



LCM Summer Meet

Saturday, July 1, 2023

Hosted by PNA Clubs and Workout Groups
Sanctioned by PNA for USMS Inc. #363-S005

LOCATION: Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023, 206-296-4444

FACILITY: 50-meter championship pool set up as one-50m course, with 9-ft wide lanes and a water depth range of 9'-10.5'. Continuous warm-up available in 7-lane, 25-yd dive tank. 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 World & USMS records and USMS Top 10 will be contingent on verification of bulkhead placement.

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.

SCHEDULE: Warm-up 9 am – 9:50 am. Meet starts 10 am. If the pre-meet timeline shows an ending time later than 4 pm, the meet warm-up, check-in times, and start time will be 30 minutes earlier: warm-up 8:30 am-9:20 am and a meet start of 9:30 am. Swimmers will be notified via email, by 6/28 of a change in the meet start time.

MEET DIRECTOR: Sally Dillon: salswmr@comcast.net
(360) 929-5358

MEET REFEREE: Dave Baer: dlbaer53@gmail.com

CONCESSIONS: KCAC vendor, available in lobby.

RULES: Current USMS rules will govern the meet. Feet first entry during warm-up. Diving in designated sprint lanes only, when open during warm-up.

ELIGIBILITY: Open to all 2023 USMS or foreign registered swimmers 18 and above as of 07/01/2023. Foreign registered swimmers must provide proof of their current registration status. Age groups based on the swimmer's age as of 12/31/2023. 18-24, 25-29... and up in 5-yr increments.

ENTRY LIMIT: Swimmers may enter up to 5 individual events and 4 relays.

DECK ENTRIES: No deck entries except for relays.

ENTRY FEES:

- Regular deadline fees: \$32 meet surcharge plus \$4 per individual event. Enter by June 18
- Extended deadline fees: \$40 meet surcharge plus \$4 per individual event. Enter by June 25
- No charge for relays.
- Relay only swimmers pay Regular or Extended meet surcharge depending on their entry date.

- PNA Swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#).

800 FREE NOTES: Limit 24 entries. Entrants must be able to swim the event in 19:00.00 or faster. A waitlist for the 800 Free will be created in order of entry. Waitlist entrants must check-in by the deadline to be eligible for seeding if there are sufficient scratches in the event.

ENTRY DEADLINES:

- **Regular deadline:** Sunday, June 18, 11:59 pm
- **Extended deadline:** Sunday, June 25, 11:59 pm

SEEDING: All events seeded slow to fast. Pre-seeding except for asterisked events, below.

POSITIVE CHECK-IN DEADLINES:

400 Free: 9:20 am (40 minutes before meet start);

400 IM: End of event #6; 800 Free: End of event #13

For positive check-in events, swimmers must check in by the deadline in order to be seeded (but may be placed in open lanes, if available, after seeding.)

RELAYS: Age groups (sum of ages): 72- 99, 100-119, 120-159, 160-199, 200-239, 240-279, The aggregate age of the four relay team members determines the relay age group. Mixed relays require two men and two women. Unattached swimmers are not allowed to swim on a relay.

Relays will be deck entered at the meet. Deck entry relay entries due as follows:

- #2-#3, #8: 9:15 am (45 minutes before meet start),
- #15-#16: by the end of event #7,
- #21: by the end of event #14

AWARDS: PNA Medals may be purchased at the meet for \$2.

ONLINE ENTRIES: Enter online at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=16439

ENTRY QUESTIONS: Linda Chapman:

chapman_family@comcast.net

Order of Events - Saturday, July 1

1	400 Free*	12	200 Breast
2/3	W/M 200 Fr Rly*	13	50 Free
4	200 Fly	14	400 IM*
5	50 Breast	--- 5 min Break ---	
6	200 Back	15/16	W/M 200 Mdly Rly*
7	100 Free	17	100 Fly
--- 5 min Break ---		18	50 Back
8	Mxd 200 Fr Rly*	19	100 Breast
9	200 IM	20	200 Free
10	50 Fly	21	Mxd 200 Mdly Rly*
11	100 Back	22	800 Free*

5K Virtual Swim

5K Virtual swim opportunity: Will begin immediately following the LCM meet competition. 2-hour time limit to complete the 5K distance. \$25 per swimmer and each must provide their own timer/counter. Limit 16 swimmers (2/lane). All must provide proof of **ENTRY** for the USMS 5K Virtual Championship. Swimmers must contact [Sally Dillon](#) by 6/20 to reserve a spot.

