



## 2024 PNA Championship

Sat, April 13th and Sun, April 14th  
Hosted by Blue Wave Aquatics

Sanctioned by PNA for USMS Inc.  
#364-S004

**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 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. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. Continuous warm-up available in 7-lane, 25-yd dive tank.

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

### SCHEDULE:

Saturday, April 13<sup>th</sup>: warm-ups start at 9:00 am, meet starts at 10:00 am.  
Sunday, April 14<sup>th</sup>: warm-ups start at 9:00 am, meet starts at 10:00 am.

**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 2024 USMS or foreign registered swimmers 18 and above as of 04/14/2024. Age groups based on the swimmer's age as of 04/14/2024. 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=18157](https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=18157)

**NO ENTRIES ACCEPTED AFTER SUNDAY APRIL 7<sup>th</sup>, 2024 11:59 PM (PACIFIC TIME).**

**ENTRY FEES:** \$49 Individual and Relay-Only swimmers PLUS \$2.00 per individual event. 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. Two courses will be used for the 1000 Free, 500 Free, and 1650 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](#) indicating the distance(s) for which splits should be submitted. Forms will be available at the meet.

**CHECK-IN:** Positive Check-in required for 1650, 1000 Free, 400 IM, and 500 Free. Swimmers missing the check-in deadline may be scratched from the event.

- Online check-in via SwimPhone available starting at 9:00 am. Link: [https://www.swimphone.com/meets/meet\\_menu.cfm?smid=18157](https://www.swimphone.com/meets/meet_menu.cfm?smid=18157)
- In-person check-in is available starting at 9:00 am at the Clerk of Course.
- Check-in deadlines (online and in-person) are as follows:
  - 1000 Free by 9:30 am
  - 400 IM by End of Event #6
  - 500 Free by 9:30 am
  - 1650 by End of Event #20

**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 9, 10, 11] – 12:00 PM Noon

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:

Saturday, April 13th		Sunday, April 14th	
1	1000 Free *	13	500 Free *
2	200 Back	14	200 Fly
3	50 Free	15	50 Breast
4	100 Breast	16	100 Free
5	50 Fly	Break **	
Break **		17	200 IM
6	200 Free	18	100 Fly
7	100 Back	19	50 Back
8	100 IM	20	200 Breast
Break**		Break**	
9	Women's 200 Medley Relay	21	Women's 200 Free Relay
10	Men's 200 Medley Relay	22	Men's 200 Free Relay
11	Mixed 200 Free Relay	23	Mixed 200 Medley Relay
12	400 IM*	24	1650 Free *
PNA Social Event			

\* Positive Check-In

\*\* Break – will be at least 5 minutes and could be longer depending on the meet timeline.

**T-SHIRTS:** Championship shirts are available for purchase during registration. We offer short sleeve, unisex, classic fit t-shirts. PRE-ORDER DEADLINE MONDAY, APRIL 1ST.

- Short Sleeve XSM, SM, MD, LG, XL \$27 | 2XL, 3XL, 4XL \$30



### PNA LICENSE PLATE FRAMES: \$25.00

Here's a great way to share your love for PNA and Masters swimming. Order these high quality metal frames when you register for champs and pick them up at the meet.

### PNA SOCIAL, AWARD PRESENTATION, and ANNUAL MEMBERSHIP MEETING

The event will take place in the KCAC banquet hall immediately following the conclusion of Saturday's swim events. Registrations are required. The \$10.00 fee to attend entitles you to snacks, one drink ticket (beer, wine, sodas), delicious pizza and salad from POP's Pizza, and dessert. A short PNA business meeting will be followed by the presentation of PNA's Coach of the Year and the Dawn Musselman Inspirational Swimmer awards. Tickets are required; purchase when you register for the meet. Those wishing to attend but not entered in the meet should contact Sally Dillon at [salswmmr@comcast.net](mailto:salswmmr@comcast.net) for tickets. Limit of 120 People.

**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

Meet Referee: Mike Murphy [swimoff1@gmail.com](mailto:swimoff1@gmail.com)

Meet Registrar: Angela Turley 253-797-4920, [angelajtu@comcast.net](mailto:angelajtu@comcast.net)