



2025 PNA Championship

Sat, April 12th and Sun, April 13th
Hosted by Blue Wave Aquatics

Sanctioned by PNA for USMS Inc.
#365-S007

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 12th: warm-up starts at 9:00 am, meet starts at 10:00 am.
Sunday, April 13th: warm-up starts at 9:00 am, meet starts at 10:00 am.

CONCESSIONS: Yes, concessions will be available.

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 2025 USMS or foreign registered swimmers 18 and above as of 04/13/2025. Age groups based on the swimmer's age as of 04/13/2025. 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=19386

NO ENTRIES ACCEPTED AFTER SUNDAY APRIL 6th, 2025 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](https://swimpna.org/wiggin-fund-assistance/) [https://swimpna.org/wiggin-fund-assistance/]. 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.

USMS Split Notification Form:

https://www.usms.org/admin/lmschb/gto_rectab_split_request.pdf

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=19386
- 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

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 12th		Sunday, April 13th	
1	1000 Free *	13	500 Free *
2	100 IM	14	50 Fly
3	100 Back	15	200 Back
4	50 Breast	16	100 Free
5	200 Free	17	200 IM
	Break **		Break **
6	100 Breast	18	100 Fly
7	200 Fly	19	200 Breast
8	50 Free	20	50 Back
	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.

INDIVIDUAL AWARDS: Ribbons will be awarded 1st through 6th place in every age group in the event. PNA medals may be purchased for \$2.00 each.

SPECIAL AWARDS: The 2025 PNA Coach of the Year and the 2025 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Saturday at the PNA Social event.

TEAM AWARDS: Virtual awards will be presented 1st – 3rd in the 3 divisions: Large, Medium, and Small.

T-SHIRTS: Championship shirts are available for purchase during registration. We offer short-sleeved, unisex, classic fit t-shirts.



PRE-ORDER DEADLINE MONDAY, March 31st at 11:59PM

- Short Sleeve XSM - XL \$29
- Short Sleeve 2XL, 3XL, 4XL \$34

PNA Social, Membership Meeting, Meal & PNA Award Presentation

Saturday, April 12, 2025. The event will take place in the KCAC banquet hall following the conclusion of Saturday's last event (400 IM).

Enjoy a meal and celebrate this year's recipients of PNA's Coach of the Year and Dawn Musselman Inspirational Swimmer awards. A short PNA Annual Meeting will take place before the award presentation. Reservations are required. The \$10 fee includes snacks, drinks, Pop's Pizza, salad, and dessert. Children 12 & under are free. Event limit is 120.

Sign up for the event during the meet registration process. Those not entered in the meet but wishing to attend should contact Sally Dillon at president@swimpna.org to make reservations.

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: Wendy Neely, wendy@bluewave-aquatics.com
206-793-9391

Meet Referee: Rick Cox

Meet Registrar: Angela Turley, angelajtu@comcast.net 253-797-4920