

# Lake Washington Masters - LWM Invite

Sunday February 21st, 2016

Warm-up: 9:00 AM Meet starts at 10:00 AM

Sanctioned by PNA for USMS Inc. 366-S005

**LOCATION:** Juanita Aquatics Center, 10601 NE 132<sup>nd</sup> St. Kirkland, WA 98034 @ Juanita High School

**FACILITY:** 25 yard, 6 lanes, separate warm-up area. Temp 82°F

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, 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.

**MEET DIRECTOR:** Linda Chapman, [chapman\\_family@comcast.net](mailto:chapman_family@comcast.net), 425-890-3751

**MEET REFEREE:** Dick Chapman [dick\\_chapman@comcast.net](mailto:dick_chapman@comcast.net)

**CONCESSIONS:** None. Bring your own snacks

**RULES:** Current USMS rules will govern the meet.

**ELIGIBILITY:** Open to all 2016 USMS or foreign registered swimmers 18 and above as of 02/21/2016. Age groups based on the swimmer's age as of 02/21/2016

**ENTRIES:** Swimmers may enter up to 5 individual events. Entries must be postmarked by Thursday, February 11th, 2016 or submitted online by 11:59 PM (Pacific) Monday, February 15, 2015

**ENTRY LIMIT:** Meet is limited to 190 entrants. 2015 attendance: 188

**DECK ENTRIES:** Only in OPEN LANES and available only to swimmers already entered in the meet, and who are entered in less than the entry limit of 5 individual events.

**SEEDING:** All events slow to fast, age groups and sexes mixed. Pre-seeding except for 400IM and 500 Free.

**CHECK-IN:** Positive check-in required for the 500 Free and 400 IM. Check in for the 400 IM by 9:15 AM and check in for the 500 Free by the conclusion of event #14. Swimmers missing the check-in deadline may be scratched from the event.

**RELAYS:** Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

**AWARDS:** Available for purchase at meet.

## ORDER OF EVENTS:

1	400 IM	12	100 Fly
2/3	W/M 200 Free Relay	13	50 Breast
- - - 10 min Break - - -		- - - 15 min Break - - -	
4	100 Back	14/15	W/M 200 Mdly Relay
5	200 Free	16	50 Back
6	50 Fly	17	100 Free
7	200 Breast	18	200 Fly
8	100 IM	19	100 Breast
- - - 5 min Break - - -		20	200 IM
9	Mixed 200 Mdly Relay	- - - 5 min Break - - -	
10	200 Back	21	Mixed 200 Free Relay
11	50 Free	22	500 Free*

\*500 Free limited to 36 entrants

**ENTRY FEES:** \$16 (US or Canadian; includes LMSC and timing surcharges) PLUS \$3 per individual event (optional for seniors and needs-based swimmers). Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet. No charge for relays.

**ONLINE ENTRIES:** Enter online at:

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1534&smid=7085](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=7085) Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet.

**PAPER ENTRIES:** Use the [PNA Generic Entry Form](#) available on the PNA Website or in the WetSet. Make checks payable to Wave Aquatics and mail to: **Linda Chapman 17532 NE 142<sup>nd</sup> St. Redmond, WA 98052**

**DIRECTIONS:** From I-405 take the NE 124<sup>th</sup> St exit and head W. Turn right at 116<sup>th</sup> Ave NE. Turn left on NE 132<sup>nd</sup> St. Turn left on Juanita HS Dr. Pool is located next to the west parking lot.

**ENTRY QUESTIONS:** Linda Chapman, [chapman\\_family@comcast.net](mailto:chapman_family@comcast.net),

**LODGING:** <http://www.marriott.com/hotels/travel/seatc-courtyard-seattle-kirkland/>

