



Pacific Northwest Swimming
2026 PN IST January Invitational
Approval #2601-SP12
Snohomish Aquatic Center
516 Maple Avenue, Snohomish, Washington
Hosted by the Issaquah Swim Team



Held under approval of Pacific Northwest Swimming, Inc., and USA Swimming, Inc.

SCHEDULES	SESSIONS 1 & 2 SATURDAY, JANUARY 24, 2026	SESSIONS 3 & 4 SUNDAY, JANUARY 25, 2026
Coaches' Meetings	7:45 AM Saturday All coaches must check in at Clerk of Course	
Officials' Meetings	45 minutes before start of competition	45 minutes before start of competition
Timers' Meetings	30 minutes before start of competition	30 minutes before start of competition
Warm-ups	Session 1: 8:00 AM Session 2: Immediately following conclusion of Session 1	Session 3: 8:00 AM Session 4: Immediately following conclusion of Session 3
Timed Finals	Session 1: 9:00 AM Session 2: One hour after start of warm-ups	Session 3: 9:00 AM Session 4: One hour after start of warm-ups
Positive Check-in Deadlines	Session 1: Start of warm-ups Session 2: will be announced	Session 3: Start of warm-ups Session 4: will be announced
Deck Entry Deadline	30 min after start of warm-ups	30 min after start of warm-ups

MEET ENTRY DEADLINE: Tuesday, January 13, 2026

This meet will be conducted in accordance with USA Swimming's technical rules, while complying with the State of Washington's anti-discrimination laws including RCW 49.60.500. By entering this meet, you agree to all conditions of the meet, including compliance with the State of Washington's anti-discrimination laws, and agree and understand that the meet host and Pacific Northwest Swimming shall be free and held harmless from any liabilities or claims for damages or disputes.

Competition will be open to all swimmers domiciled within the Pacific Northwest Swimming's geographic boundaries or who are otherwise invited to participate by the meet host. All swimmers are subject to the following:

1. Any swimmer age 18 or older must have current USA Swimming's Safe Sport Training
2. Any swimmer who is not an athlete-member of USA Swimming must show proof of having achieved the stated qualifying times in USA Swimming sanctioned, approved, or observed competition.
3. Swimmers may not change their competition category once entries have been received.
4. Times achieved by swimmers not in good standing with USA Swimming as of the meet date will not go into USA Swimming's SWIMS database.

All persons acting in any coaching capacity must be coach-members of USA Swimming.

No one appearing on the U.S. Center for SafeSport's banned list may compete, coach, or be present on deck or in any area open to athletes.

MEET DIRECTOR:

Annie Choi
• meetdirector@istsockeyes.org

MEET REFEREE:

Joachim Stahl
• officials@istsockeyes.org

ADMINISTRATIVE OFFICIAL:

Zach Rohde
• aozrohde@gmail.com

FACILITY INFORMATION:

- 25 yard x 25 meter pool. All ten lanes will be used during general warm-up. Lanes 1-8 will be used for competition during which time Lane 9 will be closed and Lane 10 will be available for coach-supervised warm-up/cool-down.
- Starting and turning end 7.0 - 12.5 feet deep.
- The host will ensure the required course dimensions.
- Sessions will be livestreamed to provide online spectator viewing. There may be limited spectator seating in the bleachers on a session by session basis, but priority will be given to athlete seating. No spectators on deck at any time; do not block the doors!
- Automatic timing system with scoreboard readout

- Heat Sheets posted at venue and on Meet Mobile; Results on Meet Mobile & PNS web page.
- Hospitality for coaches and officials only
- Vendor: Snohomish Aquatic Center Swim Shop
- Parking: Please use the lots behind the building, not those in front.

