



2022 PNA Championship Meet

Sunday, April 10th
Hosted by Blue Wave Aquatics

Sanctioned by PNA for USMS Inc.
#362-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'. 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. **WARM-UPS:** We expect to be able to use the dive tank for continuous warm up and warm down through the duration of the meet. However, because of King County Aquatic Center staffing/lifeguard issues it may not be possible. We may not know until the days leading up to the meet. In the event that there is no dive tank availability, in order to comply with the USMS rule that there be made available warm up and warm down through the duration of the meet, we will have to make available 3 lanes in the distance race pool for continuous warm up and warm down. If this occurs, we may be limited to 5 competition lanes in the distance events, which could adversely impact any proposed timeline for the events.

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

SCHEDULE: Sunday, April 10th warm-ups 8:00 AM, meet starts 9:00 AM. Distance events will run continuously, in the second pool. In the ORDER OF EVENTS list (at right): the alignment of events in Pool #2) shows the approximate time when each event will start in relation to events in Pool #1. Events may start earlier or later than shown. If Pool #2 has only 5 lanes for competition, the 400 IM and 500 Free will start relatively later compared to events in Pool #1. Estimated end time with 300 swimmers and 8 lanes available in both pools is 3pm in Pool #1, 1pm in Pool #2.

CONCESSIONS: No concessions available. Please bring your own snacks.

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 2022 USMS or foreign registered swimmers 18 and above as of 04/10/2022. Age groups based on the swimmer's age as of 04/10/2022. Foreign registered swimmers must provide proof of current registration in their country's federation.

ENTRIES: Individuals may enter up to 6 individual events and 4 relay events.

ONLINE ENTRIES: Enter online at:
https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=14626 **NO ENTRIES ACCEPTED AFTER SUNDAY APRIL 3rd, 2022 11:59 PM (PACIFIC TIME).**

ENTRY FEES: \$34 flat fee for Individual and Relay-Only swimmers. PNA swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#). Your credit card will be charged by "Blue Wave Aquatics Meets".

REFUNDS: There will be no refunds.

SEEDING: All events will be seeded slow to fast.

INTERMEDIATE SPLIT TIMES: Swimmers who would like one or more intermediate split times submitted as official times must complete a [USMS Split Notification Form](#) indicating the distance(s) for which splits should be submitted. Forms will be available at the meet

CHECK-IN: Positive Check-in required for 1000 Free, 400 IM, and 500 Free.

- Online check-in via SwimPhone available starting at 8 am.
- In-person check-in available starting at 8 am at the Clerk of Course.
- Check-in deadlines (online and in-person) are as follows:
 - 1000 Free by 8:30 am
 - 400 IM by 10 am
 - 500 Free by 10:45 am
- Online check-in link: https://www.swimphone.com/meets/event_order.cfm?smid=14626
- Swimmers missing the check-in deadline may 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:

- Medley Relay cards [events 1,2,3] – 8:15 AM
- Free Relay cards (events 21, 22, 23) – 12:00 PM 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:

| Pool #1 – Middle Pool | | Pool #2 – Scoreboard Pool | |
|-------------------------------|--------------------------|---------------------------|-----------|
| 1 | 200 Women's Medley Relay | | |
| 2 | 200 Men's Medley Relay | | |
| 3 | 200 Mixed Medley Relay | | |
| Dawn Musselman Award Ceremony | | | |
| 4 | 200 IM | 5 | 1000 Free |
| 6 | 100 Breast | | |
| 7 | 50 Fly | | |
| 8 | 200 Back | | |
| 9 | 50 Free | | |
| 10 | 200 Free | 11 | 400 IM |
| 12 | 100 Fly | 13 | 500 Free |
| 14 | 200 Breast | | |
| 15 | 100 Free | | |
| 16 | 50 Back | | |
| 17 | 100 IM | | |
| 18 | 200 Fly | | |
| 19 | 100 Back | | |
| 20 | 50 Breast | | |
| Coach of the Year Award | | | |
| 21 | 200 Women's Free Relay | | |
| 22 | 200 Men's Free Relay | | |
| 23 | 200 Mixed Free Relay | | |
| Team Awards | | | |



T-SHIRTS: Championship shirts are available for purchase during registration.

\$24.00 XSM, SM, MD, LG, XL

\$26.00 2XL, 3XL, 4XL

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:

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