

2023 PSM/PNA SCM Championship and  
Northwest Zones Championship Meet  
November 18-19, 2023

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

Hosted by Puget Sound Masters

Sanctioned by PNA for USMS Inc. #363-S007



PUGET SOUND MASTERS

**LOCATION:** Weyerhaeuser King County Aquatic Center

[650 SW Campus Drive, Federal Way, WA 98023](#)

PHONE: 206-477-4444

**MEET DIRECTOR:** David McCarty – [davidmccarty7@gmail.com](mailto:davidmccarty7@gmail.com),

425-530-1595

**MEET REFEREE:** Teri White – [teriwhite53@gmail.com](mailto:teriwhite53@gmail.com),

253-370-8261

**FACILITY:** 50-meter championship pool set up as two 25-meter courses, each with eight 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.

**WARM-UPS:** Depending on KCAC staffing, continuous warm-up will be available either in the dive tank, the scoreboard pool, or outside lanes if events are run in two courses.

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

**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:** Competitor must be at least 18 years to compete. Open to all 2023 USMS or foreign registered swimmers 18 and above as of 11/19/2023. Age groups are based on the swimmer's age as of 12/31/2023. Foreign registered swimmers need to provide proof of current registration with their country's federation.

**ENTRIES: Individual Entries and Relay-Only Swimmers**

- Swimmers may enter up to a maximum of 6 individual events, but no more than 4 events and 2 relay events per day.
- Club Registration:** Swimmers will register/compete by CLUB (i.e., PSM, BWAQ, OR) as opposed to workout group (i.e., LWM, GLAD).
- Entry time required for all events. Estimates are OK.
- Enter Online at:**  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=2663&smid=17604](https://www.clubassistant.com/club/meet_information.cfm?c=2663&smid=17604)
- Entry Deadline:** Entries must be submitted online by 11:59 PM (Pacific) Sunday, November 12, 2023.
- Entry Fees:** \$49 surcharge PLUS \$2 per individual event. No charge for relays. PNA swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#).
- Refunds:** There will be no refunds.
- Deck Entries:** No race day deck entries allowed.
- Entry Questions:** Linda Chapman – [chapman\\_family@comcast.net](mailto:chapman_family@comcast.net)

**SEEDING:** All events slow to fast. Pre-seeded except for the 1500 Free and relays. At the discretion of the Meet Referee and Meet Director, two courses may be used for the 400 and 1500 Free.

**INTERMEDIATE SPLIT TIMES:** Swimmers who would like one or more intermediate split times submitted as official times must complete a [USMS Split Notification Form](#).

**CHECK-IN DEADLINE:** Positive check-in required for the 1500 Free by the conclusion of event #13. Swimmers missing the check-in deadline may be scratched from the event.

**RELAYS – Submit relay cards to the Clerk of the Course:**

- #16, 17 (W/M 200 Free) and #18 (200 Mixed Medley) before end of event #6
- #29, 30 (W/M 200 Medley) and #31 (Mixed 200 Free) before end of event #21
- #38, 39 (W/M 400 Free) and #40 (Mixed 400 Medley) before end of event #26
- No charge for relays, but relay-only swimmers must enter online and pay the meet surcharge by the entry deadline.
- Mixed relays require two men and two women.
- Relay age group is the aggregate meet age of the four relay team members – 72-99, 100-119, 120-159, ... 40-year increments

**1500 FREE:** Swimmers in the 1500 Free must provide their own COUNTER if desired. Timers and counting device will be provided. Entrants will be limited to the first 32 swimmers (4 heats). A waitlist for the event will be created if necessary.

**AWARDS:**

- Medals may be purchased at the meet.
- Zone ribbons will be available.
- Recognition for High Point winners for each gender and age-group combination

**ORDER OF EVENTS – Short Course Meters:**

#	Saturday	#	Sunday
1	400 Free Mixed	20	400 IM Mixed
2/3	200 IM W/M	21*/22	200 Breast W/M
4/5	200 Free W/M	23/24	100 Free W/M
6*/7	100 Breast W/M	25/26*	50 Back W/M
8/9	50 Fly W/M	27/28	100 IM W/M
	Break		Break
10/11	200 Back W/M	29/30	200 Medley Relay W/M
12/13**	50 Free W/M	31	200 Free Relay Mixed
14/15	100 Fly W/M	32/33	200 Fly W/M
16/17	200 Free Relay W/M	34/35	100 Back W/M
	Break	36/37	50 Breast W/M
18	200 Medley Relay Mixed	38/39	400 Free Relay W/M
	Break		Break
19	1500 Free Mixed	40	400 Medley Relay Mixed

\*Relay cards due \*\*Check-in deadline for 1500 Free