ELIGIBILITY & ENTRY INFORMATION:

- This meet is an invitational. Those wishing an invitation should contact the Meet Director. An invitational does not guarantee acceptance due to timeline and/or facility restrictions.
- All swimmers must be registered with USA Swimming and Pacific Northwest Swimming in compliance with Article 302 prior to the first day of the meet through the host, an invited club, or be otherwise invited. A non-member domiciled within the geographic boundaries of Pacific Northwest Swimming may also request an invitation. Neither on-deck USA Swimming registration nor any on-deck transfer will be permitted or recognized.
- The four-hour rule applies to Sessions 1 and 3.
- Age groups are based on the age of the swimmer as of the first day of the meet.
- Each swimmer may enter up to three (3) events in Session 1, two (2) events in Session 2, three (3) events in Session 3, and two (2) events in Session 4, but may only enter events in one session each day. Entries exceeding this limit will be scratched without notification, and entry fees will not be refunded.
 - A swimmer entering the same distance/stroke twice – i.e., events 10 & 22 and/or events 11 & 23 – must use the same entry time for both entries.
- **Deck Entries:** Only swimmers who entered the meet by the January 13, 2026, meet entry deadline but did not enter the maximum number of individual events as stated above may deck enter individual events, subject to all event entry parameters and limits. Deck entries will be allowed only in open lanes and only at the discretion of the Meet Referee.
 - No deck entry will be considered complete without payment of all appropriate entry fees in the form of a check payable to IST or, if by cash, the exact amount. Change will not be available for overpayments by cash.

ENTRY FEES:

- Surcharge: \$15.00
- Individual Events: \$4.50
- No refunds or credits will be given for events entered but not swum.

AWARDS AND SCORING:

- Ribbons 1st thru 6th places by age group (8&U, 9-10, 11-12, 13-14, 15&O) and gender.
- No scoring.

MEET RULES:

- Current PNS and USA Swimming rules govern throughout the meet, including warm-ups.
- All events will be timed finals seeded fast-to-slow, and all entry times must be SCY (short course yards). NT ("no time") entries are acceptable.
- All 25Y and 50Y events, Event 1, and Event 13 will be pre-seeded with no penalty for a swimmer who fails to show.
- With the exception of Event 1 and Event 13, all events 100Y or longer will be deck-seeded, requiring a positive check-in with the Clerk of Course by the stated deadline in order to swim. Any late arrival should check in with the Meet Referee for a possible heat/lane assignment. Swimmers who check in but fail to show will be disqualified from the next individual event in which they are entered.
- Timers will be provided for all Session 1 and Session 3 events.

- Session 2 and Session 4 swimmer must provide their own timers and distance freestyle swimmers must provide their own counter, if desired. All timers and counters must be individuals authorized to be on deck at that time. USA Swimming requires all timers to be age 11 or older.

WARM-UP PROCEDURES:

- No diving from the bulkhead during warm-ups.
- Circle swim counter-clockwise only.
- Teams will be assigned lanes for warm-ups and starts.
- Pool closed promptly five (5) minutes prior to the start of competition.
- Warm-up may be modified at the discretion of the Meet Referee to accommodate the number of swimmers entered.

SAFETY INFORMATION:

- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition. In addition, each coach's credentials include current Red Cross lifeguarding, first aid, and CPR/AED certification. The facility's AEDs are located on the wall behind the starting blocks and in the building lobby.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices (cell phones, cameras, PDAs, etc.) are not permitted behind the starting blocks during the entire meet. In the event of any disputes regarding video recording, the Referee's decision shall be final and binding.
- Deck changes are prohibited.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- No diving from the bulkheads at any time. No diving from the blocks or sides of pool except for designated sprint lanes during designated times in main pool.
- Jumping into the pool is not allowed.
- Backstroke swimmers enter the water feet first in rotation; no diving over persons in the water.
- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.
- Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm-downs.
- All participating swimmers must be under the supervision of a USA Swimming member coach and may not enter the water at any time unless under the supervision of said coach. The Meet Director or Meet Referee may assist a swimmer in making supervision arrangements, but it is the swimmer's responsibility to make arrangements prior to the start of warm-ups and to so notify the Meet Referee.
- Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance with this requirement.
- Only authorized volunteers and working personnel can be on deck. All others are not allowed in the designated racing venue unless timing for an event or volunteering with the management of the meet.

Authorized volunteers will need to wear an ID badge or receive a lanyard from the Clerk of Course.

