



2026 WA State Y Championship Meet

MEET ANNOUNCEMENT

Date: January 24, 2026

Location: Weyerhaeuser King County Aquatic Center, Federal Way, WA

Entry Deadline: 5:00 PM, Monday, January 12, 2026

Coaches Meeting: 7:00 pm, Tuesday, January 20, 2026 ([Zoom link](#))

Hosted by: Bremerton YMCA, Grays Harbor YMCA, and Pearl Street YMCA

Meet Director: Marilyn Grindrod | coachmarilyng@gmail.com

Website: Meet information will be posted on [PSSA Swimming](#)

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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(s) and Puget Sound Swimming Association shall be free and held harmless from any liabilities or claims for damages or disputes.

ABOUT THE MEET

This meet is a closed, inter-association YMCA Championship meet. This meet and all participants will adhere to the [Rules that Govern YMCA Competitive Sports \(Oct 2025\)](#) and the [Swimming Addendum-Rules That Govern \(Nov 2025\)](#). USA Swimming technical rules will be followed. The meet is YMCA sanctioned and will be held under approval of Pacific Northwest Swimming, Inc. and USA Swimming, Inc. [YMCA Sanctioning Meet Requirements](#)

YMCA Sanction #: CAQ-2024-WA12261813

PNS Approval #: 2601-YMCA

ADJUSTMENTS TO THE MEET ANNOUNCEMENT: The Meet Committee retains the authority to modify the meet announcement as necessary to maintain fairness and efficiency, or in response to unforeseen weather or facility issues. Any changes will be communicated as early as possible. However, the essential elements required for a YMCA Sanctioned Championship meet or a USA Swimming Approved meet cannot be altered.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet.

INCLEMENT WEATHER/CANCELLATION: In the event of inclement weather, call the King County Aquatic Center Hotline: 206-477-4444 or 855-952-9970 to confirm the facility's schedule status. KCAC will follow the Federal Way School District schedule. Weather conditions may change throughout the day.

CONTACT INFORMATION

- **Meet Director:** Marilyn Grindrod | 360.286.9090 | coachmarilyng@gmail.com
- **Administrative Official & Entry Chair:** Shannon Millican | 360.305.2536 | smillican@whatcomymca.org
- **Co-Meet Referees:** Josh Barnhart and Earl Long | pssa.swimming@gmail.com

LOCATION AND FACILITY

DIRECTIONS:

- King County Aquatic Center, 650 SW Campus Dr, Federal Way, WA 98023 -- From 1-5 take exit 142B to merge onto Hwy 18 westbound towards S 348th St. Continue on S. 348th St, which becomes Campus Drive. The facility will be on the right, just after the Little League Parking lot. Obey all posted parking signage - Federal Way will ticket and tow illegally parked vehicles.
- Facility Emergency Phone Number: (206) 477-4444 or (855) 952-9970.

PARKING: Carpooling is strongly recommended. Parking is available at the facility and in the Little League Parking lot. Directions for dropping off your swimmers in the drop-off zone (See map on page 14). **Please do not leave valuables in vehicles!**

SPECTATORS:

- Spectator seating is available in the balcony area above the pool and may be accessed from the main lobby. Folding chairs may be used only behind the marked railing. No reserved seating.
- Deck access is limited to only registered and approved coaches, swimmers, working officials and other authorized volunteers. Spectators are not allowed on deck at any time.
- Parents are responsible for their children in the spectator area, and children are not allowed to roam the facility unattended.

RESTROOMS: Restrooms on the lobby level are available for all participants and spectators, but athletes must use the designated locker rooms to change in and out of swim attire. The locker rooms on the natatorium level are reserved exclusively for registered athletes. Dry restrooms on the natatorium level are designated for coaches, officials, other authorized volunteers including timers; swimmers are not permitted in these facilities.

HEAT SHEETS/PROGRAMS: Will be emailed to coaches prior to the meet, posted on the website, and sold at the Volunteer Check-in Table for \$2.00.

CONCESSION STAND: Concession vendor, if open, operates under contract with King County. Neither the PSSA, any Y swim team, nor PNS derive any benefit.

