

**2014 PNA Championship and  
Northwest Zone Championship Meet**  
Saturday April 12<sup>th</sup> and Sunday April 13<sup>th</sup>, 2014  
Hosted by Blue Wave Aquatics  
Sanctioned by PNA for USMS Inc. #364-S006



**LOCATION:** Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023 206-296-4444

**FACILITY:** 50-meter championship pool set up as two 25-yd courses, each with 9-ft wide lanes and a water depth range of 9'-10.5' Continuous warm-up available in 7-lane, 25-yd dive tank.

**TIMES:** Saturday, Apr 12: Warm-up 9:00-9:50am, meet starts 10 am  
Sunday, Apr 13: Warm-up 9:00-9:50am, meet starts 10 am

**MEET DIRECTOR:** Steve Freeborn, 206-940-7442.  
[pnachamps@bluewave-aquatics.com](mailto:pnachamps@bluewave-aquatics.com)

**CONCESSIONS:** Vendor contracted with KCAC, available in lobby.

**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 2014 USMS or foreign registered swimmers 18 and above as of 04/13/2014. Age groups based on the swimmer's age as of 04/13/2014.

**ENTRIES:** Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be **received** by Friday, April 4, 2014 11:59 PM (Pacific Time).

**No entries will be accepted after April 4th deadline.**

**SEEDING:** Two courses will be used for the 400 IM, 500 Free, 1000 Free and 1650 Free. A single course will be used for all other events. All events slow to fast. Pre-seeding except for asterisked events, below.

**CHECK-IN:** 1000 Free – end of Event #6; 500 Free – 9:30am Sunday; 1650 Free – end of Event #18. Swimmers missing the check-in deadline will be scratched from the event.

**RELAYS:** 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group. Mixed relays require two men and two women. Relay entries due by noon each day of the meet.

**AWARDS:** Ribbons for individual places 1 – 6 for both PNA Champs and NW Zones. Medals may be purchased at meet. Plaques for PNA team awards.

**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 12th	Sunday, April 13th
1 400 Individual Medley	13 500 Free *
2 50 Back	14 100 Breast
3 200 Fly	15 50 Fly
4 100 Free	16 200 Free
<b>Break (10 Minute)</b>	<b>Special Awards Presentation</b>
5 100 Back	17 50 Breast
6 50 Free	18 200 Back
7 200 Breast	19 100 Fly
8 100 Individual Medley	20 200 Individual Medley
9 Women's 200 Medley Relay	21 Women's 200 Free Relay
10 Men's 200 Medley Relay	22 Men's 200 Free Relay
11 200 Mixed Free Relay	23 Mixed 200 Medley Relay
12 1000 Free *	24 1650 Free *
	<b>PNA Team Awards</b>

**ENTRY FEES:** \$32.50 (US or Canadian). includes LMSC and NW Zone surcharges. **PLUS** \$2 per individual event (optional for seniors and needs-based swimmers). No charge for relays. Fees include WA state sales tax.

**ONLINE ENTRIES:** Enter online at:  
[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1449&SMID=5142](https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&SMID=5142)

**PAPER ENTRIES:** Use the Entry Form of the right side of this page.

**NOTES:** This meet is the NW Zone Championship Meet, as well as the PNA Championship. Individual awards will be presented for both events.

**NW Zone Forum Sunday 8:30 am.**

**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.

NAME: \_\_\_\_\_ M F AGE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
PHONE \_\_\_\_\_ Email \_\_\_\_\_  
BIRTHDATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ USMS #: \_\_\_\_\_ - \_\_\_\_\_

**Include a copy of your USMS Registration if not a PNA member**

<b>LMSC:</b> (PNA, Oregon, Inland NW, etc.)	<b>PNA Club:</b> (UC36, BWAQ, PSM, ROCK)
<b>PSM Team:</b>	

**ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS**

Event #	Event Name	Entry Time

**ENTRY FEE: Fees include WA State Sales Tax**

<b>SURCHARGE</b>	<b>\$32.50</b>					
<b>INDIVIDUAL EVENTS</b>	+	<b>\$2 Per Event.</b> No charge for relays. No charge for seniors (65+) or need-basis				
<b>T-SHIRTS@ \$20 UNISEX SIZING</b>	+	X Small	Small	Med	Lg	XL
<b>T-SHIRTS@ \$22 UNISEX SIZING</b>	+	XXL	XXXL	XXXXL		
<b>TOTAL</b>	\$	Make checks payable to <b>BWAQ</b> . Mail to: Blue Wave Aquatics, PO Box 24083 Federal Way, WA 98093				

**Questions?** Email Steve Freeborn at [pnachamps@bluewave-aquatics.com](mailto:pnachamps@bluewave-aquatics.com)

Paper entries must be **received** by Friday, April 4, 2014. Online entries are due by Midnight (PDT) Friday, April 4, 2014. All swimmers must have a valid 2014 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry. **NO LATE ENTRIES ACCEPTED.**

**WAIVER:** I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the Masters Swimming Program or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages, including all claims for loss or damages caused by the negligence, active or passive, of the following: United States Masters Swimming, INC., the Local Masters Swimming Committees, the Clubs, Host Facilities, Meet Sponsors, Meet Committees, or any individuals officiating at the meets or supervising such activities. In addition, I agree to abide by and be governed by the rules of USMS.

<b>Signature</b>	<b>Date</b>
_____	_____
<input type="checkbox"/> This is my first Masters meet	