

Lake Washington Masters - LWM Invite

Sunday February 23th, 2014

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

Sanctioned by PNA for USMS Inc. #364-S003

LOCATION: Juanita Aquatics Center, 10601 NE 132nd St. Kirkland, WA 98034 @ Juanita High School

FACILITY: 25 yard, 6 lanes, separate warm-up area. Temp 82°F

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.

MEET DIRECTOR: Linda Chapman, chapman_family@comcast.net, 425-890-3751

MEET REFEREE: Dick Chapman dick_chapman@comcast.net

CONCESSIONS: None. Bring your own snacks

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2014 USMS or foreign registered swimmers 18 and above as of 02/23/2014. Age groups based on the swimmer's age as of 02/23/2014.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Saturday, February 15th, 2014 or submitted online by 11:59 PM (Pacific) Tuesday, February 18, 2014

https://www.clubassistant.com/club/meet_information.cfm?c=1534&mid=5152

DECK ENTRIES: Only in OPEN LANES and available only to swimmers already entered in the meet, and who are entered in less than the entry limit of 5 individual events.

SEEDING: All events slow to fast, age groups and sexes mixed. Pre-seeding except for 400IM and 500 Free.

CHECK-IN: Positive check-in required for the 500 Free and 400 IM. Check in for the 500 Free by 9:20 AM and check in for the 400 IM by the conclusion of event #18. 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.

BREAKS: Definite break between events 8 & 9 and events 13 & 14.

Additional breaks will be added if entries are low enough to warrant additional breaks.

AWARDS: Available for purchase at meet.

ORDER OF EVENTS:

1	500 Free*	12	100 Fly
2/3	W/M 200 Mdly Rly	13	50 Breast
4	100 Back	--- 5 min Break ---	
5	200 Free	14/15	W/M 200 Free Relay
6	50 Fly	16	50 Back
7	200 Breast	17	100 Free
8	100 IM	18	200 Fly
--- 5 min Break ---		19	100 Breast
9	200 Mixed Free Rly	20	200 IM
10	200 Back	21	Mixed 200 Medley Rly
11	50 Free	22	400 IM

*500 Free limited to first 36 entrants

ENTRY FEES: \$16 (US or Canadian; includes LMSC and timing surcharges) PLUS \$3 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&mid=5152

PAPER ENTRIES: Use the PNA Generic Entry Form available on the PNA Website or in the WetSet. Make checks payable to Wave Aquatics and mail to: **Linda Chapman 17532 NE 142nd St. Redmond, WA 98052**

DIRECTIONS: From I-405 take the NE 124th St exit and head W. Turn right at 116th Ave NE. Turn left on NE 132nd St. Turn left on Juanita HS Dr. Pool is located next to the west parking lot.

ENTRY QUESTIONS: Linda Chapman, chapman_family@comcast.net,

LODGING: <http://www.marriott.com/hotels/travel/seatec-courtyard-seattle-kirkland/>