

PACIFIC NORTHWEST SWIMMING ASSOCIATION
PO Box 2235
Auburn, WA 98071

HOD Meeting – Zoom Conference May 7, 2022

Call to order: **9:05 AM**

General Chair Report: See attached.

- Meeting will be recorded.
- Reminder of ZOOM Meeting Rules.
- Will be using chat and raise hand functions.
- Using Polls for some of the voting.
- Will be using Election Runner for BOD voting.

We have experienced some big changes in PNS this year. Colleen retired and we welcomed Melissa Stiner to the position. Thank you to the board members who will be leaving the board, we appreciate all you have done for the LSC.

Minutes from HOD Spring 2021

MSA

Vice Chair Reports

Administrative:

- Workshop – LSC Development committee will be providing some recommendations in the near future. Please watch for those.

Finance: See attached.

- Registration income has recovered.
- Meet tap has remained below historical average.

Q - Do Flex athletes negatively impact revenue? A - Difficult to predict how many Flex athletes we will have each season, but we do take that into account when we prepare the budget.

Program Development: No report.

Program Operations: No report.

- Thank you for everyone's flexibility during this season and willingness to step up and host meets.

Senior: See attached.

- Coaches polled and recommendation is to prioritize funding of higher-level meets moving forward.

Age Group: No report.

- Able to attend Zones and All Star meets

Coaches Representatives: No report.

- Coaches have continued to meet throughout the last year
- Thank you for everyone who have participated and attended the meetings.
- Comment – Thank you to Alice, your contributions are appreciated!!
- Comment – Thank you to everyone. We couldn't have gotten through this without each other.

Athletes Representatives: See attached.

- Working on creating a better transition plan for new representatives.
- Thank you to Regan for all of your work, it is appreciated.

Committee/Coordinator Reports - 9:30 AM

Treasurer: See attached.

Membership: See attached.

- Thank you to everyone for their patience.

Officials: See attached.

- John Gagliardo will be stepping down. Thank you for your service.

Safe Sport/Risk Management: No report.

Outreach/Diversity: See attached.

Disability: See attached.

- Thank you for the LSC's support of Disability.
- Free virtual clinics will be available online - US Para Swimming
- Special Olympics meet June 18th at Aquatics center – looking for volunteers
- Friendly reminder: Para Swimming is parallel to able bodied swimming, competition focused, mainly physical. Special Olympics is intellectual disability - focused more on participation.

OLD BUSINESS - None

NEW BUSINESS - 9:42 AM

Coaches & Athletes Candidate Selection Meetings (*Break – 25 min*) **9:42 am start 10:15 am return**

Proposed Bylaw and Policy Changes: See attached.

- Approval of the New 2022 PNS By-Laws
 - Block 1

MSA

- Proposed Policy Changes: See attached.

- Block 1

Q - John Gagliardo – If people don't pay within 15 days they will be suspended. Does it say anywhere that people will be reinstated? A - Has language under 1a. that states: until receipt of the sum due.

Motion to amend to add language under 1b – until receipt of the sum due.

MSA

Q – Lisa Johnson – Has there been any discussion around taking electronic payments vs paper checks: A – Electronic payments via QB are currently allowed, but not through things like Venmo. We have had a lot of discussion regarding different payment methods.

Q - Sandra Estudillo – Motion to amend to add the language - business days.

MSA

Q – John Gagliardo – Motion to amend to add additional - business days.

MSA

MSA

Elections 10:38 AM

(Break – 20 min)

- Nominees:

General Chair	John Skroch & David Orr
Finance Vice Chair	OPEN
Program Development Vice Chair	Alice Godfred
Age Group Vice Chair	Kara Forbis & Derek Young
Secretary	OPEN
Treasurer	Dave Baer
DEI	Emily Murray
At Large 1	Troy Buglio
At Large 2	Rick Cox & Alex Reed

Motion to close the nominations.

