



UNITED STATES ARTISTIC SWIMMING, INC.

**Pacific Northwest Association**

## ***Monte Johnson Figure Meet***

*Novice, Intermediate, 12U, Youth*

**January 13th, 2024**

**10:00am-4:00pm**

### **MEET**

The **Monte Johnson Figure Meet** will be held in Tacoma, Washington at Pacific Lutheran University Pool. It is governed by the 2023-2024 USAAS Rules and sanctioned by PNA.

### **FACILITY**

Pacific Lutheran University Pool  
849 124th St S.  
Tacoma, WA 98444

### **POOL DIMENSIONS :**

25-yard pool with six competition lanes and Dive tank

**ELIGIBILITY** All swimmers must be registered athletes with USAAS for the 2023-2024 competition year.

### **REGISTRATION FORMS AND IMPORTANT DATES**

Registration Forms	December 30,2023	<a href="mailto:pnatreasurer@gmail.com">pnatreasurer@gmail.com</a> <a href="mailto:pwssheadcoach@gmail.com">pwssheadcoach@gmail.com</a> <a href="mailto:housegretchen56@gmail.com">housegretchen56@gmail.com</a> <a href="mailto:yuhaitao@gmail.com">yuhaitao@gmail.com</a>
Judges Availability Form	December 30 2023	<a href="mailto:jocilynsayler@gmail.com">jocilynsayler@gmail.com</a>
Coach Credential Form	December 30, 2023	<a href="mailto:info@seattlesynchro.com">info@seattlesynchro.com</a>

## **FEES**

### **Figure Meet:**

*Sponsor Fee* - \$25 per competitor

*Entry Fee* - \$10 for Figures

## **FIGURE COMPETITION**

Athletes – wear *plain black one piece swimsuit & a plain white cap*

### **NOVICE**

100 Bent Knee, Alternate 1.0

201 Dolphin 1.4

302 Blossom 1.4

316 Kipnus 1.4

### **INTERMEDIATE**

101 Ballet Leg, Single 1.6

301 Barracuda 1.8

360 Walkover, Front 1.9

318 Kip Bent Knee 1.8

### **12 & UNDER AGE GRP**

106 Straight Ballet Leg 1.6

301 Barracuda 1.8

359 Front Ariana 2.2

348 Tower 1.9

### **Youth**

Section A-

#1 140g Flamingo Bent Knee Twist Spin 2.9

437 Cyclone, Open 180 2.6

#2 308h Barracuda Airborne Split Spin UP 180 2.9

407 Swordfish Straight Leg Ariana Rotation 2.6

## **COMPETITION SCHEDULE**

*A schedule will be available after all entries are received, entered and validated.*

## **VOLUNTEERS**

Please wear a white shirt and black bottoms.

**Concessions** Provided by SST

