

**2010 NORTHWEST ZONE LONG COURSE CHAMPIONSHIP MEET**

Hosted by Pacific Northwest Association of Masters Swimmers  
Sanctioned by the Pacific Northwest Association of Masters Swimmers  
for USMS, Inc. Sanction # 360-07

DATE: **Saturday, July 10<sup>th</sup> and Sunday, July 11, 2010**  
TIMES: **Saturday, July 10<sup>th</sup>**, Warm-up: **11:00 – 11:50 AM**, Meet starts: **12:00 AM**  
**Sunday, July 11<sup>th</sup>**, Warm-up: **8:00 – 8:50 AM**, Meet starts: **9:00 AM**  
PLACE: South Kitsap High School, 425 Mitchell Ave, Port Orchard, WA 98366-4114  
MEET DIRECTOR: Lisa Dahl [lisaisswimming@hotmail.com](mailto:lisaisswimming@hotmail.com) or 206-251-1278

FACILITY: The venue is an indoor facility with spectator seating for 500 people. It includes a 50-meter championship pool with six nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard

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 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. High School is on right 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. High School is on right after approximately 1 mile.

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

<b>Saturday, July 10<sup>th</sup> 12:00</b>		<b>Sunday, July 11<sup>th</sup> 9 AM</b>	
1	400 IM (Check-in by 11:30)	15	400 Freestyle (Check-in by 8:30)
2	Women's 200 Freestyle Relay	16	Women's 200 Medley Relay
3	Men's 200 Freestyle Relay	17	Men's 200 Medley Relay
4	Women's 400 Freestyle Relay	18	Women's 400 Medley Relay
5	Men's 400 Freestyle Relay	19	Men's 400 Medley Relay
6	50 Breast	20	100 Backstroke
7	100 Butterfly	21	50 Freestyle
8	200 Freestyle	22	200 Breaststroke
	10 minute break		10 minute break
9	200 Mixed Medley Relay	23	200 Mixed Free Relay
10	400 Mixed Medley Relay	24	400 Mixed Free Relay
11	100 Breaststroke	25	50 Backstroke
12	200 Backstroke	26	200 Butterfly
13	50 Butterfly		10 minute break
14	1500 Freestyle	27	100 Freestyle
		28	200 Individual Medley
		29	800 Freestyle

WEBSITE: Visit the PNA website at [www.swimpna.org](http://www.swimpna.org) for updated information.

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

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

**2010 NORTHWEST ZONE LONG COURSE CHAMPIONSHIP MEET**

**Saturday, July 10<sup>th</sup> and Sunday, July 11<sup>th</sup>, 2010**

NAME: \_\_\_\_\_ M F AGE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
PHONE \_\_\_\_\_ Email \_\_\_\_\_  
BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_ - \_\_\_\_\_  
CLUB \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_

AGE GROUP (Determined by your age as of December 31<sup>st</sup>, 2010):

19 - 24    25 - 29    30 - 34    35 - 39    40 - 44    45 - 49    50 - 54    55 - 59  
60 - 64    65 - 69    70 - 74    75 - 79    80 - 84    85 - 89    90 - 94    95+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

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: \$ \_\_\_\_\_ Please make checks payable to PNA  
Mail this entry form and fees to: Lisa Dahl  
4742 42<sup>nd</sup> SW #151  
Seattle, WA 98116

**Questions?** Email [lisaisswimming@hotmail.com](mailto:lisaisswimming@hotmail.com)  
Entries must be postmarked no later than June 25<sup>th</sup> On line entries must be received by July 1st .  
**Include a copy of your Masters registration card if you are not a PNA member.** All swimmers must have a valid 2010 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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, OF 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: \_\_\_\_\_