827

**Meet Director (SMAC)**

Laurie Robbins  
[boosterspresident@smac.email](mailto:boosterspresident@smac.email)  
206-612-5608



**2023 SPRING SPEEDO SECTIONALS \* March 9<sup>th</sup>-12<sup>th</sup>, Federal Way, WA**

**Facility**

Weyerhaeuser King County Aquatic Center: Site of the 1990 Goodwill Games; 2008 and 2012 NCAA Men’s Division 1 Championships; and many U.S. Open, Junior Nationals, and Nationals. Indoor 50-meter, 9 feet deep, 8-lane competitive pool divided into two 25-yard courses. The area between the bulkheads is closed at all times. Omega OSB starting blocks and take-off pads with adjustable setting back plates (fins).

**Pool Certification**

The meet competition course has been certified in accordance with 104.2.2C(4).

**MEET SCHEDULE SUMMARY**

Information provided below is **ESTIMATED**. Additional details will be provided following the close of entries.

<b><u>MEETING SCHEDULE</u></b>		
General Meeting	Monday, March 6th 7:30 pm PST via Zoom	
Officials Meetings	One hour before the start of each session	
<b><u>COMPETITION SCHEDULE</u></b>	<b><u>PRELIMINARIES</u></b>	<b><u>FINALS</u></b>
Thursday – Sunday March 9 – March 12	Warm-Up: 7:00 AM Competition: 9:00 AM	Warm-Up: 3:30 PM Competition: 5:00 pm

**Supervised Warm-Ups**

The facility will be available for supervised warm-ups on Wednesday, March 8<sup>th</sup> between 4-7 PM.

**Meet Format**

- **Meet format** will be SCY Prelims (2 courses, 8 lanes each) and SCY Finals (8 lanes). Prelim events will be swum ODDS heats in the SOUTH course and EVEN heats in the NORTH course. One championship heat and three consolation heats will compete in Finals, except as noted in the Order of Events, p.3 of this Announcement. The “D” Final will be conducted as an 18&U Only heat.
- **Order of seeding** will be Short Course Yards (SCY), Short Course Meters (SCM), Long Course Meters (LCM).  
**Bonus events** will be seeded after the above, in the same order: BSCY-BSCM-BLCM.
- **Preliminary Heats of Individual Events and Timed Finals Events will be seeded and swum FASTEST to SLOWEST**, except as noted in the Order of Events, p.3 of this Announcement.
- **Circle-Seeding:** Top 3 heats of **preliminary** individual events 200Y or less, and top 2 heats of **preliminary** individual events of 400Y or more, will be circle-seeded, with the **fastest athlete in heat 1**.
- **Finals Heats of Individual Events will be swum SLOWEST to FASTEST:** Bonus D, Bonus C, Consolation, Championship.
- **Finals protocols including parading, awards, and start time will be announced at the coaches meeting once entries have been processed.**
- Athletes may qualify for and enter the 1000 and/or 1650 Freestyles using any of the 1000Y/800M or 1650Y/1500M time standards.
- Distance events will be swum in two courses.
- All relay events will be swum in Finals and may use two course should it become necessary with the timeline.
- Swimmers entered in the 1650 Freestyles wishing to swim in preliminary heats rather than the finals heat need to declare this intention by the stated scratch deadline for that day’s events.



## ORDER OF EVENTS

Women's Event #	Thursday * March 9, 2023	Men's Event #
1	200 Medley Relay (A)	2
3	100 Freestyle	4
5	1000 Freestyle (B)	6
7	200 Breaststroke	8
9	200 Butterfly	10
11	200 Freestyle Relay (C)	12
Women's Event #	Friday * March 10, 2023	Men's Event #
13	100 Backstroke	14
15	200 Freestyle	16
17	400 Individual Medley	18
19	400 Freestyle Relay (C)	20
Women's Event #	Saturday * March 11, 2023	Men's Event #
21	200 Backstroke	22
23	500 Freestyle	24
25	100 Breaststroke	26
27	100 Butterfly	28
29	800 Freestyle Relay (C)	30
Women's Event #	Sunday * March 12, 2023	Men's Event #
31	200 Individual Medley	32
33	1650 Freestyle (D)	34
35	50 Freestyle	36
37	400 Medley Relay (C)	38

A: The 200 Medley Relays will be conducted as timed finals, **swum fastest to slowest, ALL heats** in event order at the **beginning of PRELIMS**.