MSA

Budget Approval 2021-2022: See attached. **11:25 AM**

MSA

Meet Calendar: See attached. **11:30 AM**

MSA

Announcement of Election Results **11:40 AM**

- Voted by Coaches:

Coach Rep 2:	Chris Coghill
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- Voted by Athletes:

Athlete Rep Jr:	Jerry Chen – CSC
At Large Position 1 Athlete Rep (2-year term):	Nathan Lee - BC
- Election Results:

• General Chair	John Skroch
• Finance Vice Chair	OPEN
• Program Development Vice Chair	Alice Godfred
• Age Group Vice Chair	Kara Forbis
• Secretary	OPEN
• Treasurer	Dave Baer
• DEI	Emily Murray
• At Large 1	Troy Buglio
• At Large 2	Alex Reed

Meeting Adjourned **11:41 AM**

MSA

General Chair Report

General Chair Report
2022 PNS House of Delegates
Status Summary

As the PNS House of Delegates completes the annual planning cycle, competitive swimming is in a very different environment than at this time last year. The current meet calendar is radically expanded although not yet totally recovered. The “return to competition” took longer than anyone anticipated but multi-team, Prelim / Final, championship meets are again happening! The 2021 – 22 season experienced continued restrictions, but 2022 – 2023 offers the potential for a more complete spectrum of competition opportunities. The past year included:

- Clubs continued the small, special meets to provide opportunities (albeit limited) for competition despite the on-going regulations on participants.
- PNS conducted an extensive search and interview process and Melissa Stiner became the new Office Manager / Registrar.
- Colleen Buchanan retired as the “voice” and PNS guide / consultant after over 20 years of outstanding service.
- Due to the summer long closure of WKCAC, there was no local Long Course Competition.
- When WKCAC finally opened with reduced capacity and capability, PNS clubs took advantage of other meet cancellations to host three weekends of capacity limited competitions for the entire LSC.
- PNS maintained a presence in Olympia and began preparations for the 2023 capital budget cycle.
- Although the number of clubs has shrunk almost 20% from pre-COVID operations, swimmer registrations are over 90% of the 2019 numbers.
- Clubs and teams from other regions came again to WKCAC to compete at the Washington Open.
- The slow process of reopening pool facilities to clubs continued into 2022 for some sites.
- When staffing limitations at WKCAC forced the relocation of the March Senior Sectionals Meet to another venue, PNS provided \$50,000 of supplemental Travel Reimbursement funds to support swimmers traveling to the new, remote site.
- WKCAC and PNS welcomed swimmers from Inland Empire and Oregon to the Washington State Age Group Championships in March.
- With the need for additional pools, PNS has supported efforts to build or remodel aquatic facilities. The LSC also co-sponsored the coalition that is bringing together the various pool building efforts around the Puget Sound Region.
- As USA Swimming continues to reinvent and restructure the former Convention and Annual USAS HOD calendar, PNS supported coaches, staff and athletes

who physically attended the inaugural Spring Workshop. The attendees were able to learn about current activities in various disciplines as well as network with their peers in other LSC's.

- PNS extended the application deadline for clubs to request Team Training funding for Outreach Swimmers to address concerns in the process.
- Current WKCAC parking limitations due to the on-going COVID test site were addressed by negotiating use of local Federal Way school parking lots.
- The planned Long Course season has started and will include more opportunities than ever as a result of the availability of WKCAC.
- The Athlete representatives will host a webinar with Olympic Champion Megan Jendrick in mid-June.
- The July meet calendar includes both the Age Group and Senior Long Course Championship Meets.

The future is not yet entirely clear as there remain challenges that must be addressed:

COVID variants seem to be an on-going worry.

Access to facilities remains uncertain and could alter the planned meet schedule.

USA Swimming and the Center for Safe Sport are introducing new requirements and obligations.

