

Lake Washington

MASTERS SWIMMING

Lake Washington Masters Invitational - SCY Sunday February 17th, 2019

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

Sanctioned by PNA for USMS Inc. #369-S003

LOCATION: Juanita Aquatics Center, 10601 NE 132nd St. Kirkland, WA 98034 @ Juanita High School

FACILITY: 25 yards, 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 106.2.1, 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.

TIMING SYSTEM: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

MEET DIRECTOR: Linda Chapman, chapman_family@comcast.net, 425-890-3751

MEET REFEREE: Dick Chapman dick_chapman@comcast.net

CONCESSIONS: None. Bring your own snacks

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2019 USMS or foreign registered swimmers 18 and above as of 02/17/2019. Age groups based on the swimmer's age as of 02/17/2019.

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

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

Paper Entry Deadline: Postmarked by Thursday, February 7.

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 #15. 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: PNA medals available for purchase at meet.

ORDER OF EVENTS:

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

ENTRY FEES: \$16 surcharge PLUS \$3 per individual event. PNA Swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#). No charge for relays.

ONLINE ENTRIES: Enter online at:
https://www.clubassistant.com/club/meet_information.cfm?c=1534&mid=11052

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 142nd St. Redmond, WA 98052**

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

ENTRY QUESTIONS: Linda Chapman, chapman_family@comcast.net,

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



