



## Four PNA Meets in First Four Months of 2006

By Lee Carlson  
PNA Meets Chair

Looking for a chance to compete in a PNA swimming meet? Well, you'll have plenty of opportunity because on the horizon are four great PNA meets. Pick the ones you like, maybe even swim all four.

### Anacortes

This meet takes place on Saturday, January 21, in Anacortes' Fidalgo Pool. A traditionally low-key but very enthusiastic event. Local high school teams provide the timing and support.

Anacortes is a nice Saturday-morning destination with lots of



interesting sites nearby. Among them: an art collection in the local McDonalds, a boat hardware store that offers the best in old time sailing gear, a wonderful donut shop and oodles of great restaurants. You'll find an entry form on page 4.

### Bellevue Club

This meet is held on Sunday, February 19, in the club's 25-meter pool, which is exceptionally fast. The side timing system is easy to read – even as you swim.

Odds are good you'll see some world records set while you swim your own personal bests in meters. The club's coffee and hospitality makes you want to train here all the time. You'll find an entry form on page 5.

### Bainbridge Island

If you like to sprint, be sure to calendar this meet. It'll be held at the Bainbridge Island Aquatic Center on Saturday, March 11.

Whether this is your first meet or you want to see how well you can do in short events – nothing longer here than 200 yards – this is the meet for you. Bainbridge Area Masters, which runs this event, always puts on fun-filled meets.

### PNA Champs

PNA's yearly *piece de resistance*. This year, it will be held on Saturday, April 8, and Sunday, April 9. As usual, the venue will be the Weyerhaeuser King County Aquatic Center, a world-class facility. Don't miss this one.

## ON THE INSIDE

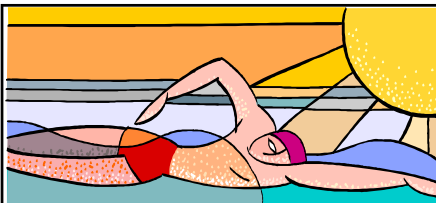


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Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our Web site at [www.swimpna.org](http://www.swimpna.org).

**Your USMS registration expires on December 31.** Renew your membership today so you can keep receiving *The WetSet* and *USMS Swimmer* magazine, and participate in PNA clinics and meets.



# WET SET

Volume 25 • Issue 10  
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Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Rondamarie  
Smith

*Editor's note: The following is partially taken from an editorial "Is there a Santa Clause?" among the most famous ever written, which appeared in the New York Sun in 1897.*

Is there a Swimming Claus?

We take pleasure in answering at once and thus prominently the communication below, expressing at the same time our great gratification that its faithful author is numbered among the friends of *The WetSet*:

"Dear Editor! I am 38 years old. Some of my friends say there is no Swimming Claus. Coach says, 'If you see it in *The WetSet* it's so.' Please tell me the truth: Is there a Swimming Claus?

Virginia Waters

115 West Ocean Boulevard"

Virginia, your friends are wrong. They have been affected by daily doses of chlorine. They do not believe except they see. They think that nothing can be which is not comprehensible by their little minds. All minds, Virginia, are little. In this great universe of ours man is a mere crustacean, a barnacle, in his intellect, as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, Virginia, there is a Swimming Claus. He exists as certainly as love and generosity and Speedos exist, and you know that they abound and give your life its highest beauty and joy. Alas! How dreary would be the world if there were no Swimming Claus. It would be as dreary as if there were no Virginias. There would be no childlike faith then, no romance, no laps, no pull buoys to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light

# LEADING OFF



By Jeanne Ensign, PNA President

with which swimming fills the world would be extinguished.

Not believe in Swimming Claus? You might as well not believe in mermaids! You might get your papa to hire men to watch in all the pools on Christmas Eve to catch Swimming Claus, but even if they did not see Swimming Claus, what would that prove? Nobody sees Swimming Claus, but that is no sign that there is no Swimming Claus. The most real things in the world are those that neither children nor men can see. Did you ever see sirens sunning on the rocks? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world.

