

## Sand Point Country Club "Pneumonia Open"

### Outdoor Short Course Yards Masters Meet

Saturday, March 2, 2013

Warm-up: 9:00 AM Meet starts at 10:00 AM

Sanctioned by PNA for USMS Inc. #363-S001

**LOCATION:** Sand Point Country Club, 8333 55<sup>th</sup> Ave NE, Seattle, WA 98115

**FACILITY:** 25yd pool, 6 lanes, no separate warm-up area. Temp 83°F

**MEET CO-DIRECTORS:** Bob Moore [bob.moore@publicis-usa.com](mailto:bob.moore@publicis-usa.com), 206-356-6875 and Tom Linde [pool@sandpointcc.com](mailto:pool@sandpointcc.com), 206-525-5766

**MEET REFEREE:** Mark Jeager, [markj253@comcast.net](mailto:markj253@comcast.net), 425-483-8321

**CONCESSIONS:** Available.

**RULES:** Current USMS rules will govern the meet.

**ELIGIBILITY:** Open to all 2013 USMS or foreign registered swimmers 18 and above as of 03/02/2013. Age groups based on the swimmer's age as of 03/02/2013.

**ENTRIES:** Swimmers may enter up to 4 individual events. Entries must be postmarked by Tuesday, February 19th or online by 11:59 PM (Pacific) Wednesday, February 20th. NO race day entries accepted.

Enter at:

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1534&smid=3631](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=3631)

**SEEDING:** All events slow to fast, age group and sexes mixed. Pre-seeding except for 500 free.

**CHECK-IN:** Positive check-in required for the 500 Free by the conclusion of event #5. Swimmers missing the check-in deadline may be scratched from the event.

**RELAYS:** Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

**AWARDS:** Available for purchase at meet, plus special awards for the "heat" winners

#### ORDER OF EVENTS:

1/2	200 W/M Free Relay	12	50 Free
3	200 Fly	10 minute break	
4	200 Back	13/14	200 W/M Medley Relay
5	50 Breast	15	100 Fly
6	100 Free	16	50 Back
10 minute break		17	100 Breast
7	200 Mixed Free Relay	18	200 Free
8	200 IM	10 minute break	
9	50 Fly	19	100 IM
10	100 Back	20	200 Mixed Medley Relay
11	200 Breast	21	500 Free

**ENTRY FEES:** \$13 (US or Canadian; includes LMSC surcharges) PLUS \$2 per individual event (optional for seniors and needs-based swimmers). Entry fees include WA State sales tax. No charge for relays.

**ONLINE ENTRIES:** Enter online at:

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1534&smid=3631](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=3631)

**PAPER ENTRIES:** Use the [Generic Entry Form](#) found elsewhere in this WetSet. Make checks payable to Sand Point Country Club and mail to: **Bob Moore, 6340 NE Windermere Rd, Seattle, WA, 98105**

**DIRECTIONS:** Please follow the directions listed below or call (206) 525-5766:

#### North on 1-5

Take Exit #171 - Lake City Way/Bothell

Stay to the right and take NE 73rd Street. Cross Roosevelt Way, go two blocks to 12th Ave NE, and turn left. At NE 75th Street, which is the first light, turn right and stay on 75th until you get to 49th Ave NE. There will be a stone fence and gate to the left. Turn left into the Club compound and follow the "Clubhouse" signs to your right.

#### South on 1-5

Take NE 80th Street exit. This exit splits; stay to the left and you will cross over the freeway. After you cross the freeway, stay to your right. Continue on NE 75th Street until you get to 49th Ave NE. There will be a stone fence and gate on your left. Turn left into the Club compound and follow the "Clubhouse" signs to your right.

#### Coming on Sand Point Way NE

Head West on NE 70th Street. Turn right onto 55th Ave NE, then left again onto NE 75th Street. There will be a stone fence and gate to the right. Turn right into the Club compound and follow the "Clubhouse" signs to your right.

#### PARKING

There are two lots. The lower lot provides easiest access to the pool area. The upper lot will provide overflow, if the lower lot fills up. Please enter through the marked Pool Area door and not the main entrance.

#### NOTE

This is an outdoor meet. Tents and bleacher seating are available, and there is space indoors as well. To be as comfortable as possible during an outdoor meet in December in Seattle, we recommend you bring parkas and something comfortable to sit in.

**ENTRY QUESTIONS:** Bob Moore: [bob.moore@publicis-usa.com](mailto:bob.moore@publicis-usa.com)

SWIM F-F-F-F-F-F-F-F-F-F-  
FAST.

Introducing the First Annual  
**PNEUMONIA OPEN.**

Saturday, December 1.  
Sand Point Country Club.

Outdoor 25 yards. Don't worry if the air is cold, the water will be 83 degrees.

(Note: No 400 IM or 1650, because you know, we're not *that* crazy.)