ATHLETE APPAREL

Pre-Order Sales will be available through Amjay Screen Printing. An ordering website will be available by December 20th on the PSSA website. Pre-orders will be available for pick up on the day of the meet. Order deadline is Friday January, 9, 2026. Direct shipping orders will be available for 2 weeks after the meet.

ATHLETE ELIGIBILITY

YMCA MEMBERSHIP

- Each athlete must be a YMCA member in good standing for a period of at least 90 days prior to the first day of the meet with both:
 - full privilege members of their YMCA and
 - represented only their YMCA in competition (with the exception of closed interscholastic and closed summer league competition).
- All athletes 18 years and older must have participated in an approved athlete protection training through USA Swimming, the U.S. Center for Safe Sport or one of the courses listed on the [YMCA Coach Certification Requirements](#) document.
 - By entering their athletes all coaches are certifying the 18 & over athletes have completed the required training.
- Waiver requests should be submitted online using the [Waiver Requests Form](#) no later than the entry deadline. The form is also available on the PSSA website.

YMCA MEET PARTICIPATION

- Each swimmer must have competed in at least two (2) YMCA meets since March 1, 2025.
- Each swimmer must be certified by the team's head coach as familiar with the whistle start procedure and capable of completing the events entered.

AMATEUR STATUS

- Each athlete may not have represented a college, university, or other post-high school institution in any competition. An athlete may not have accepted pay or compensation for competing as a swimmer.

AGE

- The age of each swimmer will be his/her declared age on date of the meet.
- No swimmer may be older than twenty-one (21) years of age as of that date.

UNATTACHED ATHLETES

- There is no "unattached" status in YMCA Swimming.

CONCUSSION AWARENESS

- Each athlete participating at Y-State should have a Concussion Awareness form signed by a parent/guardian kept on file at their YMCA.

ENTRY TIMES

- Individual event entry times should be each swimmer's fastest times achieved between March 1, 2025, and the entry deadline, January 12, 2026. These entry times can be achieved at:
 - A YMCA swim meet.
 - A USA Swimming Sanctioned/Approved/Observed meet
 - A high school meet that was observed by USA-S or YMCA officials in accordance with USA-S Rule 202.7. The printed results of the event must show the USA-S Observed Meet number issued by the LSC and must be signed by one of the USA-S or YMCA observers.
- The head coach is responsible to certify the entry times to represent the swimmer's skill and ability to swim that entry time.
 - Certification means the Head Coach has documentation the swimmer accomplished the time, and that documentation is available for inspection upon request by the Meet Referee.
- All individual events 100 yards or shorter have no qualifying time standards.
- Qualifying times required for all individual events 200 yards or longer are included in the Order of Events.
- NT ("no time") entries will not be allowed or accepted.
- All relay entry times should reflect reasonable estimates.

ATHLETES WITH A DISABILITY

- YMCA Member-athletes with a disability who meet the eligibility requirements of Washington State YMCA Swimming Championships are invited to compete.

SWIMSUIT REGULATIONS

The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, USA Swimming Technical Rules.

- Athletes must wear swimsuits that comply with Article 102.8 of [2025 USA Rulebook](#).
- In addition to Article 102.8, tie back style suits are not allowed for this competition.
- A swimmer may request an exemption from the USA Swimming swimwear rules for religious, medical, gender identity or other reasons. As a YMCA sanctioned meet the exemption must be submitted to and approved by the YMCA Officials Committee Chair, Judy Sharkey. Please refer to the Swimming Addendum to the Rules that Govern YMCA Competitive Sports and the instruction at this link - [Swim Suit Exemptions](#)

COACH and TEAM REGISTRATION and CERTIFICATIONS

COACH CERTIFICATIONS

Coaches must hold current certifications in the following courses in order to receive a deck credential

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training

A list of the acceptable certifications can be found at [Swimming Addendum-Rules That Govern Nov 2025](#)

COACH REGISTRATION

- Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline.
- Coaches who are not registered and approved will not be permitted on deck.

TEAM REGISTRATION

- Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee prior to the entry deadline.

TEAMS WITHOUT A COACH PRESENT AT THE MEET

- All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition.
- When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet.
- The Meet Director and Meet Referee must be notified of this situation prior to the start of warm-ups.

