

THE WETSET

Records Fall at Whidbey Meet!

by Jim Waller, Whidbey News-Times, reprinted with permission

Spectators at the John Vanderzicht Memorial Pool witnessed a rare sight Sunday, Nov. 22 - a world record.

Lincoln Djang of Richland broke the 50-54 age-group record in the 400 meter short course individual medley at the Whidbey Island masters swim meet with a 4:55.50 clocking. The previous record was 4:57.52.

The meet was hosted by the North Whidbey Masters swim club, and local member and meet director Jim McCleery joined Djang in the spotlight with a strong showing of his own.

In Djang's only race of the day, the crowd was aware of his assault on the record and cried 'go' in unison when his head bobbed to the surface during the breaststroke, then rose to its feet and cheered him home as he swam to the finish line in the freestyle.

Djang said the crowd helped: "They kept me focused on achieving the record, not letting the fatigue take control to force me to slow down. At 300 meters my arms were dead and my legs were on fire, but the crowd's

Pacific Northwest Association of Masters Swimmers



Amanda and Lincoln Djang, after Lincoln's world-record swim.

cheering kept me going. While I have seen several world record swims in other locations, this was the most supportive group anyone could ever have experienced."

He said his coach (wife Amanda) chose this meet to attack the record because she knew the pool was fast and "the competition would be solid." He credited his wife for changes in his stroke that made the record possible.

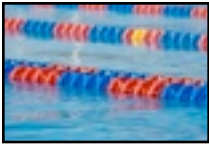
Djang swam for Columbia University and was graduated in 1981. He was aiming for a
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Too Much Sitting?

by Jane Moore, MD, PNA Board Member,
USMS Sports Medicine and Safety
Chairperson

Swimmers know the benefits of exercise – better health, weight control, lower risk of heart attack, stroke, diabetes, and high blood pressure. Most of us exceed the recommended minimum guidelines for physical activity for health: 30 minutes of activity on most days. So, we are all healthy and don't need to worry about what we do during the time we're not in the pool, right? *(continued on page 5)*

LEADING OFF



BY PNA PRESIDENT
STEVE PETERSON

Hangin' It Up Happy New

Year! I hope you enjoyed your time off over the holidays, now refreshed and ready to tackle new challenges. As you read this, I begin a new phase of my life – I retired! Wife Cindy follows at the end of the school year, giving me some time to adjust (read: clean up my mess). Will I devote more time to swimming? Start training for triathlons? Read those books in my library? Stay tuned...

Did you do a New Year's Day swim? How about the January meet in Anacortes? You still have time to complete your One Hour postal swim. When you do, don't forget to let our postal relay team coordinator Sally Dillon know (see details on page 5). Also coming up are meets at Briggs YMCA, Juanita (tentative), Helene Madison (tentative), followed by Champs in April.

January is a good time to check your team listing on PNA's web site (swimpna.org/where_to_swim.htm). Is your team's web site listed? Do we list your information correctly under Other Places To Swim? Please send webmaster Hugh Moore any updates.

Meeting Changes

Eleven PNA board meetings per year has been the norm, with most meetings at the Yesler Community Center in recent years. Adding to efficiencies suggested by our retreats, we now plan to cut the number of meetings to seven, including two extended Saturday sessions. The study committee (Sally Dillon, Jeanne Ensign and Sarah Welch) also recommended varied meeting locations. We will continue to use the conference-call service, for both member access and interim meetings as necessary. Check each month's calendar for details.

At December's meeting we also approved PNA's budget for 2010. Many thanks to Jeanne Ensign for compiling inputs from board members and

(continued on page 4)

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have 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.

The WetSet

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Records/Top Ten: Walt Reid

Officiating: Kathy Casey/Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Hugh Moore

HOLD THE DATE - PNA TO OFFER CLINICS

Coaches Clinic

The PNA Coaches Committee plans to sponsor a club development clinic for coaches on March 6, 2010. US Masters Swimming club development representatives will provide us with an interactive presentation as well as some creative ideas for retaining and growing club membership. The workshop will address priorities identified in the coaches survey conducted last year. Karlyn Pipes-Neilsen will be on hand to offer tips to coaches. Registration forms and additional information will be in the February issue of The WetSet.

