

2026 PSM SCM Championship and Northwest Zone Championship Meet
November 21-22, 2026

Warm-up: 9:00 AM, Competition starts at 10:00 AM

Hosted by Puget Sound Masters

Sanctioned by PNA for USMS Inc #366-S019

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

MEET DIRECTOR: David McCarty, davidmccarty7@gmail.com
(425) 530-1595

MEET REFEREE: Teri White, teriwhite53@gmail.com

ENTRY COORDINATOR: Linda Chapman, chapman_family@comcast.net

COURSE DESCRIPTION: 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. 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 world record, USMS record, and Top 10 consideration.

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: December 31, 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 aggregate age of the four relay team members: 72-99, 100-119, 120-159, 160-199, 200-239, and up in 40-year increments as high as necessary. Age of each team member is age as of December 31 of the current year.

ENTRY PROCEDURE:

- Online Entry URL:** [2026 PSM SCM Championship and Northwest Zone Championship Meet](#)

- Entry Deadline:** Entries must be submitted online by 11:59 PM (PST) Sunday, November 15, 2026.
- Entry limits:** Swimmers may enter a maximum of 6 individual events, but no more than 4 events per day plus relay events.
- Entry Fees:** \$49.00 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](#).
- 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 okay.
- Relay Cards** must be submitted to the clerk of course by the following deadlines. Mixed relays require two men and two women.
 - ✓ #16, 17, 18 W/M 200 Free & MIXED 200 Medley by end of event #8
 - ✓ #20, 21, 22 800 W/M/X 800 Free by 9:30 am on Sunday
 - ✓ #31, 32, 33 W/M 200 Medley and MIXED 200 Free by end of event #25.
 - ✓ #40, 41, 42 W/M/X 400 Free before end of event #31.
- 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 (SHORT COURSE METERS):

#	Saturday	#	Sunday
1	400 M IM Mixed Women/Men	20/21/22	800 Free Relay W/M/X (max 16 total relay teams)
2	200 M Back Women	23	200 M Fly Women
3	200 M Back Men	24	200 M Fly Men
4	50 M Free Women	25	50 M Breast Women
5	50 M Free Men	26	50 M Breast Men
6	100 M Breast Women	27	100 M Free Women
7	100 M Breast Men	28	100 M Free Men
	Break	29	200 M IM Women
8	50 M Fly Women	30	200 M IM Men
9	50 M Fly Men		Break
10	200 M Free Women	31	200 M Medley Relay Women
11	200 M Free Men	32	200 M Medley Relay Men
12	100 M IM Women	33	200 M Free Relay Mixed
13	100 M IM Men	34	100 M Fly Women
14	100 M Back Women	35	100 M Fly Men
15	100 M Back Men	36	50 M Back Women
	Break	37	50 M Back Men
16	200 M Free Relay Women	38	200 M Breast Women
17	200 M Free Relay Men	39	200 M Breast Men
18	200 M Medley Relay Mixed		Break
19	1500 M Free Mixed Women/Men*	40/41/42	400 Free Relay W/M/X (max 16 total relay teams)
		43	400 M Free Mixed Women/Men

* **1500 Free:** Event limited to 4 heats; entry limit is 32 swimmers

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

POSITIVE CHECK-IN: Positive check-in required for the 1500 Free at the conclusion of Event 13. Swimmers missing the check-in deadline may be scratched from the event.

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.

CONCESSIONS: No concessions available. Please bring your own snacks.