

2026 PNA and Northwest Zone Championship
Saturday, April 11 and Sunday, April 12, 2026
Warm-up: 9:00 AM, Competition starts at 10:00 AM
Sanctioned by PNA for USMS Inc # 366-S004

LOCATION: Weyerhaeuser King County Aquatic Center
650 SW Campus Drive, Federal Way WA 98023, (206) 477-4444

MEET DIRECTOR: Wendy Neely, wendy@bluewave-aquatics.com,
(206) 793-9391

ENTRY COORDINATOR: Angie Turley, angelajtu@comcast.net

MEET REFEREE: Rick Cox, nauticalrick@yahoo.com

COURSE DESCRIPTION: 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: Continuous warm-up available in 7-lane 25-yd dive tank.

TIMING SYSTEM: The primary timing system will be automatic timing. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.

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 area unless in designated sprint lanes.

ELIGIBILITY: All participants must be age 18 or older and be currently registered members of U.S. Masters Swimming or another World Aquatics federation. Foreign registered swimmers must provide proof of current membership in their country's Masters Swimming governing body.

RECOGNITION – LOCAL JURISDICTION PROCEDURE

This event is a USMS-sanctioned competition and is governed by the [USMS Interim Policy on Participation in the Men's/Open and Women's Competition Categories and Eligibility for Official Recognition Programs](#).

Participation in sanctioned events is permitted in the competition category that aligns with a member's gender identity and/or expression.

At this event:

- A member may participate in the competition category that matches their gender identity and will be eligible to receive Local Recognition Program recognition in the Women's category in accordance with applicable law and/or facility-use agreements. Only swimmers assigned female at birth are eligible for National Recognition Programs (such as USMS records, Top 10 times, and All-American and All-Star honors) in the women's category.*
- All members, regardless of sex assigned at birth or gender identity, may participate in the Men's/Open category and are eligible to receive recognition in the Men's/Open category.*

Eligibility determinations are handled administratively by USMS and will not be adjudicated onsite by meet personnel. All members must comply with applicable law and facility rules while onsite.

AGE DETERMINATION DATE: April 12, 2026

AGE GROUPS FOR INDIVIDUAL EVENTS: 18-24, 25-29, ... in 5-yr increments as high as needed

AGE GROUPS FOR RELAYS: Relay age group is determined by the age of the youngest relay member: 18+, 25+, 35+, 45+, and up in 10-year increments as high as needed.

ENTRY PROCEDURE:

- Online Entry URL:**
https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=21856
- Entry Deadline:** Entries must be submitted online by 11:59 PM (PST) Sunday, April 5, 2026.
- Relay Cards** must be submitted to the clerk of course by NOON each day. Mixed relays require two men and two women.

- Entry limits:** Swimmers may enter a maximum of 6 individual events and 4 relay events.
- Entry Fees:** \$55.00 surcharge PLUS \$2 per individual event. No charge for relays, but relay-only swimmers must enter online by the entry deadline. PNA swimmers who need financial assistance for entry fees may make a request from the [PNA Wiggin Fund](#).
- Entry time** required for all events. Estimates are okay.
- Deck entries:** No race day deck entries accepted.

INTERMEDIATE SPLIT TIMES: USMS Split Notification Forms will be available at the meet for swimmers who would like one or more intermediate split times.

ORDER OF EVENTS:

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

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

SEEDING: All events will be seeded slow to fast. Two courses will be used for the 1650 Free, 1000 Free and 500 Free.

POSITIVE CHECK-IN: Positive check-in required for:

- 500 Free by 9:30 AM Saturday
- 1650 Free by end of Event #6
- 1000 Free by 9:30 AM Sunday

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

AWARDS: PNA ribbons will be awarded 1st – 6th place in every age group in the event. Zone ribbons will be also awarded 1st – 6th place in every age group in the event. PNA medals may be purchased for \$2.00 each.

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

SPECIAL AWARDS: The 2026 PNA Coach of the Year and the 2026 PNA inspirational Swimmer Award, named in honor of Dawn Musselman will be presented on Sunday at the PNA Social event.

T-SHIRTS: Championship shirts are available for purchase during registration. We offer 100% cotton, short-sleeved, unisex, classic fit t-shirts.

COST: X-SM – XL \$29.00 | 2XL – 3XL \$34

PRE-ORDER DEADLINE: Monday, March 30th at 11:59PM



SPECIAL EVENT: Sunday, April 12th
SOCIAL, MEMBERSHIP MEETING, MEAL & AWARD PRESENTATION

Enjoy a meal and celebrate the recipients of PNA's Coach of the Year and Dawn Musselman Inspirational Swimmer awards. The event will take place in the KCAC banquet hall at the conclusion of Sunday's last event. A short PNA membership meeting will take place before the award presentation.

Reservations required: The \$10 fee includes snacks, drinks, pizza, salad, and dessert. Children 12 & under are free. Please sign up during the meet registration process. If you are not entering the meet but wish to attend? Contact Sally Dillon at salswmr@comcast.net to reserve a spot and pay at the door.