You may tear apart your flippers to see what causes them to make you go fast, but there is a veil covering the unseen world which not the fastest swimmer, nor even the united speed of all the fastest swimmers that ever lived, could tear apart. Only faith, fancy, poetry, love, romance, can see through the water and view and picture the supernatural beauty and glory beyond. Is it all real? Ah, Virginia, in all this world there is nothing else real and abiding.

No Swimming Claus! Thank God! He lives, and he lives forever. A thousand years from now, Virginia, nay, ten times ten thousand years from now, he will continue to make glad the hearts of swimmers.

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



# MASTERS 2005/2006 CALENDAR

**OPEN  
POSTAL SWIMS  
MEETS** **CLINICS**

*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events.  
PNA events, including PNA Board meetings, are listed in **bold**.*

**January 1 to December 31, 2006**

**Fitness Check-Off Challenge**  
Hugh Moore  
[swimmoore@comcast.net](mailto:swimmoore@comcast.net)  
For forms see [www.usms.org/fitness](http://www.usms.org/fitness)

January 1 to January 31, 2006  
2006 USMS One Hour Postal Championships

Tom Spence, (440) 247-7145  
[talltom13@msn.com](mailto:talltom13@msn.com)  
Laura Kessler, (440) 526-9590  
[swimlaura@ameritech.net](mailto:swimlaura@ameritech.net)  
See page 6.

**January 21, 2006**

**SCY PNA Meet**  
Fidalgo Pool  
Anacortes, Wash.  
Leslie Mix, [Lesliemix@msn.com](mailto:Lesliemix@msn.com)  
Mike Lund, (360) 293-0673 (daytime)  
See page 4 for entry form

**February 19, 2006**

**SCM Meet**  
Bellevue Club  
Bellevue, Wash.  
Cory Hildebrand, (425) 688-3127  
[cory@bellevueclub.com](mailto:cory@bellevueclub.com)  
See page 5 for entry form

**March 11, 2006**

**Bainbridge Island Short Course Yards Sprint Meet**  
Bainbridge Island Aquatic Center  
Bainbridge Island, Wash.  
Brian Russell, (425) 985-2677  
[Brian.Russell@earthtech.com](mailto:Brian.Russell@earthtech.com)

**April 8 & 9, 2006**

**SCY PNA Champs**  
Weyerhaeuser King County Aquatic Center  
Federal Way, Wash.

May 11 to May 14, 2006  
USMS Short Course Nationals  
Coral Springs, Fla.  
Michael Lohberg, (954) 345-2121  
[mlohberg@aol.com](mailto:mlohberg@aol.com)

May 15 to September 15, 2006  
USMS 5k and 10k Postal Championships  
PST-LD; Neil Salkind  
(785) 841-0947  
[njs@sunflower.com](mailto:njs@sunflower.com)

June 17, 2006

USMS 1-3 Mile Open Water Championship (2.5 km), Hartwell Lake, Clemson, S. C. OW; Jacque Grossman, (864) 646-8836  
[jelq@innova.net](mailto:jelq@innova.net); Sanctioned by SC LMSC

July 15, 2006

USMS 2 Mile Cable Championships, Chris Greene Lake, Charlottesville, Va. OW; Dave Holland, (804) 282-6224, [dholland@rmc.edu](mailto:dholland@rmc.edu)  
Mark Gill (480) 874-7112  
[markgill@usms.org](mailto:markgill@usms.org);  
Sanctioned by Va. LMSC

July 29, 2006

USMS 1 Mile Open Water Championships, Lake Erie, Cleveland, OH  
OW; Tom Spence, (216) 299-3858  
[talltom13@msn.com](mailto:talltom13@msn.com)

August 4 to August 10, 2006

2006 XI FINA World Masters Championships, Palo Alto, Calif. LCM  
Michael Moore, 350 Wayland St., San Francisco, CA 94134,  
[michael@2006FINAmasters.org](mailto:michael@2006FINAmasters.org);  
Also sanctioned by FINA and includes a 3.0 KM open water swim at Crown Point, San Francisco Bay.  
Meet Book now ;  
[www.2006finamasters.org](http://www.2006finamasters.org);

## Web Guide

Check out these sites on the Internet for information on Masters swimming, news, events, workouts and more from throughout the Northwest!

