



9th Annual Pentathlon Attracts Swimmers and Records

By Sally Dillon, PNA Board Member

Sixty-three swimmers – six more than last year – entered the 9th Annual Short Course Meters Pentathlon on September 24. Among them were seven Canadian swimmers from two teams (MSBC and NAVY) and Doug Strong (81, DOC), who traveled all the way from Indianapolis.

This year's Pentathlon was held on Sunday rather than Saturday. That change attracted some PNA swimmers that in the past attended the Hannula Coaching Clinic, which has conflicted with the Saturday version of this meet. In addition, a record number of North Whidbey Masters swimmers (16) participated and served as volunteers. Some NWM-ers have not attended past Saturday Pentathlons because they wanted to ride in the annual 100-mile "Tour de Whidbey" bicycle event.

Back to Back Winner

Back-to-back events are not recommended for the Pentathlon. But Anne Peters Johnson (41, RAH) not only swam all three backstroke races, she finished first in her age group in each.



Doug Strong, 81, with his son Fred after Doug completed the Animal Division of the Pentathlon (800 meters)

Doug Strong got the most bang for his buck with a total swimming time of 46:28.05 for the five Animal events (200 of each stroke and a 400 IM). Five other swimmers also competed in the Animal Division this year, and all six competitors took home blue ribbons for their division: Becky Klieman (43, NWM), Chaya Amiad (68, WSYD), Eulah Varty (72, MSBC), John McManus (52, MSBC) and Harvey Prosser (78, NWM).

Only one brave soul, Steve Peterson (60, OOPS), participated in the Brute triathlon (1500 free, 200 fly and 400 IM). Steve set PNA records in the 1500 free (21:55.60) and the 200 fly (3:35.24).

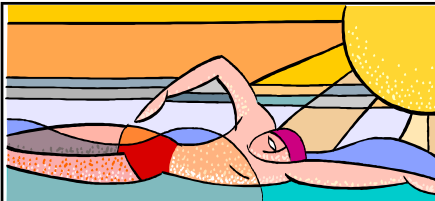
In the Middle Division (100 of

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WET SET

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(Editor's note: Just to prove that while everything changes, nothing changes, this is a reprint of the October 2003 "Leading Off" with a couple of dates changed and reference to the recent member survey conducted by USMS).

Now that Indian summer is here with a chill in the mornings and warm afternoon sun, it is time to set our sights on fall and winter swimming. But let's not leave summer too soon. Read elsewhere in this month's newsletter about some open water adventures of your fellow PNA swimmers.

Some swimmers' stories we hear about and share with you, but there are many others we don't know about. Let us know what you and your lane mates are doing, and about your team activities.

A Perfect Time to Refocus

For many of us our swimming has moved indoors and we are spending less time in pursuit of outdoor activities. This is a perfect time to focus on strength and conditioning, and improve your technique. Start your workouts with stretching and an easy warm-up as well as an easy cool-down and more stretching afterward. Get enough sleep and pay attention to your diet. Focus on quality workouts. I guarantee you will get more enjoyment from your practice time.

We Want Your Comments

The PNA board is interested in knowing why you swim. Is it for fitness, competition or both? So PNA can better serve your needs

LEADING OFF



By Jeanne Ensign,
PNA President

as a swimmer, we would like to hear from you.

Please share with me your comments, likes and dislikes, about the sport of swimming, Masters swimming, competition, fitness, special events (Postal swims, February Fitness Challenge, Check Off Challenge, stroke clinics, etc.), coaching, practices, workouts, newsletters and websites, or anything else.

We have a board planning session scheduled for our regular December meeting and your comments and ideas will be very helpful. We will also use results from the swimmer survey conducted by USMS this summer to help analyze the health of PNA and to plan our activities going forward. I look forward to hearing from you. My email address is jeanne@raincity.com. My phone number is (206) 324-1354.

