

**2008 NORTHWEST ZONE SHORT COURSE YARD CHAMPIONSHIPS
& STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET**

Hosted by Federal Way Masters
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 368-05

DATE: **Saturday, April 12th and Sunday, April 13th, 2008**

TIMES: **Saturday, April 12th: Warm-up: 11:00 – 11:50 AM, Meet starts: Noon**
Sunday, April 13th: Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM

PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,
Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Steve Freeborn. (253)941-6808 freebornlaw@qwest.net

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for all events except relays. The championship pool is rated one of the fastest pools in the world. 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 2008 USMS or foreign registered swimmers age 18 and above as of April 13th. Age groups will be based upon the swimmer's age as of April 13, 2008.

DIRECTIONS: From North or South Bound I-5 take exit 142 B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

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

Saturday, April 12th: Noon		Sunday, April 13th: 9 AM	
1	400 Individual Medley	13	500 Freestyle
2	50 Backstroke	14	100 Breaststroke
3	200 Butterfly	15	50 Butterfly
4	100 Freestyle	16	200 Freestyle
5	Women's 200 Medley Relay	17	200 Individual Medley
6	Men's 200 Medley Relay	18	Women's 200 Freestyle Relay
7	100 Backstroke	19	Men's 200 Freestyle Relay
8	50 Freestyle		Special Awards Presentation
9	200 Breaststroke	20	50 Breaststroke
10	100 Individual Medley	21	200 Backstroke
11	200 Mixed Freestyle Relay	22	100 Butterfly
12	1000 Freestyle	23	Mixed 200 Medley Relay
		24	1650 Freestyle
			PNA Team Awards

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

Entry Confirmation: If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

Check-in: Check-in is required for the 1000 Freestyle (Deadline end of event 6), the 500 Freestyle (Deadline: Sunday at 8:30 AM), and the 1650 Freestyle (Deadline: end of event 19). Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 5&6, end of event 1; event 11 end of event 6; events 18-19 end of event 13; and event 23 end of event 19.

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Saturday, April 12th and Sunday, April 13th, 2008**

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE: _____ USMS #: _____ - _____ Circle if first Masters meet **Y**

Include a copy of your Masters registration card if you are not a PNA member

LMSC _____ (PNA, Oregon, Inland NW, etc.) Club _____ (non-PNA members only)

TEAM _____ (note: PNA teams must register with PNA by 4/2/08)

AGE GROUP (Determined by your age as of April 13th, 2008):

18 - 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 Number: _____

ENTRY FEE: \$ 20.00 Surcharge – includes \$1 zone surcharge
Individual Events: + _____ \$2 per event. No charge for relays.
\$ _____ No charge for need-basis or seniors (65 & over).
T-shirts @ \$17 indicate size Adult fit (S ___ M ___ L ___ XL ___ 2XL ___)
Women's fit (XS ___ S ___ M ___ L ___ XL ___ 2XL ___)

Total: \$ _____ **Please make checks payable to PNA**

Mail this entry form and fees to: Holly Bork
6233 S 233rd St
Kent, WA 98032

Questions? Email Holly at holly.d.bork@boeing.com

Entries must be postmarked no later than Saturday, March 29th or received by April 2nd, 2008. All swimmers must have a valid 2008 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, 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 _____

Additional Information:

In Memory of Steve Engel
June 17, 1943 - February 17, 1996

PNA's annual Championship meet is dedicated to the memory of the co-founder and first president of the PNA. Steve lost his battle with complications from leukemia, but his energy and enthusiasm will long be remembered by those of us fortunate to have known him.

"Across America, there are now more than 30,000 of us. And one of the pioneer associations in the nation was right here in Steve Engel land. Thank You, Steve. Your vision long ago became a solid reality that will endure. It was not a false start. You have swum the entire distance to heaven."

- From Tom Taylor's tribute in the March 1996 WetSet

Combined Meet: This is a combined PNA and Northwest Zone Championship meet. All swimmers will be seeded together, but results will be separated for the two meets. PNA members will be listed in results for both meets. Non-PNA members will be listed in results for the Northwest Zone meet only.

Individual Awards: PNA Championship and Northwest Zone ribbons will be awarded first through 6th place in every age group in every event. PNA medals can be purchased for \$2 each.

Club/Team: PNA members must indicate the team that they plan to score points for during the meet. Non-PNA swimmers should indicate the club that they are registered with. For many swimmers the club is the same as the LMSC.

PNA Team Eligibility: To be eligible for team awards, teams must submit a 2008 team registration by the meet entry deadline. PNA team registration forms are available in the WetSet and on the PNA website, www.swimpna.org.

PNA Team Categories: Eligible PNA teams will be divided into three categories, (Large, Medium, and Small), based upon the number of swimmers entered from each team in the meet. Category assignments will be made after the meet entry deadline and announced during the meet.

Scoring: The meet shall be scored from places 1 through 12 in every age group for every event. Individual events will be scored 13-11-10-9-8-7-6-5-4-3-2-1. Relays score double the individual points. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

PNA Team Awards: Plaques will be awarded to the top three teams in each category.

Website: Visit the PNA website at www.swimpna.org for updated information.

Motels: There are numerous motels within fifteen miles of the pool including

Name	Address	Distance to Pool	City	Phone
Holiday Inn Express	24287 Pacific Hwy S	1.4 miles	Federal Way	253-838-3164
Quality Inn	1400 S. 348th ST	1.4 miles	Federal Way	253-835-4141
Comfort Inn	31622 Pacific Hwy S.	5 miles	Federal Way	253-529-0101
LaQuinta	32124 25th Ave. S.	5 miles	Federal Way	800-531-5900
Courtyard by Marriott	31910 Gateway Ctr. Blvd. S.	5 miles	Federal Way	253-529-0200

PNA Coach of the Year and Dawn Musselman Awards: The 2008 PNA Coach of the Year and the 2008 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Sunday at the conclusion of event #19.

T-shirts. T-shirts are available for \$17, but must be ordered with your entry. The meet t-shirt design can be found on the PNA website at www.swimpna.org.

New PNA Swimmers: if this is your first Masters Swim Meet please contact Lisa Dahl lisaisswimming@hotmail.com (206) 251-1278) by 4/2/08. She will help you at the meet and has a PNA gift for you.