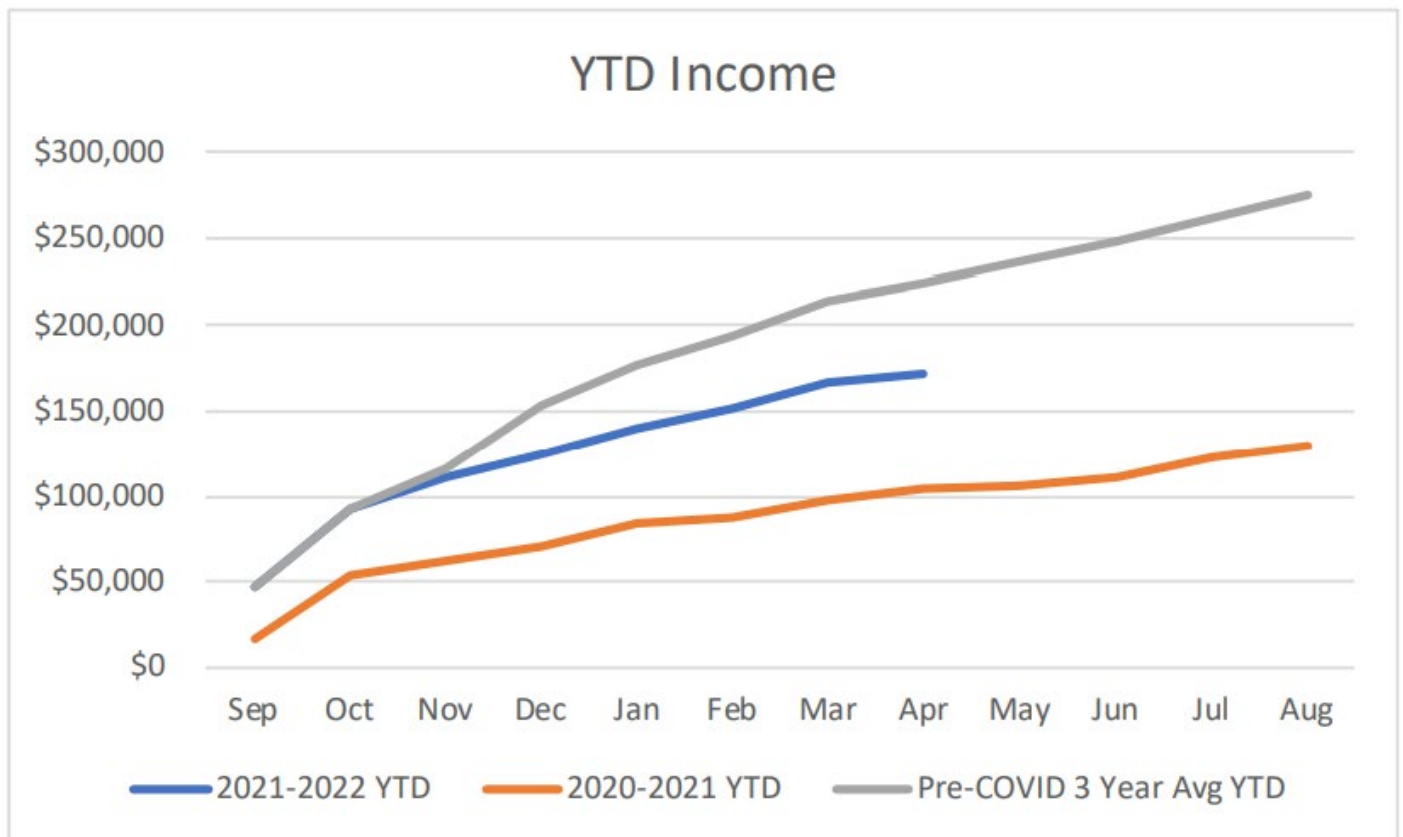
Pacific Northwest Swimming will continue to improve and provide the opportunities for swimmers in the region. It has been an honor and a privilege to be the General Chair of the organization for the past four years. Thank you for the opportunity although it was not at all what I expected. I will still enjoy seeing the look of success as the swimmers demonstrate their prowess.

