



Pacific Northwest Swimming
 2025 PN VAST 48th Annual Washington Open
 Sanction #2501-SP01; Time Trials Sanction #2501-SP02
 Weyerhaeuser King County Aquatic Center
 650 SW Campus Drive, Federal Way, Washington
 Hosted by Valley Aquatics



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

SCHEDULES	THURSDAY, JANUARY 16, 2025	FRIDAY, SATURDAY, SUNDAY JANUARY 17-19, 2025
Coaches' Meetings	Thursday: 4:15 PM (Thursday events only) Friday: 7:15 AM All coaches must check in with the Clerk of Course	
Individual Event Positive Check-in/Scratch Deadlines	1000 free - 5:00 pm 800 Free Relay - 5:30 pm	Deadlines will be announced by Monday, January 9
Officials Meetings -- Prelims		8:00 AM
Warm-up -- Prelims		7:30-8:50 AM
Prelims		9:00 AM
Officials Meetings -- Finals	5:30 PM	4:30 PM
Warm-up -- Finals	4:30-5:50 PM	4:00-5:20 PM unless otherwise announced
Finals	6:00 PM	5:30 PM unless otherwise announced

**ENTRIES OPEN NOON, PST, MONDAY, NOVEMBER 25, 2025
 CLOSE AT 6:00 PM, PST, WEDNESDAY, JANUARY 8, 2025**

MEET DIRECTOR:

Suzanne Rychlik
 • swimvast@hotmail.com

MEET REFEREE:

Ed Lesnick
 • edwardlesnick@msn.com

ADMINISTRATIVE REFEREE:

Judi Creech
 • jjjccreech@comcast.net

TIME TRIAL REFEREE:

Pete Williams
 • williamspeterw@gmail.com

FACILITY

- 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) 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.
- Diving tank will be available for continual warm-up.
- 2500 spectator seats. Folding chairs allowed behind the railing in marked platform areas only, not in the bleacher sections.
- Omega electronic timing system w/full-read scoreboard
- Heat Sheets on Meet Mobile; Results on PNS web site

- Concessions: Under contract with King County; neither PNS nor the host team derive any benefit.
- Hospitality for coaches and officials only
- Parking: pool parking lots (front and rear). 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 in compliance with Article 302 prior to the first day of the meet or with a World Aquatics member covered under USA Swimming's "open border" policy included in its Registration Manual prior to the first day of the meet. Neither USA Swimming nor any other on-deck athlete registration or transfer will be permitted or recognized.
- With the exception of bonus events clearly identified as such in all entry files and reports, swimmers must have met the listed minimum qualifying time standards in each individual event entered.
- Swimmers with a disability must meet the qualifying standards for this meet in compliance with PNS Policy AD 97-02.
- There is no entry limit, but each swimmer may not compete in more than three (3) individual events per day plus relays. Swimmers who **compete** in more than three individual events on any given day will be disqualified from all individual events following their third daily individual event. A swimmer declaring a false start (DFS) for an event will be considered as having competed in that event.
- All entry times should be clearly identified as SCY or LCM. Times not otherwise identified will be assumed to be SCY. Converted times are not allowed.

BONUS EVENTS:

- Swimmers entered in at least one individual event with a qualifying time may enter up to three (3) additional events over the course of the meet as bonus events, subject to the daily splash limits stated above.
- All bonus events must be 200Y or shorter. Events 400Y or longer may not be entered as bonus events; any such entries will be dropped without notice and entry fees will not be refunded.
- Bonus may be entered as a NT "No Time."
- Bonus swims must be clearly identified in submitting entries; teams using Team Manager must designate bonus swims on the Meet Entries Screen. See Entry Submittal Information.
- Entries exceeding this limit will be scratched without notification, and entry fees will not be refunded.

DECK ENTRIES:

- Swimmers who pre-entered the meet may also deck enter additional events with the Clerk of Course. Proof of time will be required.
- Deck entries for swimmers already entered in the meet will be seeded in unassigned open lanes and will be not be eligible for advancement to Finals or for any scoring or awards.
- No deck entry will be considered complete without payment of the appropriate entry fee. Fees may be paid buy cash (exact change, please), check (payable to VAST), or credit card.

ENTRY FEES:

- Surcharge: \$30.00
- Individual Event: \$11.00
- Relay: \$18.00
- No refunds or credits will be given for events entered but not swum; no event swapping.

