

**2010 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET**  
**Saturday, April 10<sup>th</sup> and Sunday, April 11<sup>th</sup>, 2010**

Hosted by Federal Way Masters  
 Sanctioned by the Pacific Northwest Association of Masters Swimmers  
 for USMS, Inc. Sanction # 360-003

DATE: **Saturday April 10<sup>th</sup> and Sunday, April 11<sup>th</sup>, 2010**

TIMES: **Saturday, April 10<sup>th</sup>: Warm-up: 11:00 – 11:50 AM, Meet starts: noon**  
**Sunday, April 11<sup>th</sup>: 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. (206)940.7442 [freebornlaw@qwest.net](mailto:freebornlaw@qwest.net)

**On Line Entries are encouraged!**

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1449&smid=2176](https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&smid=2176)

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. 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 2010 USMS or foreign registered swimmers age 18 and above as of April 11<sup>th</sup>. Age groups will be based upon the swimmer's age as of April 11, 2010.

SEEDING: Two courses will be used for the 400 IM, 500 Freestyle, 1000 Freestyle and 1650 Freestyle. A single course will be used for all other events.

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 #C) (Seeding slow to fast / Deck enter relays at the meet.)

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

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

**Entry Confirmation:** Online entries provide entry confirmation. If entry confirmation is desired for a paper entry, 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), 500 Freestyle (deadline 8:30 Sunday) & 1650 Freestyles (Deadline end of event 18) Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 9, 10 & 11, 1 PM Saturday; events 21, 22, & 23, 11 AM Sunday.

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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 3/27/10)

AGE GROUP (Determined by your age as of April 11th, 2010):

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: \_\_\_\_\_

Circle if this is your first Master's Meet: **Y**

ENTRY FEE: \$ 27.00 Surcharge  
 Individual Events: + \_\_\_\_\_ \$2 per event. No charge for relays.  
 No charge for need-basis or seniors (65 & over).  
 \$ \_\_\_\_\_ T-shirts @ \$18 indicate size Adult fit (S \_ M \_ L \_ XL \_ 2XL \_)  
 Women's fit (S \_ M \_ L \_ XL \_ 2XL \_)

Total: \$ \_\_\_\_\_ **Please make checks payable to Federal Way Masters**

Mail this entry form and fees to: Federal Way Masters  
 PO Box 24083  
 Federal Way, WA 98093

Questions? Email Steve Freeborn at [freebornlaw@qwest.net](mailto:freebornlaw@qwest.net)

**Entries must be postmarked no later than Wednesday, March 24th. On Line entries will close at midnight on Saturday March 27<sup>th</sup>. 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, 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

**T-shirts.** T-shirts are available for \$18, but must be ordered with your entry. The shirts will include the logo shown on the right.

**Individual Awards:** PNA Championship ribbons will be awarded first through 6<sup>th</sup> 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 2010 team registration by the meet entry deadline. PNA team registration forms are available in the WetSet and on the PNA website, [www.swimpna.org](http://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](http://www.swimpna.org) for updated information.

**Motels:** There are numerous motels within fifteen miles of the pool. There are no discounts associated with the meet.

**PNA Coach of the Year and Dawn Musselman Awards:** The 2010 PNA Coach of the Year and the 2009 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Sunday at the conclusion of event #16.

**FEDERAL WAY KINGS**  
**PRESENTS**  
**CHAMPS 2010**

**YOU GOTTA EARN THE RIGHT TO**  
**SWIM THE**  
**BLUES**

**FOR 2 DAYS ONLY**

**APR. 10 & 11<sup>TH</sup>**

**FEATURING YOUR FAVORITE HITS**

I HEAR THE BELL (BUT IT AIN'T FOR ME)  
THE DQ BLUES (HAVE MERCY!!)  
I BEEN LAPPED (AND SHE'S 84)  
THAT LONG LONESOME MILE (COUNTER, PLEASE PLEASE DON'T LEAVE ME!!)  
RELAY ANCHOR BLUES (GIMME A LEAD)  
SANDBAGGED BLUES (BUT I WON MY AGE-GROUP)  
I LOST MY HEAT (AND KEPT MY COOL)