INSURANCE

- Each team must have a current and correct Certificate of Liability Insurance in effect through the last day of the meet.

ENTRY INFORMATION

ENTRY LIMITS:

- Three (3) individual events plus two (2) relay events.
 - Limit of three (3) relays (A, B, C) per event per team.
- Swimmers entering any event with an event qualifying time must have achieved that time in a closed-YMCA meet during the eligibility period.

ENTRY FEES: \$40.00/swimmer, including relay-only swimmers

- One check per team - made out to PSSA.
- Mail payment to:
 - Marilyn Grindrod
 - PSSA Treasurer
 - 31661 Night Owl Ave NE
 - Kingston, WA 98346
- **ENTRY DEADLINE: 5:00 PM - January 12, 2026**
- Deck entries or switching of events will not be accepted during the meet.

ENTRY PROCEDURE: Email entry file to pssa.swimming@gmail.com AND smillican@whatcomymca.org

ENTRY FILE & SUBMISSION CHECKLIST

- Submit awards nominations via [**AWARDS FORM**](#)
 - Your team nominee for the Frank Toles Award (see Appendix 2 for nomination information)
 - Graduating seniors
 - YMCA National swimmers
 - Core Values Awards recipients; listing only 1 athlete per value.
- For athletes needing additional time to exit the pool, please include their names in your cover email. Every attempt will be made to seed such athletes on outside lanes to facilitate their exiting the pool.
- Copy of your check request for your Meet Entry fees
- Your YMCA Sanctioned Meet Declaration form (Appendix 3)
- Entry file from Team Manager or equivalent software.
 - Paper entries not accepted.
- For dual-registered (YMCA and USA Swimming) athletes who would like for times achieved at this meet to be entered into SWIMS, include the athlete's USA Swimming ID# in your entry file.
- Meet Entry Reports for individual Events (sorted by swimmer) and relay (sorted by event) entries. Pre-entered names may be changed by declaration to the Lane Timer up to the start of the heat.

MEET PROCEDURES AND OPERATIONS

COACH CHECK-IN

- All coaches must check in with the Clerk of Course.
- Please sign in, show your credentials, and pick up your team packet before the **8:00 AM Meeting**.

Doors Open / Check in	07:45 am
Coaches' Meeting	08:00 am
Team & Official Staging (for recognition)	08:15 am
Team Recognition / Awards	08:30 am
Warm Ups	09:00 am
Officials' Meeting	09:15 am
1st Shift Timers' Meeting	09:30 am
Start of Competition	10:00 am
2nd Shift Timers' Meeting	12:30 pm (switch at 1:00 pm)

MEET FORMAT

All events are timed finals. Fly-over starts will be used for all individual events

- Exception: the 8&U 25 yard events and all backstroke events.

POOLS

The KCAC features a 50-meter pool divided into two 25-yard pools, each with 8 lanes. The area between the bulkheads is always closed. The facility is equipped with Omega OSB starting blocks and take-off pads with adjustable back plates (fins). Details about the backstroke ledge will be shared during the Coaches' Meeting. The water depth at both the start and turn ends is 9 feet. An Omega electronic timing system will be in use, and the host will ensure the necessary course dimensions are maintained.

The meet will be held in both pools.

- The scoreboard end will be for 13 and older swimmers,
- The diving board end is where the 12 and under swimmers will compete.
- Please note the following exceptions:
 - All heats of the 200 BR / 200 Fly / 200 BK will be swum in the scoreboard pool.
 - Heats of the 500 Freestyle events will be swum in both pools. Additional information will be posted after the events are seeded.
- The warm-up pool/dive tank will be available for coach-supervised warm-up and cool down.
 - Should horseplay become an issue, that pool will be closed.

INDIVIDUAL EVENTS:

All swimmers will be responsible for ensuring they are present in the staging area three (3) heats prior to their event.

- Staging area for 12/U is located at dive tank wall (**excluding** 12/U 200 relays, 200 BR/BK/FL, and 500 Free)
- Staging area for 13/O located at right corner near scoreboard (**including** 12/U relays, 200 BR/BK/FL, and 500 Free)
- All events 50Y or longer will start at the blocks. The 25-yard events for 8&U swimmers will start at the bulkhead. Officials will escort swimmers onto the bulkheads.