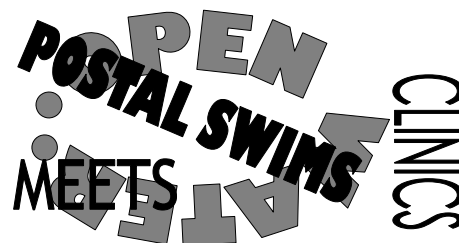
Correction:

September's newsletter incorrectly identified Jim Gross as the men's winner in the Lake Padden 5K non-wetsuit division. Bill Penn actually won this division, placing second overall.

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 2006/2007 CALENDAR



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

☐ September 15 to November 15, 2006
3000/6000 Yard Postal Championships
Max Veltman, (915) 584-0227,
max_veltman@yahoo.com

☐ **October 24, 2006**
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

☐ **October 28, 2006**
PNA-Sponsored Meet
Preparation Clinic
Tukwila Pool
For information and an entry form, see page 10.

☐ November 1 to December 31, 2006
Brute Squad 2006 Postal Event (1650 free, 400 IM and 200 Fly)
Sponsored by Washington State University Masters Swimming
For information, see page 9.

☐ **November 4 and 5, 2006**
PNA-sponsored Stroke Clinic
Seattle University's Connolly Center

☐ **November 18 and 19, 2006**
2006 Northwest Zone Short Course Masters Championship Meet
Weyerhaeuser King County Aquatic Center
Federal Way, Wash.
Jane Moore;
swimmoore@comcast.net
Entry form on pages 8-9.

☐ **December 5, 2006**
PNA Board Meeting
6:45 p.m.
1920 10th Ave. E, Seattle
RSVP arni@qwest.net

☐ January 1 to January 31, 2007
USMS One Hour Postal Championships
Margie Hutinger, (727) 521-1172
phut@usms.org

☐ **January 20, 2007**
SCY PNA Meet
Fidalgo Pool
Anacortes, Wash.

☐ **January 23, 2007**
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

☐ **February 18, 2007**
SCM Meet
Bellevue Club
Bellevue, Wash.

☐ May 15 to September 15, 2007
USMS 5 and 10 km Postal Championships
Susan Ingraham
(210) 493-0388
aquatex101@aol.com

☐ **May 17 to May 19, 2007**
USMS Short Course Championships
Weyerhaeuser King County Aquatic Center
Federal Way, Wash.
Jane Moore, (253) 759-4956
swimmoore@comcast.net;
Sanctioned by PNA

☐ May 27, 2007
USMS 1 Mile Open Water Championships
Lake Audubon, Reston, VA
Gordon Gerson (703) 845-SWIM
rmst@restonmasters.org;
www.restonmasters.org;
Sanctioned by PV LMSC

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
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

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Pentathlon

each stroke and a 200 IM), the top female swimmer was Brittany Kunze (23, LWS) with a total time of 7:40.48. Top male swimmer was David Kays (39, PRO) with a total time of 7:46.92. In the Sprint Division (50 of each stroke and a 100 IM) the leaders were Kelly Lotts (29, BMSC) with a total time of 3:31.60 and Kyle Ciminski (20, NWM) with a total time of 2:55.88.

Records Set

Besides Steve Peterson, others setting PNA records were: Becky Klieman (43, NWM), 200 fly (3:28.32); Jeanne Ensign (60, GLAD), 1500 free (29:34.07); Kyle Ciminski, 50 back (30.78); and Allan McDougall (65, NWM), 100 back (1:28.88), 100 breast (1:33.01) and 200 IM (3:16.58).

Zone records were set by Brittany Kunze, 200 IM (2:41.25); Kyle Ciminski, 50 breast (30.90) and 50 fly (26.33); and Jon Baca (46, TACM), 50 breast (32.68).

PNA would like to see more members take advantage of the Pentathlon, as it is one of the few SCM meets available every year. The Pentathlon provides a wide array of events so there should be something of interest for any pool competitor.

After the meet a number of swimmers enjoyed the traditional post-meet social at The BBQ Joint, a great spot nearby.



