



**2020 PNA Championship and Northwest Zones Championship Meet**

**Friday, April 10<sup>th</sup> and Saturday, April 11<sup>th</sup>  
Hosted by Blue Wave Aquatics**

**Sanctioned by PNA for USMS Inc. #360-S003**

**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 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 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 (Swiss). Times may be submitted for USMS records and USMS Top 10 consideration.

**TIMES:** Friday, April 10<sup>th</sup> warm-ups 5:30 PM, meet starts 6:30 PM. Saturday, April 11<sup>th</sup> warm-ups 9:00 AM, meet starts 10:00 AM. 5-minute breaks are scheduled for Saturday after events 7, 13 and 21.

**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 2020 USMS or foreign registered swimmers 18 and above as of 04/11/2020. Age groups based on the swimmer's age as of 04/11/2020. Foreign registered swimmers must provide proof of current registration in their country's federation.

**ENTRIES:** Individual entries may enter up to 6 individual events, 6 events per day. Relay entries may enter up to 4 relay events. Individual and Relay-Only swimmers must register online by 11:59 PM (Pacific) Sunday, April 5<sup>th</sup>, 2020. No day of race or late entries allowed for this meet. Coaches will be provided relay cards at the meet.

**ONLINE ENTRIES:** Enter online at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1449&smid=12816](https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=12816) **NO ENTRIES ACCEPTED AFTER SUNDAY APRIL 5<sup>th</sup>, 2020 11:59 PM (PACIFIC TIME).**

**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. **MUST BE POSTMARKED ON OR BEFORE WEDNESDAY, APRIL 1<sup>st</sup>, 2020 AND RECEIVED ON OR BEFORE SUNDAY APRIL 5<sup>TH</sup>, 2020 11:59 PM (PACIFIC TIME).**

**ENTRY FEES:** \$35 (US) surcharge for Individual and Relay-Only swimmers. PLUS \$4 per individual event. PNA swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#). No splash fee for relays.

**SEEDING:** All events 400 yards and over will be run in two courses. At the discretion of the meet referee and meet director, other events may be run in two courses to manage meet length. All events 400 yards and over will be seeded fast to slow, events under 400 yards will be seeded slow to fast.

**CHECK-IN:** Friday:1000 Free and 1650 Free – 6:00 PM; Saturday 500 Free – 9:30 AM . Swimmers missing the check-in deadline will be scratched from the event.

**RELAYS:** 18+, 25+ and subsequent ten-year increments as needed. The age of the youngest member of the relay team shall determine the age group. Mixed relays require two men and two women.

Deadlines for relay cards:

Relay #5, #6 and #7 – 10:00 AM  
Relay #22, #23, #24 – 12:00PM Noon

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

**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:**

Friday, April 10th	Saturday, April 11 <sup>th</sup> (continued)
1 400 IM	12 50 Free
2 1000 Free	13 200 IM
3 1650 Free	14 100 Fly
	15 200 Breast
Saturday, April 11th	16 100 Free
4 500 Free	17 50 Back
5 200 Women Medley Relay	18 100 IM
6 200 Men Medley Relay	19 200 Fly
7 200 Mixed Free Relay	20 100 Back
8 200 Free	21 50 Breast
9 100 Breast	22 200 Women Free Relay
10 50 Fly	23 200 Men Free Relay
11 200 Back	24 200 Mixed Medley Relay



**T-SHIRTS:** Championship 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!

\$16.00 - Unisex sizing – XSM, SM, MD, LG, XLG  
\$18.00 - Unisex sizing XXL, XXXL, XXXXL

**PNA Annual Membership Meeting, Social and Award Presentation:**

Due to the Friday / Saturday meet format this year, plans for a meeting, social, and award presentation are not yet developed and will be promoted at a later date if it is determined that the event can take place.

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

**QUESTIONS:**

Meet Director: Steve Freeborn 206-940-7442  
[pnachamps@bluewave-aquatics.com](mailto:pnachamps@bluewave-aquatics.com)  
Meet Referee: Mike Murphy [swimoff1@gmail.com](mailto:swimoff1@gmail.com)  
Meet Registrar: Angela Turley 253-797-4920  
[registrar@bluewave-aquatics.com](mailto:registrar@bluewave-aquatics.com)