

Lake Washington Masters -LWM Invite

Sunday February 17th, 2013

Warm-up: 8:00 AM Meet starts at 9:00 AM

Sanctioned by PNA for USMS Inc. # 0363-S003

LOCATION: Juanita Aquatics Center, 10601 NE 132nd St. Kirkland, WA 98034 @ Juanita High School

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

MEET DIRECTOR: Becca Watson, beccawatson@waveaquatics.org
425-936-1627

MEET REFEREE: Dick Chapman dick_chapman@comcast.net

CONCESSIONS: Available in the balcony for purchase

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2013 USMS or foreign registered swimmers 18 and above as of 02/17/2013. Age groups based on the swimmer's age as of 02/17/2013.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by February 9th, 2013 or online by 11:59 PM (Pacific) February 11.

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 400IM and 500 Free. Check in for the 400IM by 8:20 AM and checking for the 500 Free by the conclusion of event #18. 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.

BREAKS: Definite break between events 13 & 14. Additional breaks will be added if entries are low enough to warrant additional breaks.

AWARDS: Available for purchase at meet.

#	Event	#	Event
1	400IM	13	50 Free
2/3	W/M 200 Free Relay		10 min Break
4	200 Fly	14/15	W/M 200 Medley Relay
5	200 Back	16	100 Fly
6	50 Breast	17	50 Back
7	100 Free	18	100 Breast
8	Mixed 200 Medley Relay	19	200 Free
9	200 IM	20	100 IM
10	50 Fly	21	Mixed 200 Free Relay
11	100 Back	22	500 Free**
12	200 Breast	**	500 Free limited to first 36 entrants

ENTRY FEES: \$16 (US or Canadian; includes LMSC and timing surcharges) PLUS \$2 per individual event (optional for seniors and needs-based swimmers). Entry fees include WA State sales tax. No charge for relays.

ONLINE ENTRIES: Enter online at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=4393

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 142nd St. Redmond, WA 98052**

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

ENTRY QUESTIONS: Becca Watson, beccawatson@waveaquatics.org

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