Swim Technique Clinic

PNA plans to host swim technique clinics by Karlyn Pipes-Neilsen on March 7-9, 2010. The clinics will feature video feedback and will be held at local PNA pools. Three clinics will focus on freestyle and one will focus on other strokes. Registration forms will be in the February issue of The WetSet.

PNA Board Meeting (Oct 27)

by Herb Cook, PNA Secretary

PNA Retreat. Assisted by facilitator Ethan Smith, the Board on October 24 reviewed eight agreements from the 2008 Retreat; appointed “Practice Leaders” to oversee progress on each agreement; agreed that assigning more tasks to committees will improve the Board’s productivity; and appointed Toby Coenen (chair), Lisa Dahl, Sally Dillon and Lee Carlson to develop an Annual Plan for 2010.

Wiggin Fund Policy. In September the Board forwarded to the Wiggin Fund—PNA’s charitable fund—a parental request for assistance in funding dues and fees for an age group swimmer. The Wiggin Fund Committee—Kathy Casey, Jan Kavadas and Ricki Vadset—declined the request, citing lack of precedent, insufficient resources, and concern that such a request may fall outside the scope of the fund. Hallie Truswell, Lisa Dahl and Ron Rhinehart volunteered to serve on a committee to develop a policy recommendation to guide future funding decisions.

The WetSet. The Board discussed the format and content of The WetSet, in light of former Editor Paul Freeman’s observation that the newsletter’s content has been heavily weighted toward competition, as opposed to fitness swimming. New Editor Ron Rhinehart suggested creating separate sections featuring articles on fitness and competition, and evaluating reader response.

Loss of Members, Pools & Programs. The Board discussed recent and threatened cutbacks, including closure of Evergreen Pool by King County Parks; closure of one of Seattle University’s two pools, resulting in loss of the Seattle U Masters swimming program and workout reductions and fee increases for the Orca Swim Team; and cutbacks at UW’s Hec Edmundson Pavilion Pool, jeopardizing the Husky Masters program. Board members agreed PNA should step up its advocacy for swimming facilities and programs.

PNA Logo. The Board approved using the orca as PNA’s logo and requested that Ron Rhinehart and Mary Anne White develop a specific design.

Meets. The Board sanctioned meets at Fidalgo Pool in Anacortes on January 10, 2010; and at Briggs YMCA in Olympia on February 6, 2010.

Read the full Minutes at www.swimpna.org

Leading Off

(continued from page 2)

applying her accounting expertise to guide us through this task! See the details below.

A Volunteer Opportunity

Do you attend most of our meets? We're in need of an Awards Coordinator to relieve Kelly Crandell, taken away by increasing work demands. This job includes making sure the awards box gets to each meet, accounting for sales and ordering replacement medals and ribbons when required. Please let me know if you're interested.

See you in February at Briggs Y!

2010 PNA Budget Summary

	2010 Budget	2009 Actual (Estimated)
<i>Income</i>		
Registration Fees, net of USMS Portion	\$ 22,600	\$ 23,650
Meets, Awards, Clinics	7,000	2,850
Other	400	800
Total Income	30,000	27,300
<i>Expenses</i>		
Administrative & Board	12,600	9,300
Meets, Awards, Clinics, Safety Equip	7,400	3,800
Nationals Support	2,600	3,700
Swimmer Support	4,800	2,500
The WetSet	6,600	11,500
	34,000	30,800
<i>Net Income (Loss)</i>	(4,000)	(3,500)
<i>Cash at Beginning of year</i>	45,700	49,200
<i>Cash at End of Year (Estimated)</i>	\$ 41,700	\$ 45,700

Notes:

1. Double the amount for swimmer support over last year's budget, which includes team and coach development, and goodie bags for new swimmers.
 2. Decrease in The WetSet expenses due to increased electronic distribution versus paper copy.
 3. Several clinics planned for 2009, including new swimmer and open water topics.
 4. Administrative & Board increase due to convention travel and decreased USMS reimbursement.
 5. 2009 expenses estimated in mid-December.
 6. All values rounded to nearest \$100 for ease of reading.
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Too Much Sitting?

