



## 2023 PNA Championship and Northwest Zones Championship Meet

Sat, April 15 and Sun, April 16th  
Hosted by Blue Wave Aquatics

Sanctioned by PNA for USMS Inc.  
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**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 eight 9-ft wide lanes and a water depth range of 9'-10.5'. 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.

**WARM-UPS:** We expect to be able to use the dive tank for continuous warm up and warm down through the duration of the meet. However, because of King County Aquatic Center staffing/lifeguard issues it may not be possible. We may not know until the days leading up to the meet. In the event that there is no dive tank availability, in order to comply with the USMS rule that there be made available warm up and warm down through the duration of the meet we will have 1 lane in each pool continuous warm up / warm down and 6 lanes for competition for the distance events. The scoreboard end pool will be available during the rest of the meet.

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

### SCHEDULE:

Saturday, April 15<sup>th</sup>: warm-ups start at 9:00 am, meet starts at 10:00 am.  
Sunday, April 16<sup>th</sup>: warm-ups start at 9:00 am, meet starts at 10:00 am.

**CONCESSIONS:** No concessions available. Please bring your own snacks.

**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 2023 USMS or foreign registered swimmers 18 and above as of 04/15/2023. Age groups based on the swimmer's age as of 04/15/2023. Foreign registered swimmers must provide proof of current registration in their country's federation.

**ENTRIES:** Individuals may enter up to 6 individual events and 4 relay events.

**ONLINE ENTRIES:** Enter online at:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1449&smid=15780](https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=15780) **NO ENTRIES ACCEPTED AFTER SUNDAY APRIL 23<sup>rd</sup> 9th 2023 11:59 PM (PACIFIC TIME).**

**ENTRY FEES:** \$49 Individual and Relay-Only swimmers PLUS \$2.00 per individual event. PNA swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#). Your credit card will be charged by "Blue Wave Aquatics Meets".

**REFUNDS:** There will be no refunds.

**SEEDING:** All events will be seeded slow to fast. [Two courses will be used for the 1000 Free, 500 Free, and 1650 Free.](#)

**INTERMEDIATE SPLIT TIMES:** Swimmers who would like one or more intermediate split times submitted as official times must complete a [USMS Split Notification Form](#) indicating the distance(s) for which splits should be submitted. Forms will be available at the meet.

**CHECK-IN:** Positive Check-in required for 1000 Free, 400 IM, and 500 Free. Swimmers missing the check-in deadline may be scratched from the event.

- Online check-in via SwimPhone available starting at 9:00 am. Link: [https://www.swimphone.com/meets/meet\\_menu.cfm?smid=15780](https://www.swimphone.com/meets/meet_menu.cfm?smid=15780)
- In-person check-in available starting at 9:00 am at the Clerk of Course.
- Check-in deadlines (online and in-person) are as follows:
  - 1000 Free by 9:30 am
  - 400 IM by End of Event #6
  - 500 Free by 9:30 am

**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.

Deadlines for relay cards:

Medley Relay cards [events [9, 10, 11](#)] – 12:00 PM Noon  
Free Relay cards [events 21, 22, 23] – 12:00 PM Noon

**AWARDS:** Ribbons for individual places 1 – 6. Medals may be purchased at meet.

**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 15th	Sunday, April 16th
1 1000 Free *	13 500 Free *
2 50 Breast	14 100 Back
3 100 Fly	15 50 Free
4 200 Free	16 200 Breast
5 100 IM	17 200 IM
Break: 10 Minutes	Break: 10 Minutes
6 100 Breast	18 50 Back
7 200 Back	19 200 Fly
8 50 Fly	20 100 Free
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 Mixed 200 Free Relay	23 Mixed 200 Medley Relay
12 400 IM	24 1650 Free *
PNA Social Event	

**T-SHIRTS:** Championship shirts are available for purchase during registration.

- \$24.00 XSM, SM, MD, LG, XL
- \$26.00 2XL, 3XL, 4XL

### PNA SOCIAL, AWARD PRESENTATION, and ANNUAL MEMBERSHIP MEETING

The event will take place immediately following the conclusion of Saturday's swim events at the Aquatic Center complex banquet hall, which is adjacent to the pool. The social will feature pizza and salad at \$5/person for PNA members and guests. Tickets are required and will be available when you register for the meet. More information is provided at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1449&smid=15780](https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=15780). [Limit of 120 people. People not entered in the meet should contact Sally Dillon for tickets to the PNA Social](#)

**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  
Meet Referee: Mike Murphy [swimoff1@gmail.com](mailto:swimoff1@gmail.com)  
Meet Registrar: Angela Turley 253-797-4920, [angelaitu@comcast.net](mailto:angelaitu@comcast.net)

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