

SWIMMING

JUNE 8, SATURDAY 3:00 pm–9:00 pm

Check-in 3:00 pm

Warm-up..... 3:15 pm

First Event to start no later than 4:00 pm

Awards (time is approximate) 7:30 pm

EVENT INFORMATION: This meet is recognized and will be conducted in accordance with the U.S. Masters Swimming rules. While PNA membership is not required to swim, if you are a PNA Masters swimmer, please include your registration number. This will ensure that times achieved will be recognized by USMS for qualifying times and records. (Not available with online registration.) Athletes may enter as many events as they wish in their age group. Pool temp 80–82 degrees. Upon check-in, athletes will receive a special NWSG gift. Snacks will be available throughout the event.

EVENTS (IN YARDS):

- » FREE: 25, 50, 100, 200, 500
- » BACK: 25, 50, 100, 200
- » BREAST: 25, 50, 100, 200
- » BUTTERFLY: 25, 50, 100, 200
- » INDIVIDUAL MEDLEY: 100, 200

TENTATIVE EVENT ORDER:

- » 4:00 pm: 100 Back, 200 Free, 50 Fly, 200 Breast, 100 IM, 24 Free
- » 4:30 pm: 200 IM, 200 Back, 50 Free, 100 Fly, 50 Breast, 25 Back
- » 5:00 pm: 25 Fly, 25 Breast
- » 5:30 pm: 100 Free, 200 Fly, 50 Back, 100 Breast
- » 6:00 pm: 500 Free



LOCATION: Helene Madison Pool
13401 Meridian Ave N, Seattle, WA 98133

REGISTER: www.northwestseniorgames.org
or see form on page 3 & 4. Please indicate Best Time or No Time (NT) on registration form. **Complete both sides of the form! Eligibility: 50+ years**

Registration Deadline: June 1, Saturday

AWARDS CEREMONY:

1st, 2nd, 3rd place customized medals in each age division for each event. Ribbons for all other participants. **(Please note: no medals will be mailed out this year.)**

SHOWERS: Helene Madison is a 25 yd pool. It has Full locker rooms are available during the meet. You may bring a lock and use a locker if you would like. Spectators and swimmers are seated in bleachers.

EVENT HIGHLIGHTS:

- » Spectator / swimmer area at deck level is accessible
- » USAS/YMCA Certified Meet Referee and officials
- » Electronic Timing system
- » Participants must be 50 years old as of Dec. 31, 2013

COMMISSIONER: JANET KAVADAS

Phone 425.775.5814

Jan has been a competitive swimmer for 35 years. She continues to compete in USMS events and to officiate at USAS, USMS, and YMCA swimming events.