North Whidbey Masters Coach Neil Romney (top, far left) along with NWM swimmers and volunteers

Photos by
Tom Foley



Sally Dillon and Dick LaFave, key officials who orchestrated a very smooth Pentathlon



Allan McDougall (65) and Harvey Prosser (78), who named themselves "Elite Senior Swimmers" after fine efforts in the Pentathlon



First-Ever Orcas Island Open Water Challenge Turns into the Donald-and-Pat Show

By Sally Dillon, PNA Board Member

Held at Orcas Island's Cascade Lake, the Orcas Open Water Challenge on September 9 and 10 was loads of fun and well organized by event directors Blanche Bybee and Paul Hopkins.

Lake temperature was about 70 degrees. Saturday's weather was a bit cool and windy but it was gorgeous on Sunday. And there were plenty of great restaurants in Eastsound, the closest town.

On Saturday 47 swimmers participated in the one-mile event (19 in wet suits). Donald Moravec (46) and Pat McChesney (56), both from Spokane, took first and second, respectively, in this event, wearing wet suits.

Six relay teams swam in the 4 X 1/2 mile event. Three fought hard to win and the other three tried hard to finish in a tie. Though most teams had four swimmers, first place went to the two-man team of Donald and Pat.

On Sunday 13 swimmers participated in the 1/2-mile event and 15 in the three-mile event. Donald won the 1/2-mile event and then he and Pat were again 1-2 in the three-mile event.

In the purist races – no wet suit – Renee Hukkanen (29) was first out of the water in the one-mile, Laura Del Rio (41) won the 1/2 mile and Cathy Cooley (48) captured the three-mile.

Blanche and Paul are already making plans to hold this event again in 2007.

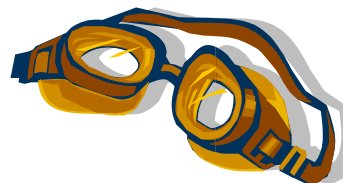


(From left): Donald Moravec and Pat McChesney, who scored big in the Orcas Island Open Water Challenge



Second-place relay team (from left): Craig Carlson, Colin Chinn, Sally Dillon and Wendy Neely; all are from North Whidbey Masters except Wendy, who is from Federal Way Masters

Photo by Eiko Chinn



Work and Awards at USMS Convention

PNA was once again well represented at the recent USMS annual convention. This year's convention was held in Dearborn, Mich. PNA members Lee Carlson (PNA delegate), Kathy Casey (chair of Rules Committee), Kelly Crandell (chair of Recognition and Awards Committee), Lisa Dahl (PNA delegate), Sally Dillon (member of Rules Committee), Jeanne Ensign (member of Board of Directors), Jan Kavadas (PNA delegate), Hugh Moore (chair of Communications Committee), Jane Moore (NW Zone representative), Walt Reid (at-large delegate) and Sarah Welch (member of Finance Committee) were delegates at the meetings September 13-17.

Convention is a busy time for delegates with numerous workshops and over 20 committee meetings. Most meetings occur Thursday through Saturday, but there are a few on Wednesday and Sunday.

Committee actions are ratified by the House of Delegates, which includes over 200 delegates. The House also makes important decisions such as budget, locations of national championships and rule changes. The USMS meetings are held as part of the United States Aquatic Sports meetings that also include the national governing bodies for USA Swimming, Diving, Synchronized Swimming and Water Polo.

Sally Dillon formally received the Ransom Arthur award at the banquet on Saturday night. The award is given annually to person who has done the most to further the objectives of Masters swimming. The banquet was attended by 1200 delegates from the five governing bodies.

PNA member and synchronized swimming coach Charlotte Davis



Dressing up at the USMS Convention: (from left) Walt Reid, Kathy Casey, Kelly Crandell and Hugh Moore

received the Lillian MacKellar Distinguished Service Award from USA-Synchro "for unselfish service without thought of personal gain and with particular emphasis on working for the benefit of the athletes." The award was presented at the banquet. Charlotte also received the David Yorzyk award for the outstanding 400 IM swum last year.

Kathy Casey, Hugh Moore and Walt Reid were presented Dorothy Donnelly USMS Service Awards. (See next page.)