PNA Masters Swimming  
US Masters Swimming  
USMS Northwest Zone  
Oregon Masters  
Alaska LMSC  
Utah Masters  
Masters Swimming of BC

[www.swimpna.org](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.northwestzone.org](http://www.northwestzone.org)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.akmswim.org](http://www.akmswim.org)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.mastersswimming.bc.ca](http://www.mastersswimming.bc.ca)

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 SHORT COURSE YARDS MEET: January 21, 2006 (Meet Sanction #063601)  
 Hosted by TAC/AHS Boys Swim Team

<b>EVENTS (ORDER #3)</b>	
#	Event
	Saturday, Jan. 21
1	200 Free Relay
2	200 Fly
3	200 Back
4	50 Breast
5	100 Free
	5 minute break
6	200 Mixed Free Relay
7	200 IM
8	50 Fly
9	100 Back
10	200 Breast
11	50 Free
12	400 IM
	5 minute break
13	200 Medley Relay
14	100 Fly
15	50 Back
16	100 Breast
17	200 Free
18	100 IM
	5 minute break
19	200 Mixed Medley Relay
20	500 Free

Fidalgo pool is on the left.

**M o t e l s :**

The Marina Inn 3300 Commercial 360-293-1100  
 Anaco Bay Inn 916 33<sup>rd</sup> (kitchens) 360-299-3320  
 Islands Inn 3401 Commercial (complimentary Dutch breakfast) 360-293-4644

**NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES**

**EMERGENCY CONTACT** \_\_\_\_\_

**PHONE NUMBER** \_\_\_\_\_

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 MEET ENTRY FORM: January 21, 2006 Meet Sanction #063601  
 Hosted by TAC/AHS Boys Swim Team

NAME: \_\_\_\_\_ M F AGE: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_  
 CLUB/TEAM: \_\_\_\_\_ or UNATTACHED: \_\_\_\_\_ ASSOCIATION: \_\_\_\_\_

AGE GROUP (determined by your age as of JANUARY 21, 2006):

18 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)

Individual Events: + \_\_\_\_\_ (\$1 each; optional for age 65 and over and needs based)  
 (No charge for relays)

Total: \$ \_\_\_\_\_ [from \$9.00 (relays only) to \$14.00 (five events)]

Please make checks payable to: TAC 360-293-0673 (w)  
 Mail this entry form and fees to: Leslie Mix  
 1603 22<sup>nd</sup>  
 Anacortes, WA 98221  
 Questions? Email [Lesliemix@msn.com](mailto:Lesliemix@msn.com).  
 Please send entries postmarked no later than Wednesday, January 11th.

**WAIVER:** I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_







*Hurricane  
Katrina  
Relief*

## 2006 USMS One Hour Postal Swim National Championship

Sanctioned by Lake Erie LMSC, Sanction # 18-200601

**The Event:** One Hour Postal

**Date:** All swims must take place during the month of **January 2006**.

**Objective:** To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

**Venue:** Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

**Eligibility:** Each participant must be USMS registered for the year 2006 or if non-US swimmer you must be registered with a USMS recognized body. **A COPY OF YOUR 2006 REGISTRATION CARD MUST ACCOMPANY YOUR MAIL IN ENTRY!**

**Individual Events:** Men and women will compete separately as individuals in the following age groups: 18-24, 25-29 .....100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

**Relay Event:** Two team relay events will be contested: 1) a 3 swimmer, same gender team and 2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 18+, 25+, ..., 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached teams are not permitted.

**Club Event:** Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in a division will receive an award. Three divisions will be recognized based on the number of individual swimmers entered in the event from each club, as determined by the event host and the USMS Long Distance Committee Chairman. Relay yards will not be counted in Club scoring.

**Awards:** USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top three relay teams in each age group relay team event. First place finishers in individual and team relay events also receive USMS Champion patches. Distinctive awards will be given to the top three Clubs in each division of the Club event.

**Rules:** Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet-suits, etc. ) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they should each swim on one side of the lane during the entire race (i.e. "split the lane" and no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count laps, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 to 2760). (See Venue section for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group.

**Fees:** Individual entry fees are US \$6 per swimmer (\$10 for non-US Swimmers). Team entry fees are US \$18 per relay (\$18 for non-US entries). All fees are non refundable. Make checks payable to OHIO Masters Swim Club and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. **ENTRIES MUST BE RECEIVED by February 17, 2006**. Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.

