Greetings Entrants for the 2026 PSM SCM and Northwest Zone Championship Meet!

Attached to this email are a revised psych sheet, estimated timeline, and heat sheets.

Timeline:

- The meet is small, so we added additional breaks
- It is likely that the Women's and Men's 800 and 400 Free Relays will be swum in one heat and the Mixed version will be in a second heat. This is reflected in the timeline.
- The 200 Fly will be swum as a Mixed event.
- One course for all events.

Relays:

- Relay card deadlines are shown on the timeline.
- Relay cards will be available at the Clerk of Course
- If your team has multiple relays in an event, use a different letter for each relay – even if they are different age groups.
- Relay age groups are the sum of the ages of the swimmers. Please circle the correct age group on the relay card.
- Swimmers who are Unattached are not allowed to swim on a relay per USMS rules

1500: - Check in by the end of Event #13, Men's 100 IM

Heat Sheets: Please print your own. Send a copy to your coach. Heat sheets will be posted at the meet. Heat sheets will also be on Meet Mobile and SwimPhone.

Intermediate Split Times: Pick up USMS Split Notification Forms at the Clerk of Course. If you want a split for a backstroke event, you must turn in the Form before the event. Forms for other events can be turned in after the event.

Results: will be posted at the pool and available on Meet Mobile.

High Point: High point winners will be recognized for each age-group/gender combination

Parking: No Overnight RV parking in the KCAC parking lot.

World Aquatics Records

USMS Records

Northwest Zone Records

PNA Records