AWARDS AND SCORING:

- **Individual events:** no awards.
Scoring 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- **Relay events:** no awards
Scoring 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

MEET RULES:

- Current USA Swimming and PNS rules govern throughout the meet, including warm-ups.
- This year's meet course will be short course yards (25 yard pool); seeding will be SCY/LCM.
- The meet will be swum as prelims/finals (C/B/A) except for relays and the 1000/1650 events. See Order of Events for more information.
- Unless otherwise announced, two pools will be used for prelims.
- **Each preliminary session may be limited to the team with the 800th swimmer or when it reaches 5.5 hours** Teams should enter early to ensure their spot.
- All preliminary sessions will be seeded fast-to-slow.

Positive Check-In for Individual Events 200Y or shorter: All individual events 200Y or shorter **may** be subject to a positive check-in. Should that be the case, check-in deadlines and other information will be announced not later than Monday, January 8, 2024.

Distance Events:

- The 500Y, 1000Y, and 1650Y Freestyle and 400Y IM events will be deck-seeded, requiring a positive check-in by the stated deadline to swim. Swimmers not checking in for these events will automatically be scratched without penalty. Swimmers checking in

for any of these events who do not swim will be disqualified from their next scheduled individual event.

- Check in procedures and deadlines will be communicated no later than Monday, January 8, 2024.
- The 1000 free and 1650 free events may be limited to four (4) heats of women and four(4) heats of men.
- Swimmers must provide their own timers.
- Distance freestyle swimmers must provide their own counter, if desired.
- All timers and counters must be individuals authorized to be on deck at that time. Swimmers who cannot meet this requirement should notify the Clerk of Course at least an hour before the start of the event.

Finals:

- Once the C, B, and A finalists are announced, those swimmers have 30 minutes to declare their intention to scratch and until 30 minutes after the completion of their last preliminary (not timed finals) event to finalize their intention to scratch. There is no penalty for scratches during this time.
- A swimmer for the C, B, or A finals of any prelims/finals event who fails to show will be barred from competing in the rest of the meet, including relays, unless properly scratched. A swimmer who is not an announced C, B, or A finalist 30 minutes after the announcement of an event's results will not be penalized for a failure to scratch.
- The Administrative Referee will actively work to recruit swimmers up to 36th place for swimming in finals. Please have your athletes scratch through 36th place if they are not planning on returning for finals. Athletes who placed 27th-44th should inform the Administrative Referee if they would like to swim in finals as there may be empty lanes.
- Reseeding due to scratches made after the initial thirty-minute deadline will be at the discretion of the meet referee.

RELAYS:

Relay Information:

- All heats of the 200Y relays will be swum in the beginning of prelims. Each club may enter up to three (3) relay teams per 200Y relay event.
- All heats of the 800Y Free Relay will swim after the 1000Y free on Thursday and will require a positive check in by the announced deadline in order of swim. Each club/team may enter no more than two (2) relays in each of the 800Y Free Relay events. Relays may be limited to meet the aquatic center time requirements.
- All heats of the 400Y Medley Relay will be swum at the end of finals on Friday and limited to three (3) relays per club/team.
- All heats of the 400Y Free Relay will be swum at the end of finals on Saturday and limited to three (3) relays per club/team.
- Additional 400Y and/or 800Y relay entries will be scratched without credit or refund.

Relay Slips:

- The top two copies of the relay slips must be submitted to the Clerk of Course by the announced deadline. Deadlines will be announced at the Coaches' Meeting.
- The Lane Copy of the relay slip must be presented to the Head Lane Timer of the appropriate lane prior to the swim to verify the order in which the athletes will swim. This copy must be complete and legible.

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—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 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 adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- 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 lifeguarding, 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. Additional emergency information is available from the front desk in the lobby.
- 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.
- Shaving is not allowed anywhere in the building.
- 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 bulkheads 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 must be under the supervision of a USA Swimming coach or of a World Aquatics member-coach covered under USA Swimming’s “open border” policy included in its Registration Manual 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 coach or World Aquatics member-coach covered under

USA Swimming’s “open border” policy included in its Registration Manual 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 an appropriate 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. No spectators will be permitted. All participating teams will be required to provide timers to help ensure a safe and smooth meet process.
- 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 of a World Aquatics member covered under USA Swimming’s “open border” policy included in its Registration Manual 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 and Valley Aquatics 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.

OFFICIALS

- All certified officials are welcome! To facilitate planning, please complete and submit an Application to Officiate. Walk-ins are always welcome!
- Officials’ meeting times are on the first page of this document.
- The dress is white shirt/blouse for prelims and finals; navy pants, shorts, or skirts (no shorts at finals); white socks; and white shoes.
- Officials desiring an assigned position must submit their application no later than November 25, 2024. Preference will be given to those who agree to work all sessions.
- This meet has been designated as a training meet for N2/N3 positions of National Officials Certification. Officials wishing to renew or obtain this level of certification must apply by December 16, 2024. Instructions for certification will be provided during the Officials’ Meetings.

