

# Lake Washington Masters Invitational - SCY

Sunday February 19<sup>th</sup>, 2017

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

Sanctioned by PNA for USMS Inc. #367-TBA

**LOCATION:** Juanita Aquatics Center, 10601 NE 132<sup>nd</sup> 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](mailto:chapman_family@comcast.net), 425-890-3751

**MEET REFEREE:** Dick Chapman [dick\\_chapman@comcast.net](mailto:dick_chapman@comcast.net)

**CONCESSIONS:** None. Bring your own snacks

**RULES:** Current USMS rules will govern the meet.

**ELIGIBILITY:** Open to all 2017 USMS or foreign registered swimmers 18 and above as of 02/19/2017. Age groups based on the swimmer's age as of 02/19/2017.

**ENTRIES:** Swimmers may enter up to 5 individual events and 4 relays.

Individual Entries and Relay Only swimmers:

Online Entry Deadline: Monday, February 13, 11:59pm

Paper Entry Deadline: Postmarked by Thursday, February 9.

Relay Entries:

Online relay entry available Tuesday, February 14, 9:00 AM to Friday, February 17, 11:59 PM) (Four days)

Relay entry also available at meet.

**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 400 IM by 9:20 AM and check in for the 500 Free by the conclusion of event #16. Swimmers missing the check-in deadline may be scratched from the event.

**SPLIT REQUESTS:** Split requests for an initial distance within a longer race must be made, in writing, before the event for backstroke and relay leadoffs OR before the conclusion of the meet for non-backstroke. See the Clerk of Course.

**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.

**AWARDS:** Available for purchase at meet.

## ORDER OF EVENTS:

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

**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=8431](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&mid=8431)

**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 142<sup>nd</sup> St. Redmond, WA 98052**

**DIRECTIONS:** From I-405 take the NE 124<sup>th</sup> St exit and head W. Turn right at 116<sup>th</sup> Ave NE. Turn left on NE 132<sup>nd</sup> St. Turn left on Juanita HS Dr. Pool is located next to field house.

**ENTRY QUESTIONS:** Linda Chapman, [chapman\\_family@comcast.net](mailto:chapman_family@comcast.net),

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