



LCM Summer Meet
Northwest Zone Championship
Saturday & Sunday, July 6 & 7, 2024
Warm-up: 9:00 – 9:50 am, Meet starts: 10:00 am
Hosted by PNA Clubs and Workout Groups
Sanctioned by PNA for USMS Inc. # 364-S005

LOCATION: Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023, 206-296-4444

FACILITY: 8-lane 50-meter pool 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.

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

MEET REFEREE: Mike Murphy: swimoff1@gmail.com

CONCESSIONS: available in lobby

RULES: Current USMS rules will govern the meet. Feet first entry during all warmup except in designated sprint lanes.

ELIGIBILITY: Competitor must be at least 18 years old to compete. Open to all 2024 USMS or foreign registered swimmers 18 and above as of 12/31/2024. Foreign registered swimmers must provide proof of their current registration status. Age groups based on the swimmer's age as of 12/31/2024. 18-24, 25-29... and up in 5-yr increments.

ENTRY LIMIT: Swimmers may enter up to 6 individual events; no more than 4 events per day.

DECK ENTRIES: No deck entries except for relays.

ENTRY FEES:

- \$40 meet surcharge plus \$2 per individual event
- No charge for relays
- Relay only swimmers must also register. Same deadline and entry fee surcharge applies.
- PNA Swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#).

1500 FREE: 1500 Free entrants must be able to swim the event in 35 minutes or faster. 40 swimmer limit (5 heats); a waitlist will be available. Heats will be swum fast to slow. Volunteer timers for this event will be appreciated. Participants must provide their own lap counter, if desired.

ENTRY DEADLINE: Sunday, June 30, 11:59 pm

SEEDING: All events will be swum mixed gender and seeded slow to fast except the 1500 Free which will be seeded fast to slow.

POSITIVE CHECK-IN DEADLINES:

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

1500 Free: End of event #5

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

For positive check-in events, swimmers must check in by the deadline in order to be seeded. Swimmers who fail to check in but still wish to swim may be inserted into open lanes at the discretion of the referee.

RELAYS: Age groups: 72- 99, 100-119, 120-159, 160-199, 200-239, 240-279, The sum of the relay team member's ages 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:

#6: Saturday 10:00 am (start of meet)

#10: End of event #5

#16: Sunday 10:00 am (start of meet)

#20: End of event #15

AWARDS: NW Zone ribbons 1st -6th. PNA Medals for \$2.

ONLINE ENTRIES: [Enter online HERE](#)

ENTRY QUESTIONS: Lorraine Masse:
pnameets@swimpna.org

ORDER OF EVENTS – Long Course Meters:

#	Saturday	#	Sunday
1	400 Free	12	400 IM
2	200 IM	13	200 Breast
3	200 Free	14	100 Free
4	100 Breast	15	50 Back
5	50 Fly	BREAK ~10 minutes	
BREAK ~10 minutes		16	200 Medley Relay (W/M)
6	200 Free Relay (W/M)	17	200 Fly
7	200 Back	18	100 Back
8	50 Free	19	50 Breast
9	100 Fly	BREAK ~10 minutes	
BREAK ~10 minutes		20	200 Free Relay (Mixed)
10	200 Medley Relay (Mixed)		
11	1500 Free		

USMS 5K Virtual Championship

Federal Way's Aquatic Center has been reserved for 2 hours on Sunday, July 7 to allow PNA swimmers to participate in this year's USMS 5K Virtual Championship event. The 5K swim will begin shortly after the conclusion of the LCM Summer Meet. An estimated start time will be established after the meet entry deadline, and no later than July 3.

Important Details:

- 16-person limit – 2 swimmers per lane
- \$25 fee to help defray the lane rental cost. Bring cash or check (payable to PNA)
- Official application and USMS liability waiver are required
- Proof of USMS registration in the 2024 5K Virtual Championship is required
- Contact Sally Dillon at salswmr@comcast.net to receive the application form