There will be an approximately 10-min break following the conclusion of Event 2, prior to the start of the Finals of Event 3.

B: The 1000 Freestyles will be conducted as timed finals, with the **fastest heat of women and the fastest heat of men swimming in Finals in event order**.

**ALL other heats will be swum in prelims**, alternating women and men, **fastest to slowest**, following the conclusion of Event 10. Depending on timelines, there may be a break between the end of Event 10 and the start of heats of 1000 freestyle.

Athletes may qualify for this event using any of the 1000Y/800M or 1650Y/1500M time standards.

C: The 200 Free Relay, 400 Free Relay, 800 Free Relay, and 400 Medley Relay will be conducted as timed finals swum in event order **at the end of FINALS, swum slowest to fastest, ALL heats in event order**. To manage finals timelines, relays may be swum in two pools.

There will be an approximately 10-min break following the conclusion of Finals individual events, prior to the start of these relays.

D: The 1650 Freestyles will be conducted as timed finals, following the National Championship format, with the **fastest heat of women and the fastest heat of men swimming in Finals in event order**.

All other heats will be swum **slowest to fastest**, alternating women and men beginning at a predetermined time, so the second fastest heat of the men's event is concluded 90 minutes before the evening Finals session is scheduled to begin.

Athletes may qualify for this event using any of the 1000Y/800M or 1650Y/1500M time standards.



**2023 USA Swimming Speedo Championship Series  
Northwest Spring Sectional Time Standards**

**March 9-12, 2023 \* Federal Way, WA**

<b>Women</b>				<b>Men</b>		
<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>EVENTS</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
24.99	27.76	28.44	<b>50 Free</b>	22.41	24.72	25.79
53.71	59.04	1:01.26	<b>100 Free</b>	48.46	53.27	55.89
1:56.22	2:07.92	2:12.75	<b>200 Free</b>	1:45.84	1:56.48	2:02.20
5:13.17	4:29.34	4:43.21	<b>400/500 Free</b>	4:49.98	4:10.18	4:23.21
10:52.09	9:27.35	9:48.19	<b>800/1000 Free</b>	10:10.58	8:53.74	9:19.51
18:19.78	18:07.11	18:54.49	<b>1500/1650 Free</b>	17:13.16	16:53.43	17:45.59
59.50	1:06.33	1:09.54	<b>100 Back</b>	54.42	1:00.66	1:04.26
2:07.80	2:22.78	2:29.20	<b>200 Back</b>	1:58.45	2:12.65	2:20.40
1:08.46	1:15.15	1:20.46	<b>100 Breast</b>	1:01.53	1:07.35	1:13.70
2:29.07	2:43.68	2:54.86	<b>200 Breast</b>	2:15.19	2:27.80	2:40.88
58.86	1:04.55	1:06.87	<b>100 Fly</b>	53.46	59.43	1:00.97
2:12.26	2:26.43	2:32.74	<b>200 Fly</b>	2:00.94	2:14.37	2:20.25
2:11.81	2:25.85	2:32.19	<b>200 Ind. Medley</b>	1:59.85	2:12.30	2:19.28
4:39.34	5:07.75	5:21.68	<b>400 Ind. Medley</b>	4:18.37	4:45.76	5:00.19
1:44.69	1:56.89	1:59.29	<b>200 Free Relay</b>	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	<b>400 Free Relay</b>	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	<b>800 Free Relay</b>	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	<b>200 Medley Relay</b>	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	<b>400 Medley Relay</b>	3:47.49	4:15.75	4:23.39

[Qualifying Time Period: December 1, 2021 through entry deadline, March 1st, 2023.](#)