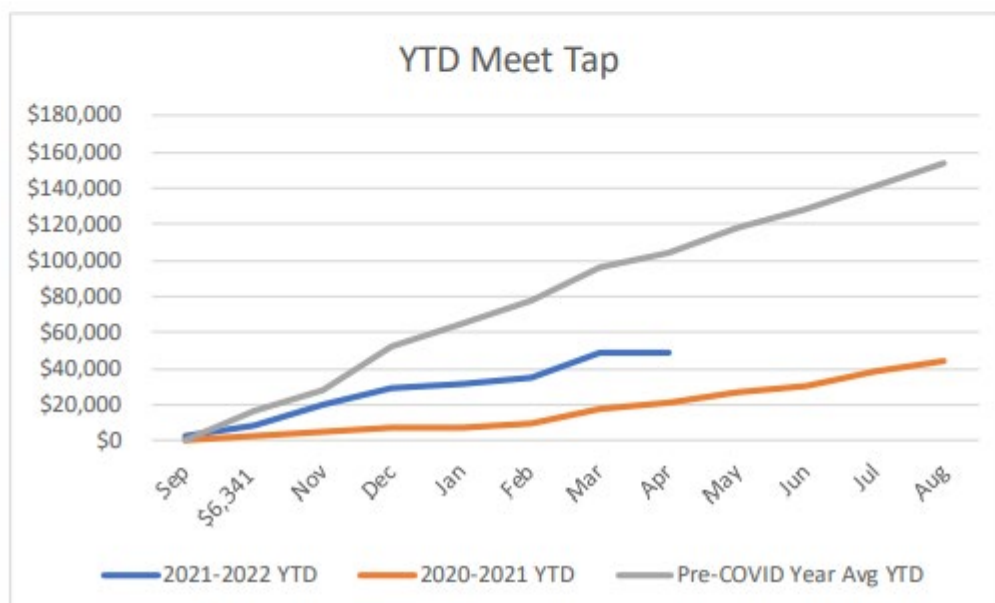
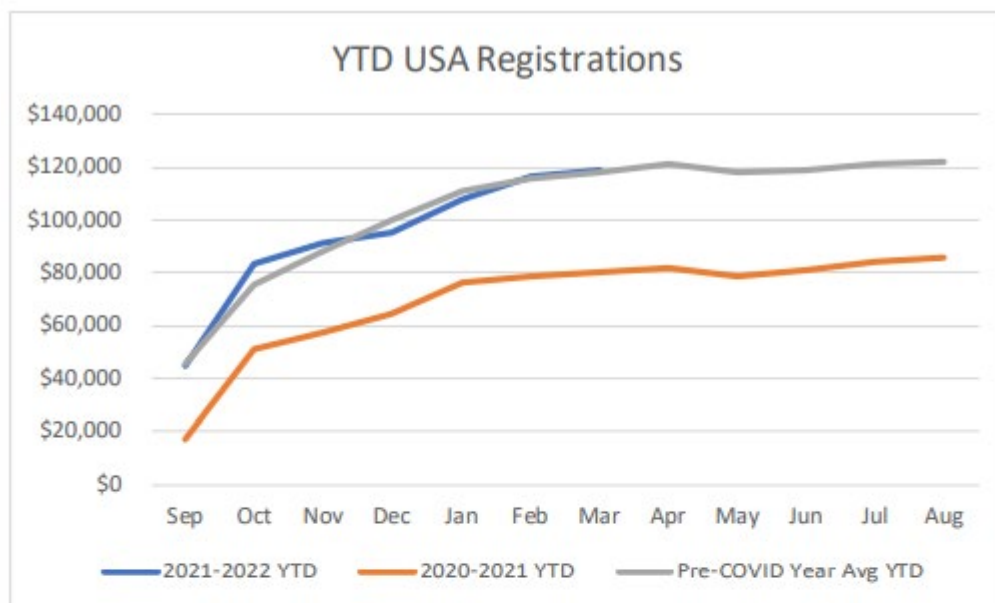
Finance Report

2021 – 2022

Finance Report to HOD

- ✓ USA Registration Income has recovered
- ✓ Meet Tap income reduced for the last two years
- ✓ Senior Swimming Travel Expenses increased because Sectionals was moved from Federal Way
- ✓ Forecasting (158K) deficit for current fiscal year
- ✓ PNS Balance Sheet remains strong with \$880K in reserves





2021-2022 Budget vs Forecast

	2021 - 2022	2021 - 2022
	Quad YR 2	Quad YR 2
	Budget	Year End
		Forecast
Income		
ADMINISTRATION	\$1,200	\$1,431
OFFICIALS	\$3,400	\$3,500
PROGRAM DEV	\$20,000	\$5,000
PROGRAM OPS	\$149,000	\$88,000
Total USA-S REGISTRATION/PNS	\$114,020	\$107,543
Total Income	\$287,620	\$205,474
Expenses		
ADMINISTRATION	\$17,900	\$2,000
AGE GROUP	\$20,950	\$20,950
DISABILITY	\$6,100	\$1,700
DIVERSITY & INCLUSION	\$20,750	\$18,501
FINANCE & MARKETING	\$5,800	\$5,800
OFFICIALS EXPENSES	\$11,950	\$11,700
PAID & UNPAID EMPLOYEES	\$74,100	\$89,389
PNS OFFICE	\$11,500	\$11,000
PROGRAM DEVELOPMENT	\$50	\$0
PROGRAM OPERATIONS	\$22,200	\$22,200
SENIOR SWIMMING	\$79,950	\$129,950
Special Programs	\$50,000	\$50,000
Total Expenses	\$321,250	\$363,190
Net Operating Income	(\$33,630)	(\$157,716)

← Lower Meet Tap Income

← Employee Transition

← 50K Overrun approved

Senior Vice Chair Report

2021-2022 marked a return to the aquatic center and the ability to hold some championship PNS meet.