Significant action items from the House of Delegates of interest to PNA members include:

- Passed a \$5 membership dues increase, effective for 2008.
- Awarded the 2008 USMS Short Course National Championships to University of Texas in Austin, Tex., and the 2008 Long Course National Championship to Mt. Hood Community College in Gresham, Oregon.
- Central Oregon Masters will

host the 2008 3-to-6 mile open water championship.

- Federal Way Masters was awarded the 2007 Check-Off Challenge with a theme of "Tour de Pool."
- Lee Carlson, on behalf of PNA, was awarded the 30 Minute Swim for 2007.

Complete convention minutes are available at the USMS website at <http://www.usms.org/admin/conv06/>.



(From left) Charlotte Davis and Sally Dillon with their awards



PNA's Kathy Casey, Walt Reid and Hugh Moore Receive Dorothy Donnelly USMS Service Awards

If you go to PNA meets or open water swims, you've undoubtedly seen Kathy Casey, Walt Reid and Hugh Moore. They're regulars at these events.

In addition, all three have made, and continue to make, significant contributions to PNA and to Masters swimming on the national level. Which is why, at the recent USMS Convention, each received a Dorothy Donnelly USMS Service Award. (If you're not familiar with Kathy, Walt and Hugh, check out the picture on the top of the previous page.)

To give you a sense of their contributions, *The WetSet* has included below edited excerpts from nomination letters submitted by PNA President Jeanne Ensign.

Kathy Casey

Kathy rarely misses a PNA board meeting, convention or even

a swim meet. She is currently safety chair for PNA and chair of the USMS Rules Committee. If there is a part of the rule book she does not yet know by heart I would be surprised. She applies her work ethic in the water as well, as she has found time to achieve Top Ten 317 times and All American seven times in long distance, pool and pool relay. Cathy is a Masters coach and also coaches high school swimming and diving.

Walt Reid

If we could just look at the inside of Walt's brain, I'll bet we would find well-catalogued and orderly files of swimmers, times, ages and an anecdote about each swimmer, event or meet. Walt has been PNA's Records Chair very nearly since inception. After each of our area meets, he quietly certifies the results, sends them to our webmaster for posting, submits times for USMS Top Ten and three times a year shows up with PNA records for yards, short course meters and long course meters. In addition, he has compiled an all-time PNA Top Ten. Walt has also served as the FINA Masters Recorder in every FINA World Masters.

Hugh Moore

Hugh has served in nearly every position in our LMSC at some time and is currently secretary. He also is president of his swim team, Federal Way Masters. On the national level, Hugh has chaired three committees (but just one at a time): Planning, Officials and Communications, of which he is currently chair. Any one of the many positions Hugh has undertaken would scare off the faint of heart, but Hugh is always willing to take on another or different position. He challenges himself in the pool as well and is known for never missing a chance to swim a 200 fly or a 5K.



PNA Board Summary for August

The PNA Board met at the Yesler Community Center in Seattle on August 22. The board continues to plan meets, including the upcoming Northwest Zone Short Course Meter Championship, November 18-19, and the USMS 2007 National Short Course Championship, May 17-20. Both meets will be held at the Weyerhaeuser King County Aquatic Center.

The board also approved two clinics: a meet preparation clinic on October 28 and a stroke clinic on November 4-5. Entry forms for meets and clinics are available in *The WetSet* and at the PNA website: www.swimpna.org.

Complete board meeting minutes are available at the PNA website.

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Membership

team, you will have to pay a nominal transfer fee since all teams are members of our club.

Coaches, friends of prospective members, and prospective members, let people know that new swimmers registering for 2007 starting in November 2006 will be considered a member in good standing for the rest of 2006 and all of 2007 (14 months for the price of 12).