## 2023 SPRING SPEEDO SECTIONALS \* March 9-12<sup>th</sup>, Federal WA

### Rules

- Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy (“MAAPP 2.0”).
- **The age of the athlete will be his/her age as of March 9, 2023, the first day of competition.**
- All athletes entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any athlete without a coach in attendance must report to the Meet Director or Meet Referee who may assist an athlete in making supervision arrangements, but it is the athlete’s responsibility to make these arrangements prior to the start of the meet and to so notify the Meet Referee.
- Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start, including both a Forward Start and a Backstroke 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 athlete or the athlete’s legal guardian to ensure compliance with this requirement and to bring proof of such certification to the meet.
- It shall be the athletes’ and coaches’ responsibility to acquaint themselves with all the information in this Meet Announcement and any information and changes announced at the General Meeting.
- Athletes and coaches are responsible for being familiar with this meet’s scratch rules.
- Deck changes are prohibited.
- The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.
- Photography is not allowed behind the blocks during the start of a race or relay exchange.
- 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.
- All athletes entered in the competition must comply with current USA Swimming rules regarding swimwear.
- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach’s credentials include current Red Cross water safety skills, first aid, and CPR/AED certification. The facility’s AEDs are located in the southwest corner of the natatorium by the doors to the recreation pool and in the main lobby behind the front desk next to the viewing windows. A third AED is on the Banquet Hall wall by the reception desk.

**All athletes (or parent/guardian if under 18) are required to complete any necessary paperwork and email to Meet Host as a condition of meet entry.**

### Restrictions

- **This is a CLOSED-DECK meet. Only athletes, coaches, officials, and assigned meet volunteers will be permitted on the competition deck.**
- Tobacco products of any kind, vaping, alcoholic beverages, and glass containers are not allowed in the swimming venue.
- Shaving is not permitted anywhere in the facility.
- Pets/Service Animals: Trained service animals or service animals in training with identifiable vests will be allowed. Service animals must remain on leash or in a harness at all times.

### Broadcast Statement

Photographs, videotape, audio, and/or other visual recordings of the event created by a spectator may be used solely for such spectator’s personal non-commercial use and may not be broadcast, published, disseminated, or used for any commercial purpose without the prior consent of USA Swimming.

### Photography and Videos

Photographers and/or videographers may be present on deck at this meet. Parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made are required to contact the Meet Director prior to the start of warm-ups on Thursday morning. Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present are *specifically prohibited from making shots during the start phase of any race.*



## 2023 SPRING SPEEDO SECTIONALS \* March 9<sup>th</sup>-12<sup>th</sup>, Federal Way, WA

### Eligibility

This meet is open to all athletes who:

1. Are Premium or Outreach members of USA Swimming. **There will be no on-deck USA Swimming registration.**
2. This is a closed meet and open only to athletes currently registered with the Northwest LSCs of the Western Region (Blue) Section: Alaska, Hawaii, Inland Empire, Montana, Oregon, Pacific Northwest, Snake River, Wyoming. 150 may be reserved for swimmers in the four corners LSC. Advanced sign up is required. See Western Zone website for more information.
3. **On-deck transfer into an eligible LSC is not allowed.**
4. Have met the appropriate 2023 qualifying times in competition between December 1, 2021, and the entry deadline, March 1, 2023.
5. Have qualifying entry times achieved at USA Swimming sanctioned, approved, or observed competitions.  
Entry times not in the SWIMS database must be proven to the Administrative Referee or designated representative prior to the scratch deadline for the event. Failure to provide such proof of time prior to that deadline will result in the athlete being removed from the event. It is the responsibility of the entering club, or individual if entering unattached, to verify that entry times are in SWIMS.  
Proof of relay entry times is not required.
6. Athletes with a disability who have achieved USA Swimming Sectional Para qualifying time standards during the qualifying period for this meet may enter up to four (4) individual events for which the USA Swimming Sectional Para time standard has been achieved. Each athlete has the option of swimming a half distance for any event entered. Athletes with disabilities may also participate in SCY Time Trials on the same basis. See the last page of this meet announcement for more information.
7. Relay only athletes will be permitted and must pay surcharge to be considered entered.

**For informational and planning purposes, an initial psych sheet and unofficial preliminary timeline will be sent out ASAP following the close of regular entries.**

The tentative psych sheet will contain markings to indicate times requiring proof as noted under #5, above. The initial psych sheet and unofficial preliminary timeline will be posted on the websites listed on p.1 of this Meet Announcement and will be emailed to the primary coach of record listed in the OME entries.

