



## LCM Summer Meet

Saturday, July 1, 2023

Hosted by PNA Clubs and Workout Groups  
Sanctioned by PNA for USMS Inc. #363-S005

**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 one-50m course, 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 World & USMS records and USMS Top 10 will be contingent on verification of bulkhead placement.

**TIMING SYSTEM:** The primary timing system will be automatic timing. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.

**SCHEDULE:** Warm-up 9 am – 9:50 am. Meet starts 10 am. If the pre-meet timeline shows an ending time later than 4 pm, the meet warm-up, check-in times, and start time will be 30 minutes earlier: warm-up 8:30 am-9:20 am and a meet start of 9:30 am. Swimmers will be notified via email, by 6/28 of a change in the meet start time.

**MEET DIRECTOR:** Sally Dillon: [salswmr@comcast.net](mailto:salswmr@comcast.net)  
(360) 929-5358

**MEET REFEREE:** Dave Baer: [dlbaer53@gmail.com](mailto:dlbaer53@gmail.com)

**CONCESSIONS:** KCAC vendor, available in lobby.

**RULES:** Current USMS rules will govern the meet. Feet first entry during warm-up. Diving in designated sprint lanes only, when open during warm-up.

**ELIGIBILITY:** Open to all 2023 USMS or foreign registered swimmers 18 and above as of 07/01/2023. Foreign registered swimmers must provide proof of their current registration status. Age groups based on the swimmer's age as of 12/31/2023. 18-24, 25-29... and up in 5-yr increments.

**ENTRY LIMIT:** Swimmers may enter up to 5 individual events and 4 relays.

**DECK ENTRIES:** No deck entries except for relays.

### ENTRY FEES:

- Regular deadline fees: \$32 meet surcharge plus \$4 per individual event. Enter by June 18
- Extended deadline fees: \$40 meet surcharge plus \$4 per individual event. Enter by June 25
- No charge for relays.
- Relay only swimmers pay Regular or Extended meet surcharge depending on their entry date.

- PNA Swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#).

**800 FREE NOTES:** Limit 24 entries. Entrants must be able to swim the event in 19:00.00 or faster. A waitlist for the 800 Free will be created in order of entry. Waitlist entrants must check-in by the deadline to be eligible for seeding if there are sufficient scratches in the event.

### ENTRY DEADLINES:

- **Regular deadline:** Sunday, June 18, 11:59 pm
- **Extended deadline:** Sunday, June 25, 11:59 pm

**SEEDING:** All events seeded slow to fast. Pre-seeding except for asterisked events, below.

### POSITIVE CHECK-IN DEADLINES:

400 Free: 9:20 am (40 minutes before meet start);

400 IM: End of event #6; 800 Free: End of event #13

For positive check-in events, swimmers must check in by the deadline in order to be seeded (but may be placed in open lanes, if available, after seeding.)

**RELAYS:** Age groups (sum of ages): 72- 99, 100-119, 120-159, 160-199, 200-239, 240-279, .... The aggregate age of the four relay team members determines the relay age group. Mixed relays require two men and two women. Unattached swimmers are not allowed to swim on a relay.

Relays will be deck entered at the meet. Deck entry relay entries due as follows:

- #2-#3, #8: 9:15 am (45 minutes before meet start),
- #15-#16: by the end of event #7,
- #21: by the end of event #14

**AWARDS:** PNA Medals may be purchased at the meet for \$2.

**ONLINE ENTRIES:** Enter online at:

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1534&smid=16439](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=16439)

**ENTRY QUESTIONS:** Linda Chapman:

[chapman\\_family@comcast.net](mailto:chapman_family@comcast.net)

### Order of Events - Saturday, July 1

|                     |                 |                     |                   |
|---------------------|-----------------|---------------------|-------------------|
| 1                   | 400 Free*       | 12                  | 200 Breast        |
| 2/3                 | W/M 200 Fr Rly* | 13                  | 50 Free           |
| 4                   | 200 Fly         | 14                  | 400 IM*           |
| 5                   | 50 Breast       | --- 5 min Break --- |                   |
| 6                   | 200 Back        | 15/16               | W/M 200 Mdly Rly* |
| 7                   | 100 Free        | 17                  | 100 Fly           |
| --- 5 min Break --- |                 | 18                  | 50 Back           |
| 8                   | Mxd 200 Fr Rly* | 19                  | 100 Breast        |
| 9                   | 200 IM          | 20                  | 200 Free          |
| 10                  | 50 Fly          | 21                  | Mxd 200 Mdly Rly* |
| 11                  | 100 Back        | 22                  | 800 Free*         |

## 5K Virtual Swim

**5K Virtual swim opportunity:** Will begin immediately following the LCM meet competition. 2-hour time limit to complete the 5K distance. \$25 per swimmer and each must provide their own timer/counter. Limit 16 swimmers (2/lane). All must provide proof of **ENTRY** for the USMS 5K Virtual Championship. Swimmers must contact [Sally Dillon](#) by 6/20 to reserve a spot.