RELAYS

- The 8/U 100Y and the 10/U 200Y relays will be swum in the dive tank pool.
- The 12/U, 13/14 & 15-21 relays will be swum in the scoreboard pool
- At the Meet Committee's discretion, some or all relays may be canceled due to timeline and/or facility constraints.

SCORING

All individual events will be awarded and scored by age group: 8&U, 9-10, 11-12, 13-14, 15-21.

- Exception: the 200 BK, 200 BR, and 200 FL will be awarded and scored as 11-12, 13-14, 15-21.
- Individual events 16-15-14-13-12-11-9-8-7-6-5-4-3-2-1-0

Relays will be awarded and scored by event descriptions.

- Relays 40-34-32-30-28-26-24-22

SEEDING

- All relays and all individual events 100 yards or shorter will be pre-seeded.
- All 200Y events and 500Y Freestyle **may be deck-seeded**, requiring a positive check-in with the Administrative Official in order to swim. Additional information will be sent to all participating teams, posted on the PSSA web page, and announced at the Coaches' Meeting.
- All 500Y Freestyle swimmers must provide their own timers and, if desired, their own counter. All timers and counters must be individuals authorized to be on deck at that time.
- All events 200Y or shorter will be seeded slow-to-fast YSL (short course yards, short course meters, long course meters). The 500Y Freestyle events will be seeded fast-to-slow
- The Meet Referee reserves the right to combine heats and/or events for competition, timeline, or other reasons.

WARM-UPS

Warm-ups will begin at 9:00 AM. Teams will be assigned warm-up lanes, and no team will have exclusive rights to any pool lanes during this time. Teams should share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

- During designated warm-up session times, athletes may enter the competition pool at the starting end - feet first - with a three-point entry (sit at the side of pool then slide in with one hand on the wall.)
- Specific warm up periods for sprint lanes will be designated for starts. At that time, racing starts will be allowed in your lanes, one direction only.
- Coaches are responsible for the safety of their swimmers and are expected to monitor them at all times during warm-ups, cool downs, and during competition.

RESULTS

Results on the scoreboard and Meet Mobile are not official. Official results will be posted on the pool deck and upstairs lobby.

VOLUNTEERS, TIMERS and OFFICIALS

VOLUNTEERS

All volunteers must complete the following requirements to support their teams on deck.

Safe Sport Briefing

- All adult volunteers must attend a Safe Sport Briefing.

Volunteer Sign Up

- Volunteers must check in at the Volunteer Desk located in the pool lobby **at least fifteen (15)** minutes before the start of their shift's Timers' Meeting.
- After checking in, volunteers will be given credentials to access the competition deck.

TIMERS

- Timers' lane assignments will be allotted based on team entries and will be emailed to each team and be posted on the PSSA website.
- Whether the first or the second shift, all timers must check in as indicated above and attend their shift's Timers' Briefing, which will include the Safe Sport Briefing.
- Each team will be responsible for recruiting the following amount of Timers per session
- [Timer Sign Up Form](#)

SCOREBOARD POOL			DIVE TANK POOL		
	Timer 1	Timer 2		Timer 1	Timer 2
Lane 1	Snohomish	Dale Turner	Lane 1	Skagit	Northshore
Lane 2	Bremerton	Bremerton	Lane 2	Mel Korum	Bremerton
Lane 3	Snohomish	Snohomish	Lane 3	Snohomish	Snohomish
Lane 4	Gordon	Pearl Street	Lane 4	Grays Harbor	Grays Harbor
Lane 5	Pearl Street	Pearl Street	Lane 5	Skagit	Skagit
Lane 6	Whatcom	Snohomish	Lane 6	Haselwood	Haselwood
Lane 7	Lakewood	Lakewood	Lane 7	Tom Taylor	Tom Taylor
Lane 8	West Seattle	Snohomish	Lane 8	South Sound	South Sound
BACK-UP	Pearl Street		BACK-UP	Bremerton	

OFFICIALS

- All YMCA and USA Swimming officials are welcome.
 - To officiate the State Meet, please fill out [THE OFFICIALS SURVEY](#) and Earl will respond to you
 - Earl Long can also be reached through email at ejlswim@gmail.com for questions
 - Walk-ons are always welcome, but shirts must be pre-ordered.
- The Officials' uniform will be white shirt/blouse, navy pants/shorts/skirt, and white athletic shoes.
 - PSSA will provide a polo-type shirt to all officials who indicate their intention to officiate at the meet prior to January 13, 2025.
- The Officials' Meeting will start at 8:45 AM in the meeting room adjacent to the pool deck.