### Entries

**All entries must be submitted online through USA Swimming's Online Meet Entry system – [www.usaswimming.org/ome](http://www.usaswimming.org/ome) between February 1, 2023, and 11:59 PM PST, March 1, 2023.**

**Should OME be unavailable in time, an alternative method of entry will be posted on the Western Zone website under the event by February 1st.**

- **Qualifying Time Period: December 1, 2021 through the entry deadline, March 1, 2023.**
- With the submission of entries, the coach/team representative attests that all athletes entered are registered with USA Swimming.
- **You must choose the OME option to pay by credit card.**
- Once you complete your online entry, you will be sent a confirmation email. Bring it and all communications with you to the meet in case of any entry problems. When entering an individual time not yet in SWIMS, please try to ensure that the missing data is downloaded into SWIMS as soon as possible.
- Please note that OME will not update entry times as new results are entered into SWIMS. You can return to your entry after you have checked out to modify entry times should they improve during the entry period or to add events to your entry, but you cannot delete events after you have paid for them. **All entry modifications must be made before the entry deadline.**
- Check all entries before paying for them! Enter each one with an accurate time achieved in the proper course; converted times will not be accepted.
- If you have **trouble using OME**, please contact **Macie McNichols** at USA Swimming: [mmcnichols@usaswimming.org](mailto:mmcnichols@usaswimming.org)

### Individual Event Limits

Each entered athlete may participate in up to six (6) individual events total for the meet (not including SCY Time Trials), and up to five (5) relays, but no more than three (3) individual events per day including SCY Time Trials. All athletes are limited to three (3) SCY Time Trials during the course of the meet. See SCY Time Trials, p.9, for additional information.

### Relay Event Limits

There is no limit to the number of relays a club may enter, but only the top two (2) relay teams per club can score in each event and will appear in the top 24 results in each relay event.



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### Bonus Events

Athletes entered in the meet with at least one qualified individual event may enter up to two bonus events, not to exceed six (6) individual events total for the meet (not including SCY Time Trials). **There are no qualifying times for bonus events, but bonus times must appear in SWIMS within the qualifying time period: December 1, 2021 through the entry deadline, March 1, 2023. NT entries will not be accepted.**

**Meet Surcharge** \$40.00 surcharge per athlete, including Relay Only athletes

**Meet Entry Fees** \$20.00 per individual event entry  
\$40.00 per relay entry

**Entry Deadline** **Entries for qualifying swims must be received by 11:59 PM PST, March 1, 2023.**  
After March 1, 2023, updating times for existing entries is not permitted.

**Late Entries** **Late entries for athletes who had qualifying times prior to the entry deadline will ONLY be accepted if space is available, as determined by meet management on a case-by-case basis.** Athletes will be required to pay the regular athlete surcharge. Entry fees for Late Entries will be double that of the regular entries.

Requests for late entries may be submitted via OME until 11:59 PM PST, Sunday, March 5, 2023, and if accepted, are subject to the late entry fees listed below:

- **Late Entry Surcharge** \$40.00 surcharge per swimmer
- **Late Entry Fees** \$40.00 per individual event - late entry  
\$80.00 per relay - late entry

### First-Time Individual Event Qualifiers

Athletes who achieve a **first-time individual qualifying standard** from Thursday, March 2, 2023, through Sunday, March 5, 2023, may enter the meet via OME.

- New qualifying individual entries will be accepted via OME Entry Platform, until 11:59 PM PST, Sunday, March 5, 2023 and may not be used to improve the seed time of a previously submitted entry.
- Updating bonus swim seed times after the March 1<sup>st</sup> deadline will not be permitted. However, an athlete who achieves a first-time qualifying time in an event previously entered as a bonus swim may treat the bonus swim as a qualifying swim in order to allow for an additional bonus swim.
- Questions regarding bonus events for new qualifying swims should be directed to the [swimvast@hotmail.com](mailto:swimvast@hotmail.com) with the subject line: adding new bonus swims.

### Registration & Team Check-In

- **All athletes, coaches, and officials participating in this competition must be currently registered for 2023 with USA Swimming.**
- Teams will receive a packet with their athletes and coach credentials in it. Relay cards will also be in the packet.
- Packet pick up will be done at the front desk of the King County Aquatic Center Wednesday, March 8th from 4-7 PM.
- All athletes, coaches, and officials will receive a meet-specific credential, which will serve as a deck pass, and is to be displayed in order to access the competition deck and team areas.