**T-Shirts:** A 2006 USMS One Hour Postal National Championship t-shirt is available at a cost of \$17. (International orders please add US \$5 postage for each shirt).

**MAIL TO:** O\*H\*I\*O Masters Swim Club, 5247 Wilson Mills Road #104, Richmond Heights, OH 44143

**Questions?** Contact Tom Spence at 216-299-3858 or [talltom13@msn.com](mailto:talltom13@msn.com)

PLEASE ENTER ON-LINE [www.ohiomasters.com/ohprules.htm](http://www.ohiomasters.com/ohprules.htm), Save time and money!!  
Please join O\*H\*I\*O Masters (donating \$1 per swimmer) and give to Hurricane Katrina Relief

2006 USMS ONE HOUR POSTAL CHAMPIONSHIP  
OFFICIAL ENTRY FORM

PLEASE STAPLE OR TAPE A  
COPY OF YOUR 2006 USMS CARD

INTO THIS SPACE

Entries without a copy of the  
2006 USMS card will:  
Be treated as "unofficial" and  
NOT be eligible for awards  
NOT be tabulated in the final results

**LEGIBLY PRINT all of the following information . . . PLEASE!**

Last Name (as on card): \_\_\_\_\_ First: \_\_\_\_\_ MI: \_\_\_\_\_  
USMS number: \_\_\_\_\_ - \_\_\_\_\_ Gender (circle): MALE FEMALE  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
EMAIL Address (NEATLY!): \_\_\_\_\_ Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_ (MM/DD/YYYY) Age on DAY OF SWIM: \_\_\_\_\_  
CLUB name: \_\_\_\_\_ CLUB abbreviation: \_\_\_\_\_  
RESULTS: \_\_\_\_\_ I will retrieve the results online when they are posted on the Web  
\_\_\_\_\_ or send them to me via US Mail  
AWARDS: \_\_\_\_\_ I DO NOT want my awards (if earned)  
NAME of my official lap counter: \_\_\_\_\_ Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
My lap counter's EMAIL address: \_\_\_\_\_

ENTRY FEE: \$6.00 (US)/ \$10.00 (International) = \$ \_\_\_\_\_  
Your Hurricane Katrina Relief Fund Donation = \$ \_\_\_\_\_ (Will be forwarded by USMS)  
T-shirts: US \$17.00 each = \$ \_\_\_\_\_ SIZE: S M L XL XXL  
T-shirts: International \$22.00 each = \$ \_\_\_\_\_ SIZE: S M L XL XXL  
TOTAL fees enclosed: = \$ \_\_\_\_\_ (US\$)

MAKE CHECKS PAYABLE TO: O\*H\*I\*O Masters Swim Club  
MAIL TO: O\*H\*I\*O Masters Swim Club, 5247 Wilson Mills Road #104, Richmond Heights, OH 44143  
QUESTIONS? Contact Tom Spence at (216-299-3858) or at talltom13@msn.com

**ENTRIES MUST BE RECEIVED BY FRIDAY, FEBRUARY 17, 2006. - NO EXCEPTIONS!**

**Entries NOT RECEIVED by the deadline will be returned to the sender, unopened.**

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

## COMING IN JANUARY TO YOUR LOCAL POOL!



### 29th Annual - USMS National Championship ONE HOUR POSTAL SWIM

You must have 2006 USMS registration - register today if you haven't done so already.

**NEW THIS YEAR – you can enter online.**

#### **THE INDIVIDUAL SWIM:**

- Read the directions on the entry form carefully. You'll find it on page 2 in this *WetSet*.
- Swim for one continuous hour any time in the month of January – last chance is January 31.
- Swim the event at a pool of your choice – yards or meters.
- Swim with no more than 2 swimmers per lane – circle swimming is not allowed.
- Have someone time you, count your laps, and record your official splits.
- Mail your entry form and individual \$6 fee to the event host – O\*H\*I\*O Masters.