MEET COMMITTEE AND PROTEST PROCEDURE

- The Meet Committee will consist of the Meet Director, Meet Referee, one Aquatic Director, one coach and one athlete (15-21 years old) to be selected.
- The Meet Committee will arbitrate protests, eligibility issues, safety rules, and other issues.
- Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet.
- Protests against the judgment decisions of starter, stroke, turn, place and relay take-off judges can only be considered by the Meet Referee and the Referee's decisions will be final. (USA-S Rule 102.23.1).

MEET REGULATIONS AND CONDUCT

- The Meet Referee reserves the right to dismiss any swimmer, coach, and/or spectator from the competition due to inappropriate conduct. Inappropriate conduct may include, but is not limited to:
 - Deck changes are prohibited. No changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes. This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race. Tie back style suits are not allowed to compete in.
 - Glass containers, food, and personal chairs are not permitted on deck.
 - The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the blocks at any time. Flash photography is not allowed at any time during competition.
 - Massage tables are not permitted.
 - Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended. Contact the facility after the meet for any left items. Shaving is not permitted anywhere in the facility.
 - The 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) at any time athletes, coaches, officials and or spectators are present. Drones are not allowed anywhere else in the building or in the parking areas.
 - Team banners may be hung from the railings of the viewing decks, but neither balloons nor paper signs are allowed in the facility.
 - No smoking, drugs or alcohol are permitted in the swimming complex.

AWARDS AND RECOGNITION

The awards and recognition ceremony will take place at the beginning of the meet. Please note designated areas for parents and athletes.

- Teams and coaches should be seated by 8:30 am in pre-assigned team areas on deck.
- Athlete warm ups will begin after opening ceremonies, approximately 9:00 am

AWARDS:

- Every swimmer will receive a participation Y state swimming cap.
- Individual events: Medals 1st-3rd places; ribbons 4th-8th places
- Relay events: Medals 1st-3rd places.
- Teams must sit in designated areas on deck during opening ceremonies- please see location upon arrival.

RECOGNITIONS: The following athletes will be recognized during the opening ceremonies:

Graduating Seniors, YMCA National Qualifiers, and YMCA Values Awards (one for each core value: Honesty, Caring, Respect, and Responsibility).

- Please note: to be nominated for a Y-value award, athletes must be entered into the meet

LIABILITY, EMERGENCY AND SAFETY PROCEDURES

INSURANCE: Each association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet.

- Appendix 2 must be signed and submitted by each association participating in the meet.

LIABILITY LIMITS

- In granting this approval 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 and agreed that Pacific Northwest Swimming and the King County Aquatic Center shall be free and held harmless from any liabilities for claims for damages arising by reason of injuries to anyone during the contact of the event.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA 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 meet.
- In hosting the Washington State YMCA Swimming Championships, it is understood and agreed that the Puget Sound Swimming Association (PSSA) shall be free of liabilities and claims for damages arising by reason of injuries to anyone during the conduct of the meet.

EMERGENCIES: Facility personnel with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups and competition and will handle all emergencies at the meet.

- CPR and first aid will be administered as needed; individuals with serious injuries will be transported immediately to the nearest hospital for further treatment.
 - AEDs are located in the southwest corner of the natatorium by the doors to the recreation pool and in the main lobby behind the front desk next to the viewing windows.
 - A third AED is on the Banquet Hall wall by the reception desk.

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify a lifeguard. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan is as follows:

1. Athletes are removed immediately from participation by the Meet Director
2. Athletes must be evaluated by a licensed healthcare professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athletes' parent(s)/guardian(s) about the possible concussion and give or send them the fact sheet on concussion.
4. Athletes will not be allowed back to warm-up or compete until a healthcare professional, experienced in evaluating concussions, determines that the athlete is symptom-free and healthy to return to workouts.