Welcome New PNA Swimmers

Karen Buttram
Ann Conto
Bridget Ferguson
Timothy Galloway
Paul Gardner
Wayland Hui
Jonathan Ives
Israel James
Kristen Klinger
Wayne Methner
Julie Ness
Joseph Pipinch
Brent Schuster
Phillip Stanley
Maureen Sullivan
Kent Swalin
Stacy L Williams
Stacey Williams

2006 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET

Hosed and Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction # 063609

DATE: **Saturday, November 18th and Sunday, November 19th, 2006**

TIMES: **Saturday, November 18th: Warm-up: 11:00 – 11:50 AM, Meet starts: Noon**
Sunday, November 19th: Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM

PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Jane Moore (253)759-4956 (before 9 p.m. PT Please) / swimmooore@comcast.net

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-meter courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for the 400, 800, and 1500 freestyle events. A single course will be used for all other events. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard. Results for 2 courses can be displayed simultaneously.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2006 or 2007 USMS or foreign registered swimmers. Swimmers must be 18 years of age to swim in warm-ups or competition. Age groups will be based upon the swimmer's age as of December 31, 2006.

DIRECTIONS: From North or South Bound I-5 take exit 142 B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #B) (Seeding slow to fast / Deck enter relays at the meet.)

1	Saturday, November 18th: Noon					Sunday, November 19th: 9 AM
2	400 Individual Medley			13		400 Freestyle
3	50 Backstroke			14		100 Breaststroke
4	200 Butterfly			15		50 Butterfly
5	100 Freestyle			16		200 Freestyle
6	Women's 200 Medley Relay			17		200 Individual Medley
7	Men's 200 Medley Relay			18		Women's 200 Freestyle Relay
8	100 Backstroke			19		Men's 200 Freestyle Relay
9	50 Freestyle			20		50 Breaststroke
10	200 Breaststroke			21		200 Backstroke
11	100 Individual Medley			22		100 Butterfly
12	200 Mixed Freestyle Relay			23		Mixed 200 Medley Relay
	800 Freestyle			24		1500 Freestyle

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

Entry Confirmation: If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

Check-in: Check-in is required for the 800 Freestyle (Deadline end of event 6), the 400 Freestyle (Deadline: Sunday at 8:30 AM), and the 1500 Freestyle (Deadline: end of event 19). Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 5&6, end of event 1; event 11 end of event 6; events 18-19 end of event 13; and event 23 end of event 19.

A Northwest Zone meeting will be held at the Aquatic Center following the 800 freestyle.

2006 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET
Saturday, November 18th and Sunday, November 19th, 2006

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE: _____ USMS #: _____

Non-PNA Members must include a copy of your Masters registration card.

LMSC _____ (PNA, Oregon, Inland NW, etc.) Club _____

AGE GROUP (Determined by your age as of December 31, 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: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

Emergency Contact: _____ Phone Number: _____

ENTRY FEE: \$ 25.00 Surcharge

Individual Events: + _____ \$2 per event. No charge for relays.

Optional for need-basis or seniors (65 & over).

Shirts @ \$17 indicate size (M L XL)

Women's indicate size (S M L XL 2XL)

Total: \$ _____ **Please make checks payable to PNA**

Mail this entry form and fees to: Holly Bork

6233 S 233rd St

Kent, WA 98032

Questions? Email Holly at holly.d.bork@boeing.com

Entries must be postmarked no later than Saturday, November 4, 2006. All swimmers must have a

valid 2006 or 2007 USMS (or foreign) registration prior to meet entry or submit an application

accompanying the entry.

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 _____



Additional Information for November's Northwest Zone Short Course Meters Championship Meet (entry form on previous page)

Individual Awards: NW Zone ribbons will be awarded first through 6th place in every age group in every event. PNA medals can be purchased for \$2 each.

Website: Visit the PNA website at www.swimpna.org for updated information.

Motels: There are numerous motels within fifteen miles of the pool including

Name	Distance to Pool	City	Phone
Holiday Inn Express	1.4 miles	Federal Way	253-838-3164
Best Western Executel	5 miles	Federal Way	253-941-6000
Super 8 Motel	2.4 miles	Federal Way	253-838-8808
Motel 6	7 miles	Fife	253-922-1270

Shirts: Shirts are available for \$17, but must be ordered with your entry. The meet shirt design and size description can be found on the PNA website at www.swimpna.org.

