

## PART B: PNS MEET SPEC SHEET 2020 LCM PNS SENIOR CHAMPS

PARTICIPATION:		
OPEN TO PNS ATHLETES ONLY?	YES	
COURSE?	LCM	
ENTRY TIMES:		
<b>TIME STANDARDS?</b>	YES	
If YES, above, qualifying time std for meet or per event (ie Gold, PNS)	PNS Long Course Senior Championships	
If Yes, above, time std per meet or per event?	YES	
Bonus Events?	YES	
If YES, Bonus Event Calculation:	One Bonus up to event limit of six (6)	
Qualifying time period	April 1 of previous season to due date	
<b>Proof of Time (SWIMS reconcile)?</b>	YES	
<b>NON CONFORMING ENTRY TIMES OK?</b>	YES	
<b>SEEDING ORDER: i.e. SCY, LCM, SCM</b>	LCM, SCM, SCY	
EVENT LIMITS, DECK ENTRIES		
EVENT LIMIT PER MEET	INDIV – 6	RELAY - 4
EVENT LIMIT PER DAY, IF ANY (INDIV & RELAY)	INDIV – 3	RELAY – 2
DECK ENTRIES? Open lanes, discretion of meet referee	NO	
<b>AGE GROUP / AGES: INDIVIDUAL</b>	OPEN	
<b>AGE GROUPS / AGES: RELAYS</b>	OPEN	
<b>AWARDS?</b>	YES	
AWARDS – INDIVIDUAL EVENTS: MEDALS	PLACES:	1 <sup>ST</sup> - 8 <sup>TH</sup>
AWARDS - INDIVIDUAL EVENTS: RIBBONS	PLACES:	9 <sup>TH</sup> - 16 <sup>TH</sup>
AWARDS – RELAY EVENTS: MEDALS	PLACES	1 <sup>ST</sup> – 3 <sup>RD</sup>
AWARDS – RELAY EVENTS: RIBBONS	PLACES:	4 <sup>TH</sup> - 16 <sup>TH</sup>
TEAMS TROPHY	PLACES:	1 <sup>ST</sup> – 10 <sup>TH</sup>
AWARDS – INDIVIDUAL HIGH POINT	Top female and male using HY-TEK POWERPOINTS	
AWARDS PROVIDED BY	PNS	
OTHER AWARD INFO:	PNS PAY FOR AWARDS	
<b>SCORING?</b>	YES	
SCORING – INDIVIDUAL EVENTS	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1	
SCORING – RELAY EVENTS	40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 Teams limited to two scoring relay teams per relay event. Additional relay teams will swim Exhibition	
SEEDING:		
<b>DEFAULT SEEDING STYLE FOR MEET</b>	PRELIMS/FINALS: A, B, C FINALS	
<b>EVENTS NOT SEEDED ACCORDING TO DEFAULT FOR MEET</b>	ALL RELAYS – TIMED FINALS 800/1500 FREE - TIMED FINALS	
<b>DECK SEEDED EVENTS?</b>	YES	
If YES, which events?	≥400M individual events	
CHECK-IN TYPE:	POSITIVE	
PENALTY FOR NO-SHOW AFTER CHECK-IN?	YES	
PENALTY FOR NO SHOW: TIMED FINAL EVENTS	DQ'd from next individual prelim or timed final event.	
PENALTY FOR NO SHOW: 'A' OR 'B' FINAL OF PRELIM/FINAL EVENTS	Barred from further competition unless properly scratched, or as noted in USS rule 207.12.6.E	

### OTHER NOTES:

- WARM-UP START: 7:30 a.m.
- PRELIMS START: 9 a.m. Thursday, Friday, Saturday
- FINALS START: 4:30 p.m.
- Time trials will be held time permitting.
- Top 16 relay teams swim in finals; no more than two relays per team in finals; rest of relays swim in prelims (unless 16 or fewer)