TIMERS:

- All participating teams are asked to provide timers for prelims. The host will provide timers for finals.
- Lane assignments will be posted on www.pns.org the week prior to the meet.
- Larger teams should be prepared to take the first shift Friday.
- We appreciate your cooperation in facilitating this request.

TIME TRIALS:

- Time Trials may be available at the conclusion of prelims, subject to the Meet Referee’s discretion.

- Only swimmers who are pre-entered into the meet (i.e., meet entry surcharge paid prior to the entry deadline) are eligible for Time Trials.
- One Time Trial per day per swimmer, subject to daily event limitations.
- Deck-entry only at the Clerk of Course.
- Time Trial fee: \$11.00 per individual event, \$18.00 per relay
- Swimmers must provide their own timers. Distance freestyle swimmers must provide their own counter, if desired. All timers and counters must be individuals authorized to be on deck at that time.

ENTRY SUBMITTAL INFORMATION:

Entries will be only be accepted upon receipt of at least the first three of the following prior to the entry deadline, January 8, 2025. 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, with bonus events clearly identified. Please be advised that bonus swims may not import into Meet Manager from non-Hy-Tek products and the host club cannot be responsible for entry errors resulting from software incompatibility.
3. **Meet Entry Fee Report** from Team Manager or equivalent. PNS member-clubs only: note any outreach vouchers.
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 Valley Aquatics

Submittal Formats and 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.
- All entry times must be identified as SCY or LCM. Times not otherwise identified will be assumed to be SCY.
- Your cooperation is appreciated in facilitating the entry process by making your entries complete, orderly, and legible.
- Mail entries to *Suzanne Rychlik, 27435 Maple Ridge Way SE, Maple Valley WA 98038.*
- Email address for entries and entry questions: swimvast@hotmail.com

2025 WASHINGTON OPEN ORDER OF EVENTS

WOMEN				MEN		
#	LCM	SCY	EVENT	SCY	LCM	#
THURSDAY						
1	10:20.00	11:30.00	1000 FREESTYLE (1)	10:49.00	9:40.00	2
3	NT	NT	800 FREE RELAY (2)	NT	NT	4

(1) The 1000 Freestyle events will be deck-seeded fastest to slowest and requiring a positive check-in by 5:00 PM in order to swim. Heats will alternate women then men. These events may be limited to four (4) heats per event. At the Meet Referee's discretion, these events may be swum in two pools. Thursday evening must finish by 8:00 PM.

(2) max. of two relays per club/team.

FRIDAY

5	NT	NT	200 FREE RELAY (2)	NT	NT	6
7	37.50	34.00	50 BREAST	30.50	34.00	8
9	2:37.00	2:22.00	200 IM	2:10.00	2:25.00	10
11	2:36.00	2:22.00	200 BACK	2:10.00	2:24.00	12
13	30.00	26.50	50 FREESTYLE	24.50	27.00	14
15	4:55.00	5:28.00	500 FREESTYLE	5:05.00	4:32.00	16
17	NT	NT	400 MEDLEY RELAY (3)	NT	NT	18

(2) All heats in Prelims with a max of three per club/team
 (3) All heats in Finals with a max of three per club/team

SATURDAY

19	NT	NT	200 MEDLEY RELAY (3)	NT	NT	20
21	34.00	30.00	50 BACK	27.50	30.00	22
23	1:10.00	1:05.00	100 BUTTERFLY	59.50	1:06.00	24
25	2:18.00	2:04.00	200 FREESTYLE	01:52.5	02:06.0	26
27	1:24.00	1:16.00	100 BREASTSTROKE	1:10.00	1:18.00	28
29	5:25.00	4:52.00	400 IM	4:28.00	5:05.00	30
31	NT	NT	400 FREE RELAY (4)	NT	NT	32

(3) All heats in Prelims – maximum of three (3) relay teams per club in each event.
 (4) All heats in Finals, but no more than two (2) per club.

SUNDAY

33	32.00	28.00	50 FLY	26.00	30.00	34
35	1:17.00	1:05.00	100 BACKSTROKE	1:00.00	1:09.00	36
37	2:52.00	2:36.00	200 BREASTSTROKE	2:24.00	02:40.0	38
39	1:03.50	59.00	100 FREESTYLE	55.00	59.00	40
41	2:44.00	2:28.00	200 BUTTERFLY	2:15.00	2:33.00	42
42	19:25.00	19:00.00	1650 FREE (5)	18:20.00	18.40.00	44

(5) The 1650 Freestyle events will be deck-seeded fastest to slowest and requiring a positive check-in in order to swim. These events may be limited to four (4) heats per event.