1650 Freestyle 400 IM 200 Fly

**Join the Brute Squad
2006 Postal Event
November 1-December 31, 2006
Location: any pool
Swim Three Events at One Workout
Participation/Fitness Divisions**

**For more information:
[http://
www.WSUMastersSwimming.org/
BruteSquad](http://www.WSUMastersSwimming.org/BruteSquad)**

Renewal Info From Your Registrar, Arni Litt

In late October, I will mail your membership renewal form for 2007. The form will be customized with your data. Please check it carefully for errors and correct them, include your check and mail the form back as soon as possible. Your 2006 membership is valid through December 31, 2006, but it is never too early to renew. Please wait, though, for your 2007 form to come in the mail.

A special note for UNATTACHED SWIMMERS:

You are invited to become part of the Club PNA (Pacific Northwest Aquatics). You don't need to be a member of a team to be part of the Club PNA. There is no disadvantage to change from Unattached to Attached. There are no fees involved when you do it at the time of renewal. However, if later in the year, you decide to join a PNA

(Continued on page 7)

Little Things that Make a Big Difference: Rules, Starts & Turns

A PNA-Sponsored Meet Preparation Clinic

Ever wondered what to do when the judge blows the whistle? If so, this clinic is for you! PNA is sponsoring a Meet Preparation Clinic on Saturday, October 28. Cost is a modest \$25 per swimmer. This clinic is for anyone who has never participated in a swim meet as well as all other swimmers that would like to know more about the little things that in competition make a big difference.

Do you know USMS Rules? This clinic will cover them. Would you like to improve your starts and turns? Also covered.

Sign up now. Space is limited to the first 36 entrants.

Location:

Tukwila Pool

4414 S. 144th, Tukwila, WA 98168

206-657-2350

From I-5, Take exit 154, 518 West toward Burien. Take Hwy 99 North exit. Turn right on 154th. Turn left (north on Hwy 99 (International Blvd.)). Turn right on 144th.

Schedule

October 28, 2006

8-8:30 a.m. Registration and healthy snacks

8:30-9:15 Q & A Bleacher Talk - Mary Coddington, USA-Swimming Official will review USMS Rules

9:20-11:30 Pool Session - PNA Coaches

Wendy Neely, PNA 2005 Coach of the Year, and Lynn Wells, BAM coach, will lead a contingent of PNA coaches for the pool session. The coaches will cover the following items:

Starts – Dive progression: Start with formal commands (whistle starts) and relay exchanges

Turns – Intro to flip turns, stationary drills; timing into the wall (to dolphin kick or not)

All participants will receive a PNA swim cap.

Bring suit, towel, sweats, etc., so you're comfortable in and out of the water. .

Registration Form (Please detach or copy and mail with your \$25 check payable to PNA)

Meet Preparation Clinic –October 28th. Entry Deadline Postmark October 21st

First Name

Last Name

Address--Street

City/State

Zip

USMS Registration Number (required)

email address

@

Phone Number(s)

(home)

(work)

(cell)

\$

Amt Enclosed \$25

Checks payable to PNA. Mail to Wendy Neely, 5416 S.W. 326th Ct., Federal Way WA 98023



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 committee**

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.

- A. Regular:** ~~11/01/05 thru 12/31/06~~ ~~\$35~~
- B. Need-based or Seniors (65 & over): ~~\$25~~**
- C. End of Year** **09/01/06-12/31/06** \$20
- Foreign address, add \$10

Make check payable to: **PNA**
 Mail to: Arni H. Litt, Registrar
 1920 10th Ave E
 Seattle, WA 98102-4253

Optional Donations:

USMS Endowment Fund \$ _____
 International Swimmers Hall of Fame \$ _____
TOTAL \$ _____

Questions: (206) 849-1387, 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

TEAMS

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



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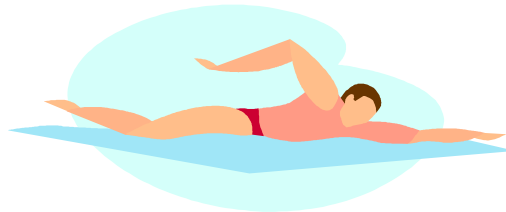
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