



## 2019 PNA Championship and Northwest Zones Championship Meet

Saturday April 13<sup>th</sup> and Sunday April 14<sup>th</sup>, 2019  
Hosted by Blue Wave Aquatics

Sanctioned by PNA for USMS Inc. # \_\_\_\_\_

**LOCATION:** Weyerhaeuser King County Aquatic Center,  
650 SW Campus Drive, Federal Way, WA 98023

**PHONE:** 206-296-4444

**FACILITY:** 50-meter championship pool set up as two 25-yd courses, each with 9-ft wide lanes and a water depth range of 9'-10.5'. Continuous warm-up available in 7-lane, 25-yd dive tank. The length of the

competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, 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.

**TIMING SYSTEM:** The primary timing system will be automatic timing (Omega). Times may be submitted for USMS records and USMS Top 10 consideration.

**TIMES:** Schedule is same for both days, Apr 13 – 14. Warm-up 9:00-9:50 am, meet starts 10:00 am. 10 minute break after events #5, on Saturday and #17, on Sunday.

**CONCESSIONS:** Vendor contracted with KCAC, available in lobby.

**RULES:** Current USMS rules will govern the meet. Strictly forbidden: Using hand paddles, fins or kick boards in warm-up areas; Diving in warm-up areas unless in designated sprint lanes.

**ELIGIBILITY:** Open to all 2019 USMS or foreign registered swimmers 18 and above as of 04/14/2019. Age groups based on the swimmer's age as of 04/14/2019. If not a member of USMS or MSC, please bring a copy of your 2019 registration card.

**ENTRIES:** Individual entries may enter up to 6 individual events, 6 individual events / day max. Individual and Relay-Only swimmers must register online by 11:59 PM (Pacific) Sunday, April 7<sup>th</sup>, 2019 or mail a paper registration form postmarked on or before Wednesday, April 3<sup>rd</sup>, 2019. No day of race or late entries allowed for this meet. Coaches will be provided relay cards at the meet.

**ENTRY FEES:** \$35 (US) surcharge for Individual and Relay-Only swimmers. PLUS \$4 per individual event. PNA swimmers who need financial assistance for entry fees may request same from the PNA Wiggin Fund. No splash fee for relays.

**ONLINE ENTRIES:** Enter online at:  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=1449&smid=11155](https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=11155) **NO ENTRIES ACCEPTED AFTER SUNDAY APRIL 7<sup>th</sup>, 2019 11:59 PM (PACIFIC TIME).**

**PAPER ENTRIES:** Use the [PNA Generic Entry Form](#) available on the PNA website or in the WetSet. Make checks payable to BWAQ and mail to: Blue Wave Aquatics P. O. Box 24083 Federal Way, WA 98093. **MUST BE POSTMARKED ON OR BEFORE WEDNESDAY, APRIL 3<sup>RD</sup>, 2019 AND RECEIVED ON OR BEFORE SUNDAY APRIL 7<sup>TH</sup>, 2019 11:59 PM (PACIFIC TIME).**

**SEEDING:** Two courses will be used for the 500 Free, 1000 Free and 1650 Free, depending on entries the 400IM may be swum in two courses. A single course will be used for all other events. All events slow to fast. Pre-seeding except for asterisked events, below.

**CHECK-IN:** Saturday: 1000 Free – 9:30am; Sunday: 500 Free – 9:30am, 1650 Free – end of Event #18. Swimmers missing the check-in deadline will be scratched from the event.

**RELAYS:** 18+, 25+ and subsequent ten-year increments as needed. The age of the youngest member of the relay team shall determine the age group.

Mixed relays require two men and two women. **Relay entries due by noon each day of the meet.** Relays entry info above.

**AWARDS:** Ribbons for individual places 1 – 6. Medals may be purchased at meet. Plaques will be awarded for PNA team awards.

**SCORING:** Scoring will be 9-7-6-5-4-3-2-1 for Individual Events and 18-14-12-10-8-6-4-2 for Relay Events

### ORDER OF EVENTS:

Saturday, April 13th		Sunday, April 14th	
1	1000 Free*	13	500 Free *
2	100 IM	14	50 Fly
3	100 Back	15	200 Back
4	50 Breast	16	100 Free
5	200 Free	17	200 IM
10-minute Break		10-minute Break	
6	100 Breast	18	100 Fly
7	200 Fly	19	200 Breast
8	50 Free	20	50 Back
9	Women's 200 Medley Relay	21	Women's 200 Free Relay
10	Men's 200 Medley Relay	22	Men's 200 Free Relay
11	200 Mixed Free Relay	23	Mixed 200 Medley Relay
12	400 IM	24	1650 Free *
PNA Annual Membership Meeting, Social and Award Presentation		PNA Team Awards	



**T-SHIRTS:** Championship long sleeved technical shirts are for sale during registration, we will have a limited number of t-shirts at the meet. Guarantee you get the right size by ordering your Championship t-shirt when you register today!

\$28.00 - Unisex sizing X-small, Small, Medium, Large, X-Large  
\$30.00 - Unisex sizing XXL, XXXL, XXXXL

### PNA Annual Membership Meeting, Social and Award Presentation:

The event will take place immediately following the conclusion of Saturday's swimming events at the Aquatic Center complex banquet hall, which is adjacent to the pool.

The social will feature a delicious meal at \$15/person. A no-host selection of beer, wine, and non-alcoholic beverages will be available (cash only).

Tickets for the event are required; sign-up when you enter the meet. If you are not entering the swim meet, contact PNA President Sally Dillon at [salswmr@comcast.net](mailto:salswmr@comcast.net) to purchase ticket/s.

A continuous video of PNA swimmer's accomplishments over the previous year will be shown and the Coach of the Year and Dawn Musselman Inspirational Service awards will be presented. PNA board members will be on hand to conduct a brief meeting, which will include discussion and an opportunity to ask questions.

**DIRECTIONS:** From North or South Bound I-5 take exit 142 B. Proceed west on South 348<sup>th</sup> St for 2 miles. South 348<sup>th</sup> changes to SW Campus Dr. at 1<sup>st</sup> Ave. The pool is on the right.

### QUESTIONS:

Meet Director: Steve Freeborn 206-940-7442  
[pnachamps@bluewave-aquatics.com](mailto:pnachamps@bluewave-aquatics.com)  
Meet Referee: Mike Murphy [swimoff1@gmail.com](mailto:swimoff1@gmail.com)  
Meet Registrar: Angela Turley 253-797-4920  
[registrar@bluewave-aquatics.com](mailto:registrar@bluewave-aquatics.com)