(continued from page 1)

Maybe not. There is increasing interest in identifying health risks associated with time spent sitting still. Researchers are looking at the effects of extended sitting in otherwise physically active individuals. Many of us spend our hour or more at the pool then ride in a car to work, sit at a desk using a computer all day, drive home, sit at a table to eat dinner, and then watch television or play video games. All these other activities involve sitting. It is important to know if people who meet physical activity guidelines yet sit for most of the day have increased risk of any particular diseases.

Recent studies in Canada and Australia suggest that increased sitting may predict higher risk of chronic disease even in active individuals. Greater daily time spent sitting is associated with an elevated risk of death from all causes and from cardiovascular disease. Those who sit more also have higher rates for type 2 diabetes, obesity, and high cholesterol levels.

Adults, on average, spend more than half of their waking hours in sedentary activities – prolonged sitting. Most of the rest of the time is spent in light intensity activity – standing with some walking. Reducing sitting time is probably just as important as getting enough physical activity in maintaining a healthy weight and reducing chronic disease. While more studies are needed to determine the ideal balance of sitting, light activity and moderate to vigorous activity, it makes sense to limit the total amount of time we spend sitting. Take a 5-minute break every hour to stand up and move about. Stand up while talking on the phone. Walk down the hall to talk with a co-worker instead of calling.

Keep swimming, but remember to also sit less.

33rd Annual One Hour Postal National Championship - aka "Happy Hour"

Join the thousands of USMS and foreign swimmers who participate each year in the annual One Hour Swim!

We had our best turnout ever in 2009 with over 75 entrants but with over 1,500 members in our PNA club, we can certainly do better than that! Our smaller teams led the way with the North Whidbey (12), South Whidbey (11), Mercer Island (11), and Skagit Valley (10) teams providing more than 50% of our entries.

The One Hour "challenge" is a great event to help you measure your fitness level at the beginning of the year. It's also fun to get together with your teammates to count laps and cheer for each other. In addition, PNA organizes relay teams from our individual entrants and the relay fees are covered by PNA. Check out the host's web site at: <http://www.tammasters.org/HourSwimEntry/> for information about shirts, caps, online entry and more.

The complete entry form and split sheet can be found on pages 13-14. You can use any pool 25 yards or longer, but will need to arrange pool time that allows for one or more heats. Rules don't allow more than 2 swimmers per lane and you cannot circle swim. Each swimmer must have someone recording splits and counting laps but one person can often count for two people at the same time.

The "Happy Hour" must be completed in January. Once completed, you need to:

- Enter the event either online or by snail mail (must be received by Feb. 10).
- Submit a copy of your split form by Feb. 6 to

PNA Relay Coordinator Sally Dillon
100 Timber Ridge Way NW #6103
Issaquah, WA 98027

Welcome New PNA Swimmers

Angela Anderson, West Coast Aquatics Masters
(WEST)

Joann Barnard, West Coast Aquatics Masters
(WEST)

Dani Bates, Bellingham Masters Swim Club (BMSC)

Robert Baumgartner, North Whidbey Masters
(NWM)

Janet Boltwood, Bainbridge Aquatic Masters (BAM)

Christina Bromme, North Whidbey Masters (NWM)

Dwight Davis, Lake Washington Masters (LWM)

Arianna Delsman, Husky Masters (HMST)

Guy Godefroy, Seattle Athletic Club (SAC)

Cary Greeger, West Coast Aquatics Masters (WEST)

Johnny Ho, Federal Way Masters (FWM)

Jason Hunter, North Whidbey Masters (NWM)