### General Meeting

A General Meeting will be held via Zoom on Monday, March 6th 2023 at 7:30 pm PST. Link will be sent following close of regular entries.

**Teams must have a coach or team representative in attendance. Coaches/representatives not in attendance are responsible for obtaining the information covered in the General Meeting.**

### Scratch Procedures

The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet. These rules are described in the current USA Swimming Rule 207.11.6 in the current Rulebook.

**Scratch Deadline for Thursday's Events:** *Scratches will close at 6:00 p.m. on Wednesday night for Thursday's events.*

- All scratches for Thursday's events will be done via email to the admin Ref. [jackiallender@gmail.com](mailto:jackiallender@gmail.com) or to the Admin Ref at packet pick up by 6 PM.
- Seeded 1000 Freestyle heat sheets will be published ASAP following the scratch deadline.
- Athletes are considered checked in for all individual events unless scratched

**Scratch Deadline for all other Preliminary Events: *Scratches will close at 5:00 p.m. on the day prior to the event being swum.***

- All scratches for Friday’s, Saturday’s, and Sunday’s events will be done via or scratch box on deck
- Athletes are considered checked in for all individual events unless scratched.

**ALL RELAYS will follow the same scratch procedures as individual events.**

- Scratches for relays are due to the Admin Referee prior to the scratch deadline for that day’s events.
- Relay entry forms for the submission of names will be available at Administration Computer. Please list the competing relay swimmers with first and last names and order of swimming for each entered relay.
- Relay forms shall be returned to the Administration Desk no later than one (1) hour prior to the start of the relays. Relay order may be changed up to the time of the start with the timers behind the blocks. .

**SCRATCH SCHEDULE**

<b>CHECK-IN &amp; SCRATCH SCHEDULE SUMMARY</b>		
<b>EVENTS</b>	<b>ACTION REQUIRED</b>	<b>DEADLINE</b>
Thursday Individual Events	Scratch	6:00 PM Wednesday
Thursday Relays	Scratch	
Thursday 1000 Freestyle	Scratch	
Friday Individual Events	Scratch	5:00 PM Thursday
Friday Relays	Scratch	
Saturday Individual Events	Scratch	5:00 PM Friday
Saturday Relays	Scratch	
Sunday Individual Events	Scratch	5:00 PM Saturday
Sunday Relays	Scratch	
All Relays	Submit relay names and order to Admin Desk	No later than one hour before scheduled start of relays
	Changes to relay order	Up to the time of the start of the heat at the starting blocks.
Announced finalists for championship and console heats	Declaration of intention to scratch to Admin Referee	Within 30 minutes of announcement or scoreboard scroll of qualifiers

**Meet Time Line**

If the projected length of any session exceeds 4½ hours, the Meet Referee, in consultation with the meet host and the Western Region Section Officers, reserves the right to adjust. All adjustments will be announced at the General Meeting.

**Warm-Ups**

The Meet Referee reserves the right to modify warm-ups as determined to be in the best interest of the safety of the athletes and the conduct of the meet.

**Scoring**

Scoring will be on a twenty-four (24) place basis.

Achieved times swum in individual Finals/Timed Finals events must meet the event’s time standard to score.

- **Individual events:** 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- **Relays:** 64-56-54-52-50-48-46-44-40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.



## Awards

- Medals: top eight (8) individual and top three (3) relay places.
- Trophies/Plaques for team awards: First through Third places for Women, Men, and Combined. Team scoring will include both individual and relay events to 24 places each. Both women and men must score for a team to be eligible for a combined scoring team award.
- Individual High Point Awards: Top-scoring Woman and Top-scoring Man (individual events only)
- Team awards and High Point will be presented immediately following the conclusion of Sunday finals. Team should pick up individual & relay medals prior to leaving the pool on Sunday.

## SCY Time Trials - Summary

Confirmed details will be sent out ASAP after the close of regular entries on March 1<sup>st</sup>.

