

**2023 PSM/PNA SCM Championship and Northwest Zones
Championship**

Meet November 18-19, 2023

Hosted by Puget Sound Masters

Sanctioned by PNA for USMS Inc. #369-TBD

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-meter 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: Depending on KCAC staffing continuous warm-up will be available either in the dive tank, the scoreboard pool, or outside lanes if events are run in two courses. **TIMING SYSTEM:** The primary timing system will be automatic timing. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.

SCHEDULE: Warmups start at 9:00 am, meet starts at 10:00 am.

MEET DIRECTOR: David McCarty, davidmccarty7@gmail.com, (425) 530-1595

MEET REFEREE Teri White, teriwhite53@gmail.com, 253-370-8261

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: Swimmers must be 18yo to compete. Open to all 2023 USMS or foreign registered swimmers 18 and above as of 11/19/2023. Age groups based on the swimmer's age as of 12/31/2023. Foreign registered swimmers must provide proof of current registration in their country's federation.

ENTRIES: Individuals may enter up to 6 individual events, but no more than 4 events per day plus relay events.

CLUB Registration: Swimmers will register/compete by CLUB (i.e., PSM, BWAQ, OR) as opposed to workout group (i.e., LWM, GLAD)

ONLINE ENTRIES: Enter online at: TBD/URL

NO ENTRIES ACCEPTED AFTER SUNDAY November 12th, 2023, 11:59 PM (PACIFIC TIME). No deck (day of meet) entries allowed.

ENTRY FEES: \$49 Individual and Relay-Only swimmers PLUS \$2.00 per individual event. Credit cards will be charged showing "TBD". Financial assistance is available for PNA swimmers upon application to PNA Wiggin Fund at swimpna.org.

REFUNDS: There will be no refunds.

SEEDING: At the discretion of the Meet Referee and Meet Director, two courses may be used for the 400 and 1500 Free. All events slow to fast. The meet will be pre-seeded, except for the 1500 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

POSITIVE CHECK-IN DEADLINE: Positive Check-in required for the 1500 Free. **Deadline for 1500 check-in** is at the conclusion of event #13. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Age groups (sum of ages): 72- 99, 100-119, 120-159, 160-199, 200-239, 240-279, ... (40-year increments as high as necessary). The aggregate meet age of the four relay team members determines the relay age group. Mixed relays require two men and two women. There is no charge for relays. Mark relay entry cards carefully to ensure correct intent and results.

Relay Entry Deadline- Submit to the Clerk of the Course:

- #16, 17, 18 W/M 200 Free & 200 MXD Medley before end of event #8,
- #29, 30, 31 W/M 200 Medley and MXD 200 Free before end of event #23
- #38, 39, 40 W/M 400 Free and MXD 400 Medley, before end of event #26

AWARDS:

- Medals may be purchased at the meet.
- Zone Ribbons will be available.
- Recognition for High point winners for each gender and age-group combination

ENTRY QUESTIONS: Linda Chapman,
chapman_family@comcast.net

Order of Events -- Short Course Meters			
#	Saturday	#	Sunday
1	400 Free Mixed	20	400 M IM Mxd
2/3	200 IM W/M	21/22	200 Breast W/M
4/5	200 Free W/M	23/24	100 Free W/M
6/7	100 Breast W/M	25/26	50 Back W/M
8/9	50 Fly W/M	27/28	100 IM W/M
	Break		Break
10/11	200 Back W/M	29/30	200 Mdly Relay W/M
12/13	50 Free W/M	31	200 Free Relay Mixed
14/15	100 Fly W/M	32/33	200 Fly W/M
16/17	200 Free Relay W/M	34/35	100 Back W/M
	Break	36/37	50 Breast W/M
18	200 Mdly Relay Mixed	38/39	400 Free Relay W/M
	Break		Break
19	1500 Free Mixed *	40	400 Medley Relay Mixed

***1500 Free:** Event limited to 4 heats; first 32 swimmers. Check in is required and will close at the conclusion of Event #13.