PNS swimmers were represented in several national events including Speedo Winter Juniors and Phillips International Team Trials.

As KCAC could not host Senior Sectionals. As such, there was no PNS supported champs meet for swimmers with Senior Sectional Qualification times. PNS voted to allocate \$50,000 to support Senior Sectional level swimmers to travel to the approved event of their choice. These events included Multiple Senior Sectional Meets & Senior Zones.

189* Swimmers and 21 Coaches submitted travel requests by the April 30 deadline. Each share for reimbursement comes out to approximately \$238.00 per confirmation of athlete eligibility.

Athlete Funding Moving forward into Summer and 2022-23.

Mid Season a survey was sent out to all Senior coaches to determine priority meets for funding in the upcoming seasons. Coaches shared that the largely supported meet funding for meets at the futures level and above. Meets such as Senior Zones would no longer be a priority for funding as the funds were being spread across too many meets to actually make a significant impact for individual athletes.

*Still need to confirm a few swimmers eligibility with teams.

Athlete Report

ATHLETES REPORT

2022 House of Delegates Athletes Report

This past year has been an exciting and busy experience for all of us newly-elected athlete reps. Originally coming in with little board experience, we've taken huge leaps towards embracing our roles and engaging with the community. In hindsight, we are proud to have launched several unique projects, and coming off a successful USA Swimming workshop in Denver, expect many more to come.

- The year began with a joint college swimming seminar with the Oregon LSC. Former PNS/Oregon collegiate athletes from all different backgrounds volunteered their time to engage in a Q&A session with current athletes. Held over Zoom and advertised through social media, there was an impressive turnout of athletes and parents/guardians.
- One of our main long-term projects has been revamping the @pacificnorthwestswim Instagram account. We have been posting regularly, highlighting college commitments, swimming records, submitted pictures, and more. Moving forward, PNS's social media presence will continue to serve as an important medium of direct feedback and representation of our athletes.
- Utilizing these new connections with athletes, we advertised committee participation with the hopes of encouraging new faces to bring their perspectives directly to the board. Recently, this has taken the form of incentivizing participation with a raffle for USA swimming gear. We have seen a significant increase in athlete interest in committees and hope to continue growing it in the future.
 - The Athlete Committee in particular saw the most reform. We have been working throughout the year to solidify the role of the committee, and have taken advantage of the platform to plan several of the following projects. Around 20 athletes indicated they were interested in the Athlete Committee in the most recent survey.
- Athletes have also expressed enthusiasm for clinics and guest speakers. Thus, we have dedicated the majority of our budget to hold a webinar and Q+A session with former Olympian and gold medalist, Megan Jendrick.
- Beyond hosting solely informational events, we wanted to interact with athletes in a fun manner. We took advantage of the 202(1) Olympics and hosted an Olympic Challenge on Instagram, in which participants would guess event winners for a chance to win a gift card prize.
- Moving forward, we have several new project ideas from our workshops in Denver, including a biweekly newsletter written by athletes for athletes and an end of the year LSC-wide banquet. Although we were able to begin refining these ideas at the convention, these proposals are still in the works and will likely be coordinated by the Athlete Committee in the near future.

These are only the first steps towards solidifying the role of athletes on the board. We are deeply appreciative of our opportunity to serve in our positions and look forward to working more closely with PNS athletes in another productive year!

Treasurer's Report

2021 – 2022

Treasurers Report to HOD

- PNS Balance Sheet remains strong with \$880K in reserves
 - Deficits have been funded through withdrawals from reserves for last two fiscal years
 - Strong growth in stock portfolio coupled with donations have offset withdrawals

Pacific Northwest Swimming

Balance Sheet
As of May 5, 2022

	TOTAL
ASSETS	
Current Assets	
Bank Accounts	
INVESTMENT INCOME	0.00
Fidelity Investment	722,309.53
Total INVESTMENT INCOME	722,309.53
WF Checking	77,239.84
WF Savings	160,469.38
Total Bank Accounts	\$960,018.75
Accounts Receivable	
Accounts Receivable (A/R)	21,335.80
Total Accounts Receivable	\$21,335.80
Other Current Assets	
Payroll Corrections	0.00
Uncategorized Asset	-150,000.00
Undeposited Funds	0.00
Total Other Current Assets	\$ -150,000.00
Total Current Assets	\$831,354.55
Fixed Assets	
Furniture & Equipment	34,445.14
Accumulated Depreciation	-34,445.14
Total Furniture & Equipment	0.00
Total Fixed Assets	\$0.00
TOTAL ASSETS	\$831,354.55