- SCY Time Trials will be held under a separate sanction of Pacific Northwest Swimming.
- SCY Time Trials will be conducted on a time-available basis and day available basis and will be limited to approximately one hour. The days that time trials are offered will be determined after the close of regular entries and reviewing of the initial timeline.
- Entries for SCY Time Trials will be conducted only through OME – there will be NO deck entries.
- Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials. Relay only athletes will be allowed to compete in Time Trials.
- Each SCY time trial swum will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) per day. Athletes are limited to three (3) time trials total during the course of the meet.
- **SCY Time Trial Entry Fees: \$20.00 per individual event \$40.00 per relay event**

## Timers & Counters

- Participating teams will be assigned lanes for timing during Prelims by the Meet Director.
- Lane assignments for Prelims timers will be posted on the PNS web site [www.pns.org](http://www.pns.org). Swimmers will need to provide their own timer for the 1000 and 1650 free. Swimmers who do not have someone available should let the Clerk of Course know.
- Timers for individual Finals will be provided by the meet host. Teams will be assigned lanes to assist with the 2<sup>nd</sup> pool for relays
- Swimmers in events 500 and above will need to provide their own person to count should they desire.

## Travel Fund

A portion of the meet entry fees from this meet are used to fund a travel reimbursement to eligible swimmers and coaches. Athletes who participate in this meet and also participated in the 2022 Toyota U.S. Open or the 2022 Speedo Winter Junior National Championships are eligible for a travel reimbursement. The amount of the reimbursement will be determined based upon total entry fees for this meet and the number of swimmers who qualify and attend.

*The application will be emailed to all coaches of record for the meet, and posted on the Western Zone website under the event. **Final Application Deadline: April 7, 2023.***

## Officials

Officials Meetings will be one hour before each day's sessions. The location of this meeting will be announced via email prior to the start of the meet. If you will be attending this meet, please complete the online Officials Application (link below).

**Online Application link: [Application to Officiate \\* 2023 Spring Speedo Sectionals - Federal Way](#)**

This meet has been designated as a training meet for N2 and N3 Officials Certification. **OQM # PENDING**

Officials wishing to be evaluated must apply at the application link and notify the Meet Referee upon arrival at the meet. Instructions for certification will be provided during Officials Meetings.

The uniform for officials for the meet will be a white polo shirt and Black shorts, skirt, or pants. Shorts may be worn only during Preliminary sessions; long pants or skirts for Finals, please. Black, closed toe shoes and Black socks complete the uniform.

## Hospitality

A Hospitality Room will be provided for coaches and officials only; athletes are not permitted in the Hospitality room.

## Concessions

Any concessions will be under contract with King County; neither PNS nor the host team derive any benefit.

## Heat Sheets

Heat sheets will be available on deck for coaches only.

Electronic heat sheets will be emailed to coaches, will be available through Meet Mobile, and will be posted on the LSC website.

**Meet Information & Results**

Meet Information and post-meet results will be posted to the websites listed on p.1 of this Announcement.

**Parking at the Facility**

**There is NO RV or Motor Home parking available anywhere at the Weyerhaeuser King County Aquatic Center.**

Additional information on parking will be posted the week prior to the meet.

**MARRIOTT IS A PROUD SPONSOR OF USA SWIMMING**

**Para 1 Sectional Motivational Time Standards**

P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Women				P1	Men			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	1:18.39	1:18.39	121.59	121.59		50 FR	1:12.29	1:12.29	1:15.29
2:44.39	2:44.39	1:51.19	1:51.19	100 FR	2:43.09	2:43.09	2:49.89	2:49.89	
6:33.69	6:33.69	6:50.09	6:50.09	200 FR	4:28.49	4:28.49	4:39.69	4:39.69	
1:32.69	1:32.69	1:36.59	1:36.59	50 BK	1:00.29	1:00.29	1:02.79	1:02.79	
2:50.39	2:50.39	2:57.49	2:57.49	100 BK	2:11.79	2:11.79	2:17.29	2:17.29	
1:25.79	1:25.79	1:29.39	1:29.39	50 BR	1:05.19	1:05.19	1:07.89	1:07.89	
4:04.79	4:04.79	4:14.99	4:14.99	100 BR	3:09.09	3:09.09	3:16.99	3:16.99	
2:17.99	2:17.99	2:23.69	2:23.69	50 FL	2:02.29	2:02.29	2:07.29	2:07.29	
5:41.99	5:41.99	5:56.19	5:56.19	150 IM	5:27.29	5:27.29	5:40.99	5:40.99	