LIGHTNING POLICY: Indoor pools should be closed during an electrical storm, per recommendation of The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA. *This policy will be followed at the meet.*

APPENDIX 1: ORDER OF EVENTS AND QUALIFYING TIMES

WARMUPS 9:00 am
COMPETITION BEGINS 10:00 am
Pools will run simultaneously

Dive Tank End Pool				Scoreboard End Pool			
Event #	Age Group	Event Name	QUAL TIME	Event #	Age Group	Event Name	QUAL TIME
1	8 & U Girls	100 Medley Relay		5	12 & U Girls	200 Medley Relay	
2	8 & U Boys	100 Medley Relay		6	12 & U Boys	200 Medley Relay	
3	10 & U Girls	200 Medley Relay		7	13-21 Girls	200 Medley Relay	
4	10 & U Boys	200 Medley Relay		8	13-21 Boys	200 Medley Relay	
5 MINUTE BREAK							
9	9-12 Girls	200 Freestyle*	3:15.00	39	13-21 Girls	200 Freestyle*	2:45.00
10	9-12 Boys	200 Freestyle*	3:15.00	40	13-21 Boys	200 Freestyle*	2:35.00
11	8 & U Girls	25 Backstroke		41	13-21 Girls	50 Backstroke	
12	8 & U Boys	25 Backstroke		42	13-21 Boys	50 Backstroke	
13	9-12 Girls	100 Backstroke		43	13-21 Girls	100 Butterfly	
14	9-12 Boys	100 Backstroke		44	13-21 Boys	100 Butterfly	
15	12 & U Girls	50 Breaststroke		45	11-21 Girls	200 Breaststroke*	3:18.00
16	12 & U Boys	50 Breaststroke		46	11-21 Boys	200 Breaststroke*	3:10.00
17	8 & U Girls	25 Freestyle		47	13-21 Girls	100 Freestyle	
18	8 & U Boys	25 Freestyle		48	13-21 Boys	100 Freestyle	
19	9-12 Girls	100 Breaststroke		49	13-21 Girls	50 Breaststroke	
20	9-12 Boys	100 Breaststroke		50	13-21 Boys	50 Breaststroke	
21	12 & U Girls	50 Backstroke		51	11-21 Girls	200 Backstroke*	3:05.00
22	12 & U Boys	50 Backstroke		52	11-21 Boys	200 Backstroke*	3:00.00
23	8 & U Girls	25 Breaststroke		53	13-21 Girls	100 Breaststroke	
24	8 & U Boys	25 Breaststroke		54	13-21 Boys	100 Breaststroke	
25	12 & U Girls	100 Individual Medley		55	13-21 Girls	100 Individual Medley	
26	12 & U Boys	100 Individual Medley		56	13-21 Boys	100 Individual Medley	
27	12 & U Girls	50 Freestyle		57	13-21 Girls	50 Freestyle	
28	12 & U Boys	50 Freestyle		58	13-21 Boys	50 Freestyle	
29	8 & U Girls	25 Butterfly		59	11-21 Girls	200 Butterfly*	3:05.00
30	8 & U Boys	25 Butterfly		60	11-21 Boys	200 Butterfly*	3:00.00
31	9-12 Girls	50 Butterfly		61	13-21 Girls	200 Individual Medley*	3:05.00
32	9-12 Boys	50 Butterfly		62	13-21 Boys	200 Individual Medley*	2:59.00
33	12 & U Girls	100 Freestyle		63	13-21 Girls	100 Backstroke	
34	12 & U Boys	100 Freestyle		64	13-21 Boys	100 Backstroke	
35	9-12 Girls	100 Butterfly		65	13-21 Girls	50 Butterfly	
36	9-12 Boys	100 Butterfly		66	13-21 Boys	50 Butterfly	
37	9-12 Girls	200 Individual Medley*	3:10.00				
38	9-12 Boys	200 Individual Medley*	3:10.00				
5 MINUTE BREAK							
67	8 & U Girls	100 Freestyle Relay		71	12 & U Girls	200 Freestyle Relay	
68	8 & U Boys	100 Freestyle Relay		72	12 & U Boys	200 Freestyle Relay	
69	10 & U Girls	200 Freestyle Relay		73	13-21 Boys	200 Freestyle Relay	
70	10 & U Boys	200 Freestyle Relay		74	13-21 Girls	200 Freestyle Relay	
				75	13-21 Boys	400 Freestyle Relay	
				76	13-21 Girls	400 Freestyle Relay	
5 MINUTE BREAK							
77	11-21 MIXED	500 Freestyle*	7:00.00				