Chelsea Jennings, Orca Swim Club (ORCA)

Simon Jude, Unattached

Jenny Klodahl, Unattached

Christine Kucinski, Lake Washington Masters
(LWM)

Debra Lepore, Bellevue Aquatic Divas & Dudes
(BADD)

Jesse Maupin, South Sound Masters Swim (SSMS)

Mark Noste, North Whidbey Masters (NWM)

Kate Oliver, Federal Way Masters (FWM)

Heather Palmer, Bainbridge Aquatic Masters (BAM)

Taylor Paul, Evergreen Swim Club Masters (ESC)

Jay Pearson, Lake Washington Masters (LWM)

Cindy Piennett, Federal Way Masters (FWM)

David Postetter, Lake Washington Masters (LWM)

Kerry Pray, Monroe YMCA Masters (MYM)

Katie Roggenbuck, Unattached

Walter Rothfus, Everett Masters Swimmers (EMS)

Charmen Sewell, West Coast Aquatics Masters
(WEST)

Jacob Sheppard, Unattached

Ray Siegrist, Olympic Aquatic Club (OAC)

Cathie Stone, Unattached

Kris Tebb, Federal Way Masters (FWM)

Jane Towle, West Coast Aquatics Masters
(WEST)

Rick Tupper, Lake Washington Masters
(LWM)

Cheri VanderWei, West Coast Aquatics
Masters (WEST)

Paul Whyatt, Federal Way Masters (FWM)

Kari Wilcox, Lake Washington Masters
(LWM)

Brenda Wright, Federal Way Masters
(FWM)

*Errors or corrections should be sent to
pnaRegistrar@usms.org*

1Vigor Contest

1Vigor.com is billed as a “One-Stop Resource for Longevity, Health, Exercise, Nutrition, and Scientific Articles all to help you live a longer, fuller life.” Visitors to their website can establish an online exercise log, and during 2010, 1Vigor will be awarding prizes to the man and the woman who log the most swimming miles or kilometers. (There are also leaderboards for running, hiking, cycling, pushups and situps, but in The WetSet, we’re all about swimming...)

Prizes will be awarded each quarter, as well as for the full year. Rumor has it that BlueSeventy - one of the primary sponsors of the contest - will be awarding a new wetsuit as a prize. Something to tempt the open water swimmers and triathletes in our midst...?

Those interested can visit www.1vigor.com for more information.

Postal Swim FAQs

What exactly is a postal swim?

It is a competition that is swum in the pool of your choice – but you MAIL your results in an envelope to the event director or enter online. Your results are compared against those of the other entrants.

What events and distances are available as postal swims?

There are five USMS National Championship events:

The **One Hour Swim** – how far can you swim in one hour?

The **5K & 10K** swims – how fast can you swim 5 or 10 kilometers?

The **3000 & 6000 Yard** swims – how fast can you swim 3000 or 6000 yards?

Information about these championship events is in the Long Distance section of the USMS web site at www.usms.org/longdist.

Non-championship postal events are also offered. Individual clubs sponsor postal swims such as Minnesota Masters' *Postal Pentathlon*, and TAM's *Postal 1650*. The USMS Fitness Committee sponsors a number of postal fitness challenges such as the *30 Minute Swim*, and *Go The Distance*. Look for entry forms for these events on the USMS web site.

Does it matter what pool I swim in?

Yes. The One Hour Swim may be swum in any 25-yard, 25-meter, or 50-meter pool. The 5K & 10K swims may only be swum in a 50-meter pool and the 3000 & 6000 yd swims may only be swum in a 25-yard pool. Other events will list their particular restrictions.

What are the rules?

In National Championship postal events, each participant must have someone count and record their lap times. Official split and entry forms must be completed and submitted with an entry fee. Complete directions are on the

forms for each event. The participant *and the lap counter* are required to attest to the accuracy of the information submitted.

When can I participate?