Pacific Northwest Swimming

Balance Sheet
As of May 5, 2022

	TOTAL
LIABILITIES AND EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	
Accounts Payable (A/P)	1,077.43
Total Accounts Payable	\$1,077.43
Credit Cards	
AMEX	0.00
WF CC AgeGroup	-0.88
WF CC Office	0.00
WF GC Credit Card	-266.39
Total Credit Cards	\$ -267.27
Other Current Liabilities	
Direct Deposit Payable	0.00
Payroll Liabilities	45.33
Dept of Labor and Industries	-964.02
Federal Taxes (941/944)	1,480.29
WA Paid Family and Medical Leave Tax	187.80
WA SUI Employer	125.23
WA Workers Compensation	664.88
Total Payroll Liabilities	1,539.51
Pre Paid Expenses	0.00
USA-S Registration	1,312.00
Athlete - Annual	-2,090.00
Athlete - Outreach	-200.00
Athlete - Seasonal	540.00
Club	-2,945.00
Dual Membership Credit	1,432.00
Flex Athlete/USA	2,477.50
Flex Upgrade to Premier/USA	10,600.00
Non-Athlete Family	0.00
Non-Athlete Individual	264.00
Total USA-S Registration	11,390.50
Total Other Current Liabilities	\$12,930.01
Total Current Liabilities	\$13,740.17
Long-Term Liabilities	
Payroll Protection Program (PPP) Loan	12,682.00
Total Long-Term Liabilities	\$12,682.00
Total Liabilities	\$26,422.17

Pacific Northwest Swimming

Balance Sheet
As of May 5, 2022

	TOTAL
Equity	
Net Assets	547,257.77
Retained Earnings	334,347.29
Net Income	-76,672.68
Total Equity	\$804,932.38
TOTAL LIABILITIES AND EQUITY	\$831,354.55

Membership Report

USA Swimming, Inc.

5/6/2022 11:24:43 PM

YTD Club Stats

LSC: PN

Athlete

Athlete	5437
Athlete Flex	887
Athlete Season 2	6
Athlete Outreach	100
Total:	6430

Non-Athlete

Individual	797
Life	8
Total:	805

Clubs

Club	43
Organization	3
Total:	46

Officials Report

PNS Officials' Committee Report for Spring HOD, 7 May 2022

Committee members:

- John Gagliardo (Chair)
- David Guffey (Secretary)
- Aline Bensen (At Large)
- Rick Cox (At Large)
- Tiana Dumitrescu (Athlete Rep)
- Ed Lesnick (At Large) *
- Nick Siripipat (At Large)
- Deb Soper (At Large)
- Brennon Sikora (Athlete Rep)
- Alana Tamura (Athlete Rep)

* New member, added at the Annual Meeting of Officials 19 April 2022

The Officials Committee would like to recognize and thank **Kathy Robertson**, nee Tamura, for her wonderful service and contributions to this committee over the past couple of years. While Kathy has stepped down from the committee (to pursue –gasp – her role as a high school tennis coach), we appreciate all her support and hope to find her on a deck as a swimming official (since her credentials are still valid) in the future. Additionally, we welcome our newest member, **Ed Lesnick**.

Official's data*:

	2018	2019	2020	2021	2022
Referees	64	73	73	63	69
Starters	83	72	71	52	59
Stroke & Turn	248	278	228	159	189
Admin. Official **	30	44	37	32	32
Totals	425	467	409	306	349

* Using highest Certification level (i.e., ignores dual/multiple certs)

** Dry side AO's only

From data available in the Officials Tracking System (OTS) on the USA-Swimming website (housing our "officials logs"), excluding Novice/training work, from 1 May 2021 to 20 April 2022, *PNS officials worked nearly 7,400 meet sessions* (recall that some/most meets have more than one session). If we assume an average session is 3.5 hours, approximately *25,900 volunteer hours* were worked by our officials in the past year!

Despite all of these hours, we can use more officials! Given that there are approximately 6,099 athletes in PNS, our Athlete-to-Official ratio is roughly 17.5:1, much higher than the target ratio of 10:1 (or less). Therefore, we encourage all teams to help us in recruiting more officials.