APPENDIX 2: ENTRY FILE & SUBMISSION CHECKLIST

EMAIL ENTRY FILE to pssa.swimming@gmail.com AND smillican@whatcomymca.org

ENTRY FEES: \$40.00/swimmer, including relay-only swimmers

- One check per team - made out to PSSA.
- Mail payment to:
 - Marilyn Grindrod
PSSA Treasurer
31661 Night Owl Ave NE
Kingston, WA 98346
- **ENTRY DEADLINE: 5:00 PM - January 12, 2026**
- Deck entries or switching of events will not be accepted during the meet.

- Submit awards nominations via [**AWARDS FORM**](#)
 - Your team nominee for the Frank Toles Award
 - The Frank Toles award was established to recognize the exceptional contributions of a longtime swim official and league commissioner who has had a profound impact on the lives of countless young athletes. Frank Toles has dedicated his life to teaching and mentoring swimmers, instilling in them the importance of hard work, sportsmanship, and continuous improvement. His passion for the sport and his commitment to fostering a positive and supportive environment have made a lasting difference in the swimming community. The Frank Toles Award will be presented annually to a North Team and a South Team at the Washington State Championships Swim Meet. This award will serve as a lasting tribute to Frank's legacy and a source of inspiration for future generations of swimmers and officials. The Frank Toles Award continues to recognize and celebrate the outstanding achievements of individuals and teams who have made a significant impact on the sport of swimming.
 - Graduating seniors
 - YMCA National swimmers
 - Core Values Awards recipients; listing only 1 athlete per value
- For athletes needing additional time to exit the pool, please include their names in your cover email. Every attempt will be made to seed such athletes on outside lanes to facilitate their exiting the pool.
- Copy of your check request for your Meet Entry fees
- Your YMCA Sanctioned Meet Declaration form (Appendix 3)
- Entry file from Team Manager or equivalent software.
 - Paper entries are not accepted.
 - NT ("no time") entries will not be allowed or accepted
- For dual-registered (YMCA and USA Swimming) athletes who would like for times achieved at this meet to be entered into SWIMS, include the athlete's USA Swimming ID# in your entry file.
- Meet Entry Reports for individual Events (sorted by swimmer) and relay (sorted by event) entries. Pre-entered names may be changed by declaration to the Lane Timer up to the start of the heat.
- Recruit timer through [**Timer Sign Up Form**](#)

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the Meet Director)

Participating YMCA: _____

Date: _____

YMCA Address: _____

Meet Name: 2026 YMCA Washington State Swimming Championships

Meet Date(s): January 24, 2026

Meet Host: Bremerton YMCA/Grays Harbor Y/Morgan Y/Whatcom Y

Meet Location: Weyerhaeuser King County Aquatic Center, 650 Campus Dr, Federal Way WA 98023
In signing, we attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements. All swimmers ages 18 and older have completed Child/Athlete Protection Training within the past 12 months.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training, Principles of YMCA Competitive Swimming and Diving, and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2026 YMCA Washington State Swimming Championship for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the 2025 YMCA Washington State Swimming Championships.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, Puget Sound Swimming Association, South Sound YMCA or Pacific Northwest Swimming, their agents, representatives or assigns, and the Weyerhaeuser King County Aquatic Center for any and all injuries which may be suffered by participants at the 2026 YMCA Washington State Swimming Championships. Furthermore, we understand that the YMCA of the USA, Puget Sound Swimming Association, YMCA of Pierce and Kitsap Counties, South Sound YMCA, or the Pacific Northwest Swimming Association are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Signature _____

Signature _____

Signature _____

Signature _____

APPENDIX 3: Parking



APPENDIX 4: Facility Layout