**Para 2 Sectional Motivational Time Standards**

P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Women				P2	Men			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	42.69	44.89	44.49	46.79		50 FR	39.29	41.39	40.89
1:34.89	1:39.89	1:38.89	1:44.09	100 FR	1:26.59	1:31.19	1:30.19	1:34.99	
3:15.39	3:25.69	3:23.59	3:34.29	200 FR	3:03.19	3:12.79	3:10.79	3:20.89	
7:57.69	6:29.89	8:17.49	6:46.09	400/ 500 FR	7:42.39	6:17.39	8:01.59	6:33.09	
51.79	54.49	53.99	56.79	50 BK	44.39	46.79	46.29	48.69	
1:59.89	2:06.19	2:04.89	2:11.39	100 BK	1:51.19	1:56.99	1:55.79	2:01.89	
4:07.29	4:20.29	4:17.69	4:31.19	200 BK	3:28.79	3:39.69	3:37.39	3:48.79	
54.09	56.89	56.39	59.29	50 BR	50.29	52.99	52.39	55.19	
1:59.99	2:06.29	2:05.09	2:11.59	100 BR	1:51.59	1:57.49	1:56.19	2:02.39	
4:22.79	4:36.59	4:33.79	4:48.19	200 BR	4:00.79	4:13.49	4:10.79	4:23.99	
52.19	54.89	54.39	57.19	50 FL	40.69	42.79	42.39	44.59	
2:14.19	2:21.19	2:19.79	2:27.09	100 FL	2:07.49	2:14.19	2:12.79	2:19.79	
4:08.79	4:21.89	4:19.19	4:32.79	200 IM	3:49.19	3:59.19	3:56.69	4:09.19	

**Para 3 Sectional Motivational Time Standards**

P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Women				P3	Men			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	33.09	36.69	34.39	38.19		50 FR	28.89	32.19	30.09
1:10.39	1:18.19	1:13.39	1:21.49	100 FR	1:02.89	1:09.89	1:05.49	1:12.79	
2:53.69	3:12.89	3:00.89	3:20.99	200 FR	2:23.79	2:39.79	2:29.79	2:46.39	
6:35.19	5:47.39	6:51.69	6:01.89	400/ 500 FR	6:12.49	5:27.39	6:27.89	5:40.99	
15:10.39	12:54.79	15:44.49	13:23.79	800/ 1000 FR	14:41.29	12:29.99	15:17.89	13:01.19	
27:41.99	25:57.69	28:40.09	26:52.09	1500/ 1650 FR	27:15.29	25:32.59	28:23.49	26:36.49	
40.09	44.49	42.19	46.79	50 BK	33.19	36.89	34.59	38.39	
1:24.49	1:33.79	1:27.99	1:37.69	100 BK	1:09.89	1:17.69	1:12.79	1:20.89	
3:22.59	3:45.09	3:32.79	3:56.39	200 BK	2:47.59	3:06.19	2:54.59	3:13.99	
40.49	44.99	42.59	47.29	50 BR	36.19	40.29	37.79	41.89	
1:29.79	1:39.69	1:33.49	1:43.89	100 BR	1:20.49	1:29.39	1:23.79	1:33.09	
3:16.29	3:38.39	3:26.39	3:49.29	200 BR	2:56.09	3:15.59	3:03.39	3:23.79	
36.39	40.39	38.29	42.49	50 FL	31.49	34.99	32.79	36.39	
1:16.29	1:24.69	1:19.39	1:28.19	100 FL	1:06.09	1:13.49	1:08.89	1:16.49	
3:12.89	3:34.29	3:22.49	344.99	200 FL	2:47.39	3:05.89	2:44.29	3:13.69	
2:58.49	3:18.29	3:05.99	3:26.59	200 IM	2:32.49	2:49.49	2:38.89	2:56.49	
7:01.19	7:47.99	7:22.29	8:11.39	400 IM	6:06.79	6:40.09	6:56.79	6:56.79	