The One Hour Swim is held in the month of January. The 5K & 10K are held from May 15-September 15. The 3000 & 6000 events are held from September 15 – November 15.

When did Masters Swimming start having postal swims?

The first known Masters postal swim is the One Hour Swim, created and sponsored by the DC Masters in 1977. The following year it became the first USMS National Championship Postal Swim. PNA has hosted all of the National Championship postal swims at one time or another and our local OHANA team recently sponsored the One Hour Swim in January 2009.

Are postal swims a “Team Effort”?

Absolutely! PNA encourages its swimmers to participate in postal swims. To manage expense and availability, PNA attempts to secure time at a local 50-meter pool for swimmers to do the 5K or 10K together. Plus, PNA's relay team coordinator will assemble entrants into relay teams for each event.

So . . . what is a postal relay team?

Unlike conventional pool relays, your entry is matched with others to form relay teams. Standard age groups apply with three divisions per age group: 3 men, 3 women, or 4 mixed (2 men & 2 women). The more PNA swimmers who participate, the easier it is for the relay team coordinator to form fast relays and to include entrants on at least one relay. PNA covers the cost of the relay team entry fees!

Still more questions?

If you have more questions, please contact PNA's Long Distance Committee Chair, who also volunteers as relay team coordinator: Sally Dillon, [425-961-0023](tel:425-961-0023), salswmr@comcast.net.

Records Fall at Whidbey Meet

(continued from page 1)

spot on the 1980 Olympic team, but that dream died when the U.S. withdrew from the Moscow games in protest of the USSR's involvement in Afghanistan.

This was Djang's fourth world record. He currently holds the men's 50-54 age group 200 meter breaststroke mark, and he previously had the records in the 45-49 long course individual medley and 400 meter short course medley.

McCleery, who holds three national records and a world record in the 1,500, won three races in impressive times.

His time of 4:48.76 in the 400 meter freestyle is first in the nation for 2009 and in the top five for the world (would have been second in the world in 2008). It is also a Zone record and PNA record.

In the 1,500 free he recorded a 19:12.92, good for first in the nation and among the top five of the world this year; it would have been first in the world last year.

His 1:04.80 in the 100 free is sixth in the U.S. for 2009.

The meet hosted 146 swimmers, ranging from 19 years old to Oak Harbor's Harvey Prosser and Ilse Walters at 81. North Whidbey Parks and Recreation Director Craig Carlson said similar meets in the past generally drew 80 competitors.

[Editor's note: In addition to the records noted in the News-Times article, the following PNA and Zone records were set at the meet.]

PNA Records

Danielle Trevino W18- 24 50 Breast

Melissa Chamberlin W25-29 400 Free

Cary Greeger W30-34 50 Breast

Zena Courtney W50-54 200 Free

Zena Courtney W50-54 50 Back

Zena Courtney W50-54 200 Back

Pinky Walker W65-69 100 Free

Pinky Walker W65-69 50 Back

Pinky Walker W65-69 100 Back

Kirk Nelson M35-39 400 Free

Kirk Nelson M35-39 200 IM

David Kays M40-44 100 IM

David Kays M40-44 200 IM

David Kays M40-44 400 IM

Carl Haynie M45-49 100 Back

Mike McGoorty M50-54 50 Free

Mike McGoorty M50-54 100 Free

Jim McCleery M60-64 100 Free

Don Rehfeldt M75-79 200 Breast

Harvey Prosser M80-84 1500 Free

Zone Records

Shona Pierce W18-24 50 Back

Danielle Trevino W18-24 200 Breast

Danielle Trevino W18-24 100 Fly

Danielle Trevino W18-24 200 IM

Melissa Chamberlin W25-29 100 Breast

Melissa Chamberlin W25-29 200 Breast

Melissa Chamberlin W25-29 400 IM

Kimberly Jeter W35-39 100 Free

Kimberly Jeter W35-39 200 Free

Kimberly Jeter W35-39 400 Free

Jim McCleery M60-64 400 Free

Visit www.swimpna.org for full results.