We are proud to report that **our LSC had 3 officials at the Olympic Team Trials** (Lisa Vetterlein and John Gagliardo in Wave I with Ron Van Pool in Wave II^a) and **2 officials at the Paralympic Trials** (Deb

^a Regrettably, both Lisa and Ron have since moved out of the state and, therefore, have moved their USAS Registrations. They will be missed in PNS!

Soper and Bernadette Witty) **in 2021!** Additionally, at the recent International Team Trials meet, there was one PNS official on deck (John Gagliardo). All of these meets are an Invitation Only deck which speaks to the caliber of your PNS Officials for being invited.

Finally, I will be stepping down from the Officials Committee Chair position effective 1 June. David Guffey has been selected to become the next Chair and Nick Siripipat will be the Vice Chair. Ed Lesnick will assume the duties of Secretary for the Committee.

The above is respectfully submitted by John C. Gagliardo, Officials' Committee Chair

Diversity Report

PNS DEI Committee

HOD Report

May 7, 2022

Team Training Support

The DEI Committee is working on changing the rules for Team Training Support to allow for a smoother process, and more accessibility.

PNS DEI Camp

The committee will start to plan for a DEI camp for the 2022-2023 season.

Job Description

The Committee is working on the job description for the role of Vice-Chair of DEI.

Disability Report

PNS Disability Swimming Report

2022 HoD: Virtual Meeting

05/07/2022

National Events:

12/17-19/2021: U.S. Paralympics National Championships-Greensboro, NC (Long Course Meters)

2 Swimmers with PNS roots competed in Greensboro.

US Para Swimming used the World Para Swimming Points system to advance to finals (top 16).

Abbey Nardella, (George Fox University) and Olivia Lautman, (Unattached) swam a variety of events with good results. Both swimmers made the finals in several of their events.

Congratulations Abbey and Olivia!

College Swimmers:

3 Swimmers with PNS ties swam collegiately this past year: Olivia Lautman, Seattle University, Henri-Coronado-Volta, Pacific Lutheran University, Abbey Nardella, George Fox University. *Nice job,*

Olivia, Henri and Abbey!

Resources/Opportunities

U.S. Para Swimming Clinics:

May 15, 2022: 2 Free Virtual Clinics offered by U. S. Paralympics:

Coaches: Introduction to Coaching the Para Swimming: 5:00 pm PDT

Intro to Para Swimming for Athletes, Parents, Coaches: 3:30 pm PDT

Link to register can be found on the U.S. Para Swimming website: events/Camps and Clinics.

Date: TBD (Sept-Oct 2022): In person: U.S. Para Swimming Officials Clinic- Yucaipa, CA

More information coming.

Date: TBD (Sept-Oct 2022): In person: U.S Para Swimming Foundations 1&2 Clinic for Para Swimming coaching certification. Yucaipa, CA

U.S. Para Swimming "Pathway for Guiding a Para Swimmer" available on PNS website. Developed by U.S. Para Swimming, this simple, 1 page flow chart guides coaches, athletes/parents on steps to access the Para Swimming world.

Please direct any questions/concerns to Kiko Van Zandt at disability@pns.org

Respectfully submitted,

D. Kiko Van Zandt

Disability Swimming Chair, PNS

PACIFIC NORTHWEST SWIMMING
BYLAWS AND POLICY PROPOSED
AMENDMENTS TO 2022

No.	Description	Location	Recommendation
	Block 1		
BL-1	Officials Chair selection procedure	6.2.3.A.1	Approval
P-1	Returned Check Policy	AD-22-03	Approval

1. After notice by Pacific Northwest Swimming:

- a. An athlete member has 15 business days to replace a returned check plus service fee. After 15 business days the athlete shall be suspended from competition until receipt of the sum due.
- b. A non-athlete member has 15 business days to replace a returned check plus service fee. After 15 business days the non-athlete shall be suspended from USA Swimming activity until receipt of the sum due.

2. Upon receipt of bank notification of a returned check issued by an PNSA Club (i.e., a USA Swimming, Group Member), the PNS Office Manager shall notify the Club that such Club will be on the agenda of the next Executive Committee Meeting to determine whether any disciplinary action should be taken. Regardless of whether the Executive Committee determines that disciplinary action is appropriate, such club shall reimburse PNS for PNS's costs incurred as a result of a returned check. If such Club fails to reimburse PNS of its costs or fails to make payment of (if any) other amounts determined by the Executive Committee, such Club's USA Swimming membership shall be terminated.