*PNA WILL ENTER YOU IN A RELAY TEAM EVENT BUT WE NEED YOUR SPLIT SHEET*

#### **TEAM EVENTS:**

- Team events are “postal relays” where we combine your results with those of other PNA swimmers.
- Teams are formed by age group (19+, 25+, etc.) and sex (male, female – 3 each) and mixed (2+2).
- The PNA team coordinators will form the best teams possible.
- An effort will be made to include every swimmer on a team.

#### **MAIL YOUR OFFICIAL SPLIT FORM to:**

PNA One Hour Swim  
c/o Sally Dillon  
PO Box 845  
Oak Harbor, WA 98277

#### **IMPORTANT DEADLINES:**

Your swim must take place in the **month of January**  
Sally must receive your split form no later than **FRIDAY, February 10**

#### **QUESTIONS? Contact Sally at:**

360-679-5038, [salswmr@verizon.net](mailto:salswmr@verizon.net)

*ORGANIZE YOUR FRIENDS AND TEAMMATES AND SET ASIDE A DAY OR TWO IN JANUARY TO DO THE ONE HOUR SWIM. LET'S HAVE A GREAT PNA TURNOUT THIS YEAR!*

\* PNA “teams” will only be formed with swimmers whose “club” is PNA (check your registration card if you are unsure). Unattached swimmers are not eligible.



## 2006 USMS ONE HOUR POSTAL CHAMPIONSHIP - OFFICIAL SPLIT FORM

Pool length (circle one): - 25 yards - 25 meters - 50 meters - (If left uncircled, distance will be yards).

For meter pools, convert meter times to yards: meter distance swum X 1.0936 = \_\_\_\_\_ yards.

NAME (print): \_\_\_\_\_ I certify that I have read the rules of this competition  
and that on \_\_\_\_\_ (date), I swam a total of \_\_\_\_\_ yards at \_\_\_\_\_ (pool).

\_\_\_\_\_  
SWIMMER'S SIGNATURE

\_\_\_\_\_  
LAP COUNTER'S SIGNATURE

Record splits using CUMULATIVE split times to the nearest second and tenth or hundredth. Entries without splits will be treated as UNOFFICIAL and will not be eligible for awards or tabulated in the final results.

50		1550		3050		4550	
100		1600		3100		4600	
150		1650		3150		4650	
200		1700		3200		4700	
250		1750		3250		4750	
300		1800		3300		4800	
350		1850		3350		4850	
400		1900		3400		4900	
450		1950		3450		4950	
500		2000		3500		5000	
550		2050		3550		5050	
600		2100		3600		5100	
650		2150		3650		5150	
700		2200		3700		5200	
750		2250		3750		5250	
800		2300		3800		5300	
850		2350		3850		5350	
900		2400		3900		5400	
950		2450		3950		5450	
1000		2500		4000		5500	
1050		2550		4050		5550	
1100		2600		4100		5600	
1150		2650		4150		5650	
1200		2700		4200		5700	
1250		2750		4250		5750	
1300		2800		4300		5800	
1350		2850		4350		5850	
1400		2900		4400		5900	
1450		2950		4450		5950	
1500		3000		4500		6000	



**2006 Membership Application**  
**Pacific Northwest Association of Masters Swimmers**

**New Swimmer**

**Returning USMS Swimmer**

(Old Number \_\_\_\_\_)

**Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.**

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_  
Last First Initial Month Day Year  
 Address: \_\_\_\_\_ Age: \_\_\_\_\_ Male Female (circle one)  
Street or box number  
 \_\_\_\_\_ E-Mail: \_\_\_\_\_  
City State Zip+4 please print carefully  
 Telephone: (\_\_\_\_) \_\_\_\_\_

**If you coach a Masters swim team check here**   
**If you are an Official please check here**   
**I am interested helping the PNA Board**

**CLUB:**  Pacific NW Aquatics (PNA) **AND** **Team :** \_\_\_\_\_  
 Or  Unattached **OR**  Unattached

**2006 Annual Fee:** Of your membership fee \$20 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication).

Choose a membership level A, B, or C below.

