

**2013 IGLA Championships Swimming Competition**  
**Tuesday, August 13 through Saturday, August 17, 2013**  
**Hosted by Orca Swim Team**  
Sanctioned by PNA for USMS Inc. #363-S005

**LOCATION:**

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

**FACILITY:**

50-meter championship pool set up as two 8-lane 25m 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:**

Tuesday, August 13: Warm-up 12noon-2:55pm, meet start 3pm

Wednesday, August 14: Warm-up 7:30-8:25am, meet start 8:30am

Thursday, August 15: Warm-up 7:30-8:25am, meet start 8:30am

Friday, August 16: Warm-up 7:30-8:25am, meet start 8:30am

Saturday, August 17: Warm-up 7:30-8:25am, meet start 8:30am

**MEET DIRECTOR and REFEREE:**

Director: Jim Lasersohn, [swimming@igla2013.com](mailto:swimming@igla2013.com) 425-686-9619;

Referee: Teri White [teriwhite53@gmail.com](mailto:teriwhite53@gmail.com) 253-370-8261

**EVENT ORDER:**

| <i><b>Event #</b></i>  | <i><b>Event Name</b></i>             |
|--|--------------------------------------|
| <b><i>TUESDAY August 13<sup>th</sup> events (begin @ 3pm)</i></b>      |                                      |
| 1/2  | 1500 Free (Women/Men)                |
| <b><i>WEDNESDAY August 14<sup>th</sup> events (begin @ 8:30am)</i></b> |                                      |
| 3/4  | 200 Breast (Women/Men)               |
| 5/6  | 100 Fly (Women/Men)                  |
| 7/8  | 200 Free (Women/Men)                 |
| 9/10   | 50 Back (Women/Men)                  |
| 11/12  | 200 IM (Women/Men)                   |
| 13/14/15   | 4x200 Free Relay (Women/Men/Mixed)   |
| <b><i>THURSDAY August 15<sup>th</sup> events (begin @ 8:30am)</i></b>  |                                      |
| 16/17  | 400 Free (Women/Men)                 |
| 18/19  | 50 Fly (Women/Men)                   |
| 20/21  | 100 Breast (Women/Men)               |
| 22/23  | 200 Back (Women/Men)                 |
| 24/25  | 50 Free (Women/Men)                  |
| 26/27/28   | 4x100 Medley Relay (Women/Men/Mixed) |
| <b><i>FRIDAY August 16<sup>th</sup> events (begin @ 8:30am)</i></b>    |                                      |
| 29/30  | 800 Free (Women/Men)                 |
| 31/32/33   | 4x100 Free Relay (Women/Men/Mixed)   |
| 34/35  | 100 Back (Women/Men)                 |
| 36/37  | 100 IM (Women/Men)                   |
| 38/39/40   | 4x50 Medley Relay (Women/Men/Mixed)  |
| <b><i>SATURDAY August 17<sup>th</sup> events (begin @ 8:30am)</i></b>  |                                      |
| 41/42  | 400 IM (Women/Men)                   |
| 43/44  | 100 Free (Women/Men)                 |
| 45/46  | 200 fly (Women/Men)                  |
| 47/48  | 50 Breast (Women/Men)                |
| 49/50/51   | 4x50 Free Relay (Women/Men/Mixed)    |

**ELIGIBILITY:**

Open to all 2013 USMS or foreign registered swimmers 18 years of age and above as of August 17<sup>th</sup>, 2013. Age groups based on the swimmer's age as of December 31<sup>st</sup> 2013. All swimmers must have a valid 2013 USMS (or foreign) registration for meet entry or submit an application accompanying this entry. To register for USMS, go to: <http://www.usms.org/reg/>.

Participants must provide proof of their masters swimming membership valid for the dates of the competition to be considered fully registered for the swimming competition. Please send a copy of your registration card or letter from your registrar to: [swimming@igla2013.com](mailto:swimming@igla2013.com) by July 20<sup>th</sup> 2013. 2013 USMS members who verified their USMS membership through the online registration process do not need to send proof of USMS membership.

**ENTRIES:**

Swimmers may enter up to 5 individual events and are limited to 4 relay events. Entries may be done online by going to [www.igla2013.com](http://www.igla2013.com). The entry deadline is July 20<sup>th</sup>, 2013. Changes to events and entry times will be accepted by email until July 20<sup>th</sup> by sending an email to [swimming@igla2013.com](mailto:swimming@igla2013.com).

