

2017 PNA Championship and Northwest Zone Championship Meet

Saturday April 8th and Sunday April 9th, 2017
Hosted by Blue Wave Aquatics

Sanctioned by PNA for USMS Inc. 367-S004

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 8th: Warm-up 9:00-9:50am, meet starts 10 am

Sunday, Apr 9th: Warm-up 9:00-9:50am, meet starts 10 am

MEET DIRECTOR: Steve Freeborn, 206-940-7442

pnachamps@bluewave-aquatics.com

MEET REFEREE: Mike Murphy swimoff1@gmail.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 2017 USMS or foreign registered swimmers 18 and above as of 04/9/2017. Age groups based on the swimmer's age as of 04/9/2017. If not a member of USMS or MSC, please bring a copy of your 2017 registration card.

ENTRIES:

Individual Entries: Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be **received** by Sunday April 2nd, 2017 11:59 PM (Pacific Time).

Relay-only swimmers entry deadline same as above for individual entries.

Relay entries available Monday, April 3rd 9:00 am to Thursday, April 6th, 2017 11:59 PM (Pacific Time). Relays may also be entered at the meet.

ENTRY FEES: \$35.00 (US) includes LMSC surcharges. PLUS \$3.00 per individual event (optional for seniors and needs-based swimmers). No splash fee for relays.

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=8432

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA website or in the WetSet. Make checks payable to BWAQ and mail to: Blue Wave Aquatics P. O. Box 24083 Federal Way, WA 98093

**NO INDIVIDUAL ENTRIES ACCEPTED AFTER
SUNDAY APRIL 2nd, 2017 11:59 PM (PACIFIC TIME)**

SEEDING: Two courses will be used for the 500 Free, 1000 Free and 1650 Free, depending on entries the 400IM may be swum in two courses. 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.** Relays may be entered online from Apr 3 – Apr 6, see above.

AWARDS: Ribbons for individual places 1 – 6. Medals may be purchased at

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 8th	Sunday, April 9th
1 400 Individual Medley	13 500 Free *
2 50 Breast	14 100 Back
3 100 Fly	15 50 Free
4 200 Free	16 200 Breast
5 100 Individual Medley	Special Awards Presentation
Break (10 Minute)	17 200 Individual Medley
6 100 Breast	18 50 Back
7 200 Back	19 200 Fly
8 50 Fly	20 100 Free
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



T-SHIRTS: Championship T-shirts are for sale during registration, we will have a limited number of t-shirts at the meet. Guarantee you get the right size by ordering your Championship t-shirt when you register today!

\$20.00 - Unisex sizing X-small, Small, Medium, Large, X-Large

\$22.00 - Unisex sizing XXL, XXXL, XXXXL

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.

QUESTIONS:

Steve Freeborn, Meet Director 206-940-7442

pnachamps@bluewave-aquatics.com

Mike Murphy, Meet Referee swimoff1@gmail.com

Angela Turley, Registrar 253-797-4920

registrar@bluewave-aquatics.com