- In order to be on deck and serve in their official capacity, all officials shall visibly display their membership credentials, including current certification(s), at all times.
- All persons acting in any coaching capacity must be coach members of USA Swimming and must show proof of current coaching credentials when checking in for the meet.
- Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the swimming venue.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet and the loss of any points accumulated toward team standings by the individual.
- Team Areas: Please keep your area clean and pick up all trash before leaving each session.
- It is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event
- It is further understood that Pacific Northwest Swimming and the Issaquah Swim Team shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

2026 JANUARY INVITATIONAL ORDER OF EVENTS

Event #	SESSION 1 -- SAT AM	Event #	SESSION 3 – SUN AM
1	Open 100 Individual Medley	13	Open 200 Freestyle
2	10&U 25 Freestyle	14	Open 50 Backstroke
3	Open 100 Freestyle	15	11&O 200 Backstroke
4	10&U 25 Backstroke	16	Open 50 Breaststroke
5	Open 100 Backstroke	17	11&O 200 Breaststroke
6	10&U 25 Breaststroke	18	Open 50 Butterfly
7	Open 100 Breaststroke	19	11&O 200 Butterfly
8	10&U 25 Butterfly	20	Open 50 Freestyle
9	Open 100 Butterfly	21	Open 200 Individual Medley

Event #	SESSION 2 -- SAT PM
10	11&O 500 Freestyle
11	11&O 400 IM
12	11&O 1650 Freestyle

Event #	SESSION 4 -- SUN PM
22	11&O 500 Freestyle
23	11&O 400 IM
24	11&O 1000 Freestyle

**THIS MEET IS AN INVITATIONAL
DO NOT SUBMIT AN ENTRY WITHOUT AN INVITATION**

HOW TO ENTER THIS MEET:

Before processing your entries, confirm that

- ✓ You have read the Meet Announcement, noting the entry deadline, entry limits, time standards (if any), and other eligibility parameters.
- ✓ USA Swimming member-clubs: Your software's registration database matches SWIMS.
- ✓ Your 18O swimmers entered into this meet have current Athlete Protection Training recognized by the U. S. Center for SafeSport.
- ✓ The parent/guardian of any swimmer age 17 or younger who is not a properly registered athlete member of USA Swimming, Inc., will provide a completed and signed USA Swimming Non-Member Liability Release and Indemnification Form no later than the start of warm-ups of the first session in which the athlete is entered. Any swimmer age 18 or older who is not a properly registered athlete member of USA Swimming, Inc., will provide a completed and signed USA Swimming Non-Member Liability Release and Indemnification Form not later than the start of warm-ups of the first session in which the athlete is entered. Each signatory understands that times achieved at this meet will not go into SWIMS.
- ✓ Swimmers who are not properly-registered athlete members of USA Swimming, Inc.'s Pacific Northwest Swimming LSC must provide proof of eligibility

Before submitting your entries, confirm that

- ✓ You have checked your meet entry file and reports to ensure that all are complete.
- ✓ All entry times are SCY unless otherwise indicated.

Email the following to entry email meetdirector@istsockeyes.org no later than **Tuesday, January 13, 2026:**

- ✓ Entry file from your team management software
- ✓ Meet Entry Report for individual (sorted by swimmer)
- ✓ Meet Entry Fee Report
- ✓ PNS only: All applicable Outreach Vouchers

In your cover email

- ✓ PNS only: List the names of Outreach Voucher athletes whose Vouchers you have included.
- ✓ List all swimmers who must compete as unattached.
- ✓ Include the name and contact information for your Volunteer Coordinator
- ✓ Include your name and relevant title (Coach, Club Administrator, etc.)

By submitting entries, you attest that

- ✓ All athletes listed in your entry form are either properly registered athlete members of USA Swimming, Inc., or otherwise meet all eligibility requirements listed above and all registration issues will be resolved prior to the first day of the meet.
- ✓ All meet-coaches will be properly certified coach members of USA Swimming, Inc., and will show proof of such when checking in with the Clerk of Course upon arrival at the venue.
- ✓ All entry fees – one check payable to **IST** -- will be paid no later than 30 minutes before the start of the first session of the meet in which your swimmers will compete unless alternate arrangements have been made with the Meet Director prior to the meet entry deadline.