<b>A. Regular:</b>	11/01/05 thru 12/31/06	<b>\$35</b>	Make check payable to: <b>PNA</b>
<b>B. Need-based or Seniors (65 &amp; over):</b>		\$25	Mail to: Arni H. Litt, Registrar
<b>C. End of Year</b>	09/01/06-12/31/06	\$20	1920 10th Ave E
Foreign address, add		\$10	Seattle, WA 98102-4253

Optional Donations:

USMS Endowment Fund \$ \_\_\_\_\_  
 International Swimming Hall of Fame \$ \_\_\_\_\_  
**TOTAL** \$ \_\_\_\_\_

Questions: (206) 323-4712, arni@qwest.net

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

➔ **Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

The United States Masters Swimming Policy on the privacy of member information is at: [www.usms.org/admin/privacy.shtml](http://www.usms.org/admin/privacy.shtml)

**TEAMS**

- |  |   |  |
|--|---|--|
| <b>BAM:</b> Bainbridge Area Masters        | <b>MMST:</b> Meredith Mathews E Madison     | <b>SVY:</b> Skagit Valley YMCA Chinooks    |
| <b>BC:</b> Bellevue Club                   | YMCA Mudskippers                            | <b>TACM:</b> Thunderbird Aquatic Masters   |
| <b>BEST:</b> Bellevue Eastside Masters     | <b>NEO:</b> North End Otters                | <b>TACY:</b> Tacoma Pierce County YMCA     |
| <b>BMSC:</b> Bellingham Masters Swim Club  | <b>NHM:</b> Newport Hills Masters           | <b>TIG:</b> Tigers                         |
| <b>CAC:</b> Columbia Athletic Masters      | <b>NSYG:</b> Northshore Y's Guys            | <b>TMS:</b> Thorbecke's Masters Swimming   |
| <b>DSYM:</b> Downtown Seattle YMCA Masters | <b>NWM:</b> North Whidbey Masters           | <b>TOSC:</b> Thurston Olympians Swim Club  |
| <b>EM:</b> Evergreen Masters               | <b>OOPS:</b> Old Olympic Peninsula Swimmers | <b>UNAT:</b> Unattached to a Team          |
| <b>FSJ:</b> Fins of the San Juans          | <b>ORCA:</b> Orca Swim Club                 | <b>UPAC:</b> University Place Aquatic Club |
| <b>FTSW:</b> Ft. Steilacoom - WAKO         | <b>PAM:</b> PAMS                            | <b>VAM:</b> Vashon Aquatic Masters         |
| <b>FWM:</b> Federal Way Master             | <b>PRO:</b> Pro Sports Club                 | <b>VAST:</b> Valley Aquatic Swim Team      |
| <b>GACM:</b> Gateway Athletic Club         | <b>PSC:</b> Phinney Ridge Swim Club         | <b>VFC:</b> Valley Fitness Center          |
| <b>GCMS:</b> Gold Creek Masters (GCM)      | <b>PTMS:</b> Port Townsend Master Swimmers  | <b>WAC:</b> Washington Athletic Club       |
| <b>GLAD:</b> Greenlake Aquaducks           | <b>QASC:</b> Queen Anne Swim Club           | <b>WCY:</b> Whatcom County YMCA            |
| <b>HMST:</b> Husky Masters                 | <b>RAH:</b> Redmond Aqua Hotshots           | <b>WEST:</b> West coast Aquatics Masters   |
| <b>ISST:</b> Issaquah Swim Team Masters    | <b>RTB:</b> Raise the Bar                   | <b>WIS:</b> S Whidbey Island Swells        |
| <b>JAM:</b> Juanita Aquatic Masters        | <b>SAC:</b> Seattle Athletic Club           | <b>WSAS:</b> West Seattle All-Stars        |
| <b>LUNA:</b> Team Luna                     | <b>SAMM:</b> Samena Club                    | <b>WSYD:</b> West Seattle YMCA Dolphins    |
| <b>LWS:</b> Lynnwood Sharks                | <b>SSEA:</b> Swim Seattle                   | <b>WWUD:</b> Western WA U Masters Swimming |
| <b>MIR:</b> Mercer Island Redwoods         | <b>STRM:</b> Storm Lake Aquatics            | <b>YNOT:</b> Y Nauts                       |

# Pacific Northwest Association of Masters Swimmers

## 2006 Local Team Registration

To register your team for 2006, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held each April. All team members competing in the meet must be currently registered with USMS.

