

2010 NORTHWEST ZONE LONG COURSE CHAMPIONSHIP MEET

Hosted by the Pacific Northwest Association of Masters Swimmers

Sanctioned by PNA for USMS, Inc. Sanction # 360-07

DATES & TIMES: **Saturday, July 10** Warm-up: **11:00 – 11:50 AM** Meet starts: **12:00 PM**
Sunday, July 11 Warm-up: **8:00 – 8:50 AM** Meet starts: **9:00 AM**

PLACE: South Kitsap High School pool (360-874-5741)
 425 Mitchell Avenue, Port Orchard, WA 98366-4114

MEET DIRECTORS: Lisa Dahl lisaisswimming@hotmail.com or 206-251-1278
 Sarah Welch sarahwelch@comcast.net or 206-359-2588

FACILITY: The venue is an indoor facility with spectator seating for 200+ people. (Bring your chair!) The six-lane 50-meter pool's adjustable floor and bulkhead will be set to provide competition water depth of seven to thirteen feet. One lane will be available continuously for warm-up and warm-down.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2010 USMS or MSC registered swimmers age 18 and above as of July 9, 2010. Age groups determined by age as of December 31, 2010.

DIRECTIONS: **From I-5** take Highway 16 toward Bremerton. Take the **Sedgwick** exit (19 miles from the bridge.) Turn right onto Sedgwick, head east. Turn left at Bethel Rd (stop light). Bear right at "Y" onto Mitchell Road which becomes Mitchell Avenue. Watch for pool sign after approximately 1 mile.

From Bremerton: Take Highway 16 toward Tacoma. Take the **Tremont** exit, head east. Continue as Tremont becomes Lund Avenue. Turn left at Bethel Rd (stop light). Bear right at "Y" onto Mitchell Road which becomes Mitchell Avenue. Watch for small pool sign after approximately 1 mile.

ORDER OF EVENTS (NW Zone #BB) Seeding slow to fast. Deck enter relays at the meet.

Saturday, July 10, 12:00 noon			Sunday, July 11, 9:00 AM		
Wmn	Event	Men	Wmn	Event	Men
1/2	400 IM (Check in by 11:30)	1/2	25/26	400 Free (Check in by 8:30)	25/26
10 Minute Break			10 Minute Break		
3	Women's 400 Medley Relay	-	27	Women 400 Freestyle Relay	-
4/5	Mixed 400 Medley Relay	4/5	28/29	Mixed 400 Freestyle Relay	28/29
-	Men's 400 Medley Relay	6	-	Men's 400 Freestyle Relay	30
7	50 Breast	8	31	100 Backstroke	32
9	100 Butterfly	10	33	50 Freestyle	34
11	200 Freestyle	12	35	200 Breaststroke	36
10 Minute Break			10 Minute Break		
13	Women's 200 Free Relay	-	37	200 Women's Medley Relay	-
14/15	Mixed 200 Freestyle Relay	14/15	38/39	200 Mixed Medley Relay	38/39
-	Men's 200 Freestyle Relay	16	-	200 Men's Medley Relay	40
17	100 Breaststroke	18	41	50 Backstroke	42
19	200 Backstroke	20	43	200 Butterfly	44
21	50 Butterfly	22	45	100 Freestyle	46
10 Minute Break			10 Minute Break		
23/24	1500 Freestyle	23/24	47	200 Individual Medley	48
			49/50	800 Freestyle	49/50

CHECK-IN: Check-in is required for the **400 IM** (Deadline: 11:30 AM Saturday), **1500 Free** (Deadline: 1:30 PM Saturday), **400 Free** (Deadline: 8:30 AM Sunday) and **800 Free** (Deadline: 11:30 AM Sunday). Swimmers who do not check in by the deadline may be scratched from the event.

WEBSITE: Visit www.swimpna.org for link to **ENTER ONLINE (preferred)** and any updated information.

Entry Confirmation: Online entries provide entry confirmation. For confirmation of a mailed entry, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

2010 NORTHWEST ZONE LONG COURSE CHAMPIONSHIP MEET

Saturday and Sunday, July 10 – 11, 2010

NAME: _____ M F AGE*: _____
 * as of December 31, 2010.

ADDRESS: _____

PHONE _____ EMAIL _____

BIRTHDATE: _____ USMS #: _____ - _____

CLUB _____ or UNATTACHED _____ LMSC _____

ENTRY LIMIT: 5 INDIVIDUAL EVENTS PER DAY PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME (Long Course Meters)

Emergency Contact: _____ Phone: _____

ENTRY FEE: \$ 22.00 Surcharge (Includes \$1.50 Northwest Zone meet surcharge)

Individual Events: + _____ \$2 per event. No charge for relays.
 Optional for age 65 and over and needs-based swimmers.

Total: \$ _____

If you do not have Internet access, } Lisa Dahl
 mail this entry form and fees to: } 4742 42ND AVE SW # 151
 (make checks payable to PNA) } SEATTLE WA 98116-4553

Entry Deadlines:
Postmark: June 25
ONLINE: July 1

Include a copy of your Masters registration card if you are not a PNA member. You must have a valid 2010 USMS or foreign registration prior to meet entry or must submit an application accompanying your entry.

PLEASE ENTER ONLINE: www.clubassistant.com/club/meet_information.cfm?c=1534&smid=2320

Questions? Email lisaisswimming@hotmail.com or sarahwelch@comcast.net

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

SAFETY FIRST: **NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES!**