

2015 PNA Championship Meet
Saturday April 11th and Sunday April 12th, 2015
 Hosted by Blue Wave Aquatics
 Sanctioned by PNA for USMS Inc. #365-S005

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. 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.

TIMES: Saturday, Apr 11: Warm-up 9:00-9:50am, meet starts 10 am
 Sunday, Apr 12: Warm-up 9:00-9:50am, meet starts 10 am

MEET DIRECTOR: Steve Freeborn, 206-940-7442
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 2015 USMS or foreign registered swimmers 18 and above as of 04/12/2015. Age groups based on the swimmer's age as of 04/12/2015.

ENTRIES: Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be **received** by Sunday April 5th, 2015 11:59 PM (Pacific Time).

NO ENTRIES ACCEPTED AFTER SUNDAY APRIL 5TH, 2015 11:59 PM (PACIFIC TIME)

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: Saturday: 1000 Free – end of Event #6; Sunday: 500 Free – 9:30am, 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. Medals may be purchased at meet. Plaques will be awarded 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 11th	Sunday, April 12th
1 400 Individual Medley	13 500 Free *
2 200 Free	14 200 Breast
3 100 Breast	15 100 Free
4 50 Fly	16 50 Back
Break (10 Minute)	Special Awards Presentation
5 100 Individual Medley	17 200 Individual Medley
6 200 Back	18 200 Fly
7 50 Free	19 100 Back
8 100 Fly	20 50 Breast
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 *
	PNA Team Awards

ENTRY FEES: \$35.00 (US or Canadian) includes LMSC surcharges. **PLUS** \$3 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=6245

DIRECTIONS: From North or South Bound I-5 take exit 142 B. Proceed west on South 348th St for 2 miles. South 348th changes to SW Campus Dr. at 1st Ave. The pool is on the right.



PAPER ENTRIES: Complete this form for a paper entry.

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

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

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

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

Event #	Event Name	Entry Time

ENTRY FEE: Fees include WA State Sales Tax

SURCHARGE	\$35.00	
INDIVIDUAL EVENTS	+	\$3 Per Event. No charge for relays. No charge for seniors (65+) or need-basis
T-SHIRTS@\$20 UNISEX SIZING	+	X Small Small Med Lg XL
T-SHIRTS@\$22 UNISEX SIZING	+	XXL XXXL XXXXL
TOTAL	\$	Make checks payable to BWAQ . Mail to: Blue Wave Aquatics, PO Box 24083 Federal Way, WA 98093

Questions? Email Steve Freeborn at pnachamps@bluewave-aquatics.com
 Paper entries must be **received** by Sunday April 5th, 2015. Online entries are due by Midnight (PDT) Sunday April 5th, 2015. All swimmers must have a valid 2015 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry.

NO ENTRIES ACCEPTED AFTER SUNDAY APRIL 5TH, 2015 11:59 PM (PACIFIC TIME)

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.

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