If there are significantly more swimming participants than a typical large IGLA Championships, meet management may determine the meet cannot be completed within time constraints and will limit individual swimming events to four per swimmer. Swimmers registering for 5 individual events shall designate the 5<sup>th</sup> event to be dropped should the maximum number of individual events need to be restricted to 4. An announcement will be made by July 31<sup>st</sup>, 2013 if we need to exercise the option to drop the 5<sup>th</sup> individual event. (As of June 18<sup>th</sup>, we have determined the 5<sup>th</sup> event will not need to be dropped)

**ENTRY FEES:**

Entry fee includes individual and relay events, custom-made participation and 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place medallions designed by a local artist, shuttle transportation to pool from downtown Seattle, and entry into selected social events. All fees associated with IGLA 2013 include any applicable Washington State Sales tax. Entree fee is \$180.

Additional details and information on registering for additional sports are outlined at [www.igla2013.com](http://www.igla2013.com)

**POSITIVE CHECK-IN:**

To use IGLA 2013 pool time as efficiently as possible, we expect to use positive check-in for each individual event. Those not checking in by deadlines may be scratched from the event and not seeded. Check-in deadlines will be published by July 31<sup>st</sup>. Be prepared to do your positive check-in the day before your scheduled events. Online positive check-in will be available starting Monday, August 12<sup>th</sup> on [www.swimphone.com](http://www.swimphone.com). You may have someone else check you in for an event. They will need to know your date of birth as part of the SwimPhone check-in process.

**SEEDING:**

Two 25m courses will be used for all events with odd heats in one course and even heats in the other. Seeding will be published on [www.swimphone.com](http://www.swimphone.com) after the positive check-in deadline for each event.

Men's and Women's events will be swum separately from each other (with potential exception for relay events). For each event, the women's event will be swum before the men's event.

Seeding for the 1500 Free, 800 Free, 400 Free, and 400 IM will be seeded slowest to fastest by entry time regardless of age.

If meet management determines the meet may not be completed in a timely manner, all other events may also be seeded slowest to fastest by entry time regardless of age. Otherwise all other events will be seeded by age group, with oldest age groups first, slowest to fastest within each age group. Partially filled heats may be combined with other age groups. A final determination for seeding of these events will be made and announced by July 31<sup>st</sup>.

**RELAYS:**

Combined age of swimmers determines relay age group:

72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359.

Submit entries via relay cards at the meet by the following entry deadlines:

4x200 Free Relay – cards due 9am Wednesday, August 14<sup>th</sup>

4x100 Medley Relay – cards due 9am Thursday, August 15<sup>th</sup>

4x100 Free Relay – cards due 12 noon Thursday, August 15<sup>th</sup>

4 x 50 Medley Relay – cards due 9am Friday, August 16<sup>th</sup>

4 x 50 Free Relay – cards due 9am Saturday, August 17<sup>th</sup>

**AWARDS:**

Event awards will be provided for first, second, and third places for each event within each age group. IGLA 2013 participants will also receive a participant award. IGLA teams that are currently registered for 2013 with dues paid are eligible for team awards. Teams will be segregated into categories of small, medium, or large per the IGLA Championship Rules. Points will be awarded as follows for individual events:

| 1 <sup>st</sup> Place | 2 <sup>nd</sup> Place | 3 <sup>rd</sup> Place | 4 <sup>th</sup> Place | 5 <sup>th</sup> Place | 6 <sup>th</sup> Place | 7 <sup>th</sup> Place | 8 <sup>th</sup> Place |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 9                     | 7                     | 6                     | 5                     | 4                     | 3                     | 2                     | 1                     |

The above point values will be doubled for relay events.

IGLA Teams may be either a masters club or a group of individuals within an officially recognized masters club. All members of an IGLA team must belong to the same masters club.

**RULES:**

Current USMS rules will govern the meet.

Strictly forbidden:

- Using hand paddles in warm-up areas
- Diving in warm-up areas unless in designated sprint lanes
- Smoking in any area where swimmers may be present

**CONCESSIONS:**

Vendor contracted with Weyerhaeuser King Aquatic Center, available in lobby.

**DIRECTIONS:**

**Driving:** From Seattle go south on Interstate 5. From I-5 take exit 142B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S. We highly recommend the use of ride-sharing to utilize the High-Occupancy Vehicle (HOV) lanes on the freeway and in Federal Way which will save you time in traffic. Please offer rides to other participants when possible!

**IGLA Shuttles:** Shuttle service will be offered between downtown and Weyerhaeuser King County Aquatic on a periodic basis during the competition days. See [www.igla2013.com](http://www.igla2013.com) for more details when they become available.

**Public Transit:** Sound Transit provides express bus service between downtown Seattle and the central Federal Way Park & Ride. There is a connecting shuttle service from the Park & Ride provided by Metro transit that serves the Weyerhaeuser King County Aquatic center. See the <http://tripplanner.kingcounty.gov/> for more information on planning a public transit trip. Please note that service is not available during all competition times of IGLA 2013 but may be useful at times to supplement service provided by the IGLA shuttles.