

PSM Give It A Shot! Yards Meet

Sunday, June 6, 2021

Sanctioned by PNA for USMS Inc. 361-S001

COVID guidelines from CDC, WA State, Snohomish County, Snohomish Aquatic Center, and USMS will be followed. If conditions allow, some Covid protocols listed below may be loosened on the day of the meet.

LOCATION: Snohomish Aquatic Center 516 Maple Ave, Snohomish, WA 98290 (360) 568-8030

FACILITY: Competition 25 yard, 10 lanes. Temp 79-81°F. Continuous warmup in the extra lanes not being used for competition. Electronic timing. The number of lanes used for competition in Sessions #1 & #3 will range from 4 to 6, depending on size of meet. 10 Lanes will be used for the 1650. At least three lanes will be available for continuous warm-up – except during the 1650. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1. 7' – 12.5' deep.

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

MEET DIRECTOR: Dan Phillips – d.l.phillips@hotmail.com

MEET REFEREE: Dick Chapman - dick_chapman@comcast.net

CONCESSIONS: None. Bring your own food. Water fountains for water bottles only.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2021 USMS registered swimmers 18 and above as of 06/06/2021 living in the PNA geographic boundaries/western WA. Age groups based on the swimmer's age as of 06/06/2021

MEET STRUCTURE:

- Three sessions are offered. Identical events are offered in Session #1 and #3.
- Session #1 and Session #3 are limited to 40 swimmer each.
- Sessions #1 and #3 will last approximately 2 hours. The length of the two breaks will be adjusted so each third of the Session takes 40 minutes. The breaks will probably be 10-15 minutes each – but could be shorter or longer.
- Events may start earlier or later than shown in the Order of Events (next column)
- The 1650 is limited to 10 entrants. Entrants must be able to swim a 1650 faster than 30:00.00. Entry time is required. Entry times slower than 30:00.00 will be deleted and not refunded.
- Swimmers in the 1650 must provide their own TIMER. If a COUNTER is desired, the swimmer must supply a person for that job as well. TIMER and COUNTER can't be same person.

COVID PROTOCOLS-May be modified if conditions allow:

- All swimmers must complete the [USMS COVID-19 Participant Screen Form](#) prior to entering the facility.
- All swimmers will have their temperature checked upon entry to the facility.
- Failure to complete a form or complete a temperature check will result in being scratched from the meet. No refunds.
- Spectators are limited to non-entrants who will fill a volunteer role at some point during the meet.
- Swimmers, officials, and volunteers shall maintain 6 feet physical distancing on deck and in the pool.
- Swimmers will be assigned a warm-up lane to use during the initial 30 minutes of general warm-up. Up to four swimmers assigned per lane. Lane assignments will be roughly based on speed. Assignments will be distributed before the meet.

- During the meet, swimmers in the warm-up/warm-down lanes should maintain physical distance. Be courteous of swimmers waiting.
- Locker rooms and restrooms available for use.
- Swimmers must wear a mask on deck except when swimming. Bring a Ziplock type bag (more available at the meet) in which to place your mask at the blocks during your events. Mask goes on as soon as you are out of the pool.
- Swimmers will exit the competition lanes toward the recreation pool and walk around the competition pool back to the stands (counterclockwise looking down at the pool).
- Swimmers for the next heat will line up behind the blocks, next to the wall, maintaining physical distance from the timer in each lane.
- After the swimmers in the previous heat have exited the water, swimmers in the next heat may approach the blocks and place their ziplocked mask and towel/shirt on the chair next to the timer.
- Swimmers testing positive for Covid-19 in the week after the meet should contact the Meet Director, Dan Phillips so contact tracing can be initiated.
- **ORDER OF EVENTS:**

	Session #1	Session #3
Warm-Up	9:00 AM	1:00 PM
	Approx	Approx
	Ev Start	Ev Start
Events	# Time	# Time
200 IM	1 10:00 AM	17 2:00 PM
50 Breast	2	18
100 Back	3	19
200 Fly	4	20
100 Free	5	21
BREAK		
200 Back	6 10:40 AM	22 2:40 PM
50 Fly	7	23
100 Breast	8	24
50 Free	9	25
500 Free	10	26
BREAK		
200 Breast	11 11:20 AM	27 3:20 PM
100 Fly	12	28
50 Back	13	29
100 IM	14	30
200 Free	15	31
FINISH	12:00 PM	4:00 PM
Session #2		
Warm-Up	12:00 PM	
1650 Free	16 12:30 PM	

Entrants may NOT enter both Session #1 and Session #3

EVENT LIMIT = 3

EVENTS MAY START SLIGHTLY EARLIER OR LATER THAN TIME LISTED

ENTRIES:

- Meet entries open on Monday, May 17 @7:30pm
- Swimmers may enter a maximum of 3 events.
- Entry time required for all events. Estimates are OK.

- Swimmers may enter either Session #1 **OR** Session #3, but may **NOT ENTER BOTH** Session #1 and Session #3
- Swimmers who enter both the Session #1 and Session #3 will be scratched from one session with no refund.
- Swimmers entering the 1650 may also enter Session #1 or Session #3. Event limit is still 3.
- Entries must be submitted online by 11:59 PM (Pacific) Sunday, May 30, 2021

DECK ENTRIES: Not allowed

SEEDING: All events slow to fast, age groups and sexes mixed. Pre-seeding except for 500 Free and 1650.

CHECK-IN:

- Positive check-in required for the 500 Free and 1650 Free.
- Check in for the 500 Free by the start of Session competition.
- Check in for the 1650 Free by 11:45 AM
- Swimmers missing the check-in deadline may be scratched from the event.

AWARDS: Not available.

ENTRY FEES: \$36 flat fee. PNA Swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#). Your credit card will be charged by 'ClubAssistant.com Events'

ONLINE ENTRIES: Enter online at: https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=13720 Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet.

PAPER ENTRIES: No paper entries

ENTRY QUESTIONS: Linda Chapman pnameets@gmail.com

DIRECTIONS: North- I-5S, Take exit 194 for US-2 E toward Wenatchee, Continue onto US-2 E, Take the 88th St SE exit, Turn right onto 88th St SE, Continue onto 92nd St SE, take a right onto Maple Ave.

South – I-5N, Take exit 194 for US-2 E toward Wenatchee, Continue onto US-2 E, Take the 88th St SE exit, Turn right onto 88th St SE, Continue onto 92nd St SE, take a right onto Maple Ave