PNA will provide each team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and Organization and Bylaws. Please indicate who should receive the USMS Rule Book

<b>Team Name:</b>	<b>Abbreviation (4 letters max):</b>	
<b>Team Rep</b>	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
<b>Team Coach</b>	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
<b>Workout Pools</b>	Pool name:	
	Address:	
<b>Workout Times</b>		
<b>Rule Book</b>		

Below are the abbreviations currently in use.

Mail this form and check to:

Arni Litt, Registrar  
 1920 10<sup>th</sup> Ave East  
 Seattle, WA 98102-4253  
 Arni@qwest.net

Application fee: \$10  
 Make check payable to: **PNA Masters**

- |  |   |   |
|--|---|---|
| BAM: Bainbridge Area Masters<br>BC: Bellevue Club<br>BEST: Bellevue Eastside Masters<br>BMSC: Bellingham Masters Swim Club<br>CAC: Columbia Athletic Masters<br>DSYM: Downtown Seattle YMCA Masters<br>ESCM: Evergreen Swim Club Masters<br>FSJ: Fins of the San Juans<br>FTSW: Ft. Steilacoom - WAKO<br>FWM: Federal Way Master<br>GACM: Gateway Athletic Club<br>GCMS: Gold Creek Masters (GCM)<br>GLAD: Greenlake Aquaducks<br>HMST: Husky Masters<br>ISST: Issaquah Swim Team Masters<br>JAM: Juanita Aquatic Masters<br>LUNA: Team Luna<br>LWS: Lynnwood Sharks<br>MIR: Mercer Island Redwoods<br>MMST: Marysville Martins<br>NEO: North End Otters | NHM: Newport Hills Masters<br>NSYG: Northshore Y's Guys<br>NWM: North Whidbey Masters<br>OOPS: Old Olympic Peninsula Swimmers<br>ORCA: Orca Swim Club<br>PAC: Poseidon Aquatic Club<br>PAM: Port Angeles Masters<br>PRO: Pro Sports Club<br>PTMS: Port Townsend master Swimmers<br>QASC: Queen Anne Swim Club<br>RAH: Redmond Aqua Hotshots<br>RTB: Raise the Bar<br>SAC: Seattle Athletic Club<br>SAMM: Samena Club<br>STRM: Storm Aquatics<br>SSEA: Swim Seattle<br>SVY: Skagit Valley YMCA Chinooks<br>TACM: Thunderbird Aquatic Masters | TACY: Tacoma Pierce County YMCA<br>TIG: Tigers<br>TMS: Thorbecke's Masters Swimming<br>TSC: Tacoma Swim Club<br>TUMV: Tumwater Valley Masters<br>UNAT: Unattached to a Team<br>UPAC: University Place Aquatic Club<br>VAM: Vashon Aquatic Masters<br>VAST: Valley Aquatic Swim Team<br>VFC: Valley Fitness Center<br>WAC: Washington Athletic Club<br>WEST: West Coast Aquatic Masters<br>WCY: Whatcom County YMCA<br>WIS: S Whidbey Island Swells<br>WSAS: West Seattle All-Stars<br>WSYD: West Seattle YMCA Dolphins<br>WWUS: Western WA U Masters Swimming<br>YNOT: Y Nauts<br>Don't see your team? Fill in the form and it will be added to the list. |
|--|---|---|



## WetSet Subscription/Change of Address Form

*The WetSet* is PNA's official newsletter. Produced ten times a year, it is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA Masters Swimmers." To subscribe, please send this completed form to Arni Litt, PNA Registrar, 1920 10th Ave E, Seattle, WA 98102-4253.

**\*Important** — *The WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.\*

Attach old address label here (if available)

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City / State / Zip Code \_\_\_\_\_

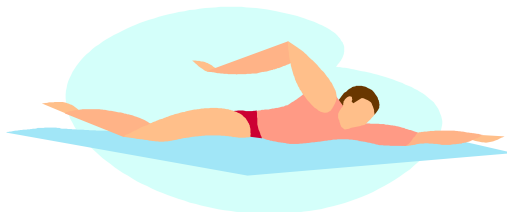
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December 2005 Issue



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