3. PNS Returned Check Policy for checks written by teams or for team entry: First returned check: \$50 fine, probation for three years (may continue to use team checks) Second returned check (within three year period): double face amount of check (minimum \$50), extension of three year period from date of second check and requirement to pay by secured funds (ex: cashier's check or money order) for three years. After three years without a returned check, a team may use team checks to pay for fees and start over on returned check policy.

	2022 - 2023
BOD Recommended	Quad YR 3 Budget
Income	
ADMINISTRATION	\$1,200
OFFICIALS	\$3,400
PROGRAM DEV	\$0
PROGRAM OPS	\$149,100
Total USA-S REGISTRATION/PNS	\$122,765
Total Income	\$276,465
Expenses	
ADMINISTRATION	\$29,550
AGE GROUP	\$30,000
DISABILITY	\$5,100
DIVERSITY & INCLUSION	\$31,750
FINANCE & MARKETING	\$5,800
OFFICIALS EXPENSES	\$13,900
PAID & UNPAID EMPLOYEES	\$74,100
PNS OFFICE	\$6,120
PROGRAM DEVELOPMENT	\$100
PROGRAM OPERATIONS	\$22,200
SENIOR SWIMMING	\$131,500
Special Programs	\$0
Total Expenses	\$350,120
Net Operating Income	(\$73,655)

Meet Calendar

2022

2022-23

Sep 3-4
Sep 5
Sep 10-11
Sep 17-18
BBST (BBST Fall 2022 Kickoff) Sept. 17-18 Arne Hanna Aquatic Center
BC (PN BC 44th Annual Blue Orange Meet) Sept 18 Bellevue Club Pool
Sep 24-25
BISC BOOSTERS (BISC Blue&GoldIntrasquad Meet) Sept 24 Ray Williamson Pool
IST (2022 Sockeye Sprints) Sept. 24 Snohomish Aquatic Center
TAC (Fall Thunderbird Invitational) Sept 24-25 Fidalgo Pool and Fitness Center
UPAC (UPAC September Sprints) Sept 25 Curtis Aquatic Center
WAVE (Black and Purple Intrasquad) Sept 25 Janita Aquatic Center
Oct 1-2 (closed for special)
KING Boosters (Oct Challenge) Oct. 1-2 Rogers Aquatic Center HS)
MET- (October Challenge) Oct. 1-2 MT. Tahoma HS
MMSC (October AG Challenge) Oct. 1-2 Marysville Pilchuk HS Pool
OCA (October AG Challenge) Oct 1-2 Mary Wayte Pool
SSTD (October Age Group Challenge) Oct 1-2 Kamiak HS
SRST (Oct. AG Challenge) Oct 1-2 Snohomish Aquatic Center
Oct 8-9
SMAC (2022 SMAC Fall Kick Off Invite) Oct 8-9 Snohomish Aquatic Center
WAVE (Roctober Special) Oct. 7-9 Janita Aquatic Center
Oct 15-16
BC (PN BC October Senior Challenge) Oct 15-16 Snohomish Aquatic Center
Oct 22-23
BISC BOOSTERS (BISC Pumpkin 500) Oct. 22 Ray Williamson Pool
CSC (2022 Cascade Fall Classic) Oct. 22-23 Snohomish Aquatic Center
VAST Fall Meet Oct 23-24
Oct 29-30
IST (2022 Fall Open) Oct. 29-30 or Oct 23-24 **KCAC
PPST (Pumpkin Dash) Oct. 29-30 N. Kitsap Community Pool(bkup:Olympic Aquatic Pool
Nov 5-6
BISC BOOSTERS (BISC Bob Miller Sprint/Distance Classic) Nov. 5-6 Ray Williamson Pool
C (Chinook Pentathlon) Nov. 6 Mary Wayte Pool
SMAC (2022 SMAC Nov. Mini Meet) Nov. 6 Tukwila Pool
Nov 12
BBST (BBST 2022 November Invitational) Nov. 12-13 Arne Hanna AC
Nov 13
IST (2022 Fall Distance Meet) Nov. 13 Snohomish Aquatic Center
IST (2022 Time Trial) Nov. 13 Snohomish Aquatic Center
PAC (2022 Q Meet) Nov. 13 KCAC