MASTERS CALENDAR

LOCAL EVENTS

January 10, 2010
Anacortes SCY Meet
Fidalgo Pool, Anacortes, WA
 Contact: Myke Lund,
h2obug101@yahoo.com

February 6, 2010
Briggs Y SCY Meet
 Olympia, WA
 Contact: Mel Smith,
melcomplynow@msn.com,
 360-970-9466

February 21, 2010 (tentative)
Lake Washington Masters
SCY Meet
Juanita Aquatics Center

March 13, 2010 (tentative)
ORCA SCY Meet
Helene Madison Pool

April 10-11, 2010
PNA SCY Championships
 Federal Way, WA

January 26, 2010
PNA Board Meeting
6:45pm
Contact Sarah Welch
(sarahwelch@comcast.net) for
location

March 20, 2010
PNA Board Meeting
9:00am
Contact Sally Dillon
(salswmmr@comcast.net) for
location

NATIONAL EVENTS

January 1-31, 2010
USMS 1 Hour Postal
Championships
 (See article on page 5.)
 Contact: Jessica Jakobi,
jjakobi@comcast.net or Jon
 Haveman, jon@haveman.org

May 20-23, 2010
USMS SCY Championships
 Georgia Tech, Atlanta, GA
 (Information at www.usms.org)
 Contact: Ed Saltzman,
es7204@att.com

August 9-12, 2010
USMS LCM Championships
 San Juan, Puerto Rico
 (Information at www.usms.org)
 Contact: Mark Gill,
mark.gill@usms.org

CLINICS

March 7-9, 2010
Swim Technique Clinics with
Karlyn Pipes-Neilsen
 Location TBD
 Registration forms will be in the
 February issue

March 6, 2010
Club Development Clinic for
Coaches
 Location TBD
 Registration forms will be in the
 February issue

INTERNATIONAL EVENTS

May 21-24, 2010
2010 Canadian Masters
National Swimming
Championships
 Nanaimo, British Columbia,
 Canada
 (Information at [http://](http://cmssc2010.ca/Publicity/invitation_e.pdf)
[cmssc2010.ca/Publicity/](http://cmssc2010.ca/Publicity/invitation_e.pdf)
[invitation_e.pdf](http://cmssc2010.ca/Publicity/invitation_e.pdf))

July 27-August 7, 2010
XIII FINA World Masters
Championships
 Goteborg, Boras & Moindal,
 Sweden
 (Information at [news.](http://news.2010finamasters.org)
[2010finamasters.org](http://news.2010finamasters.org))
 Contact:
info@2010finamasters.org

August 1-6, 2010
2010 Gay Games
 Cologne, Germany
 (Information at www.usms.org)
 Contact: Jessica Seaton,
igla@usms.org

SANCTIONED BY PNA FOR USMS INC. SANCTION # 360-001
SHORT COURSE YARDS MEET: January 10, 2010
 Hosted by Thunderbird Aquatic Club & Masters and
 Anacortes High School Swim Team

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

DATE: Sunday, January 10, 2010
TIME: Warm-up: 9:00 AM;
 Meet starts 10:00 AM

PLACE: Fidalgo Pool, Anacortes, WA
 1603 22nd
 Anacortes, WA
Phone: 360-293-0673 ext. 14
MEET DIRECTOR: Myke Lund
h2obug101@yahoo.com

FACILITY: Six-lane 25 yard pool
 Warm-up: 42 ft. by 23 ft.
 Water temperature: ~ 83 degrees F

CONCESSIONS: None

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 2010 registered swimmers, 18 and above as of *January 10, 2010*.

SEEDING: Slow to fast **TIMING:** Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

Positive check in required for 500 free by 9:30 and for the 400 IM by the end of event 13.

DIRECTIONS: From I-5, take exit 230. Go west on Highway 20 to its end in Anacortes. Turn right onto Commercial Ave. and go about ten block to 22nd street and turn left. Go up the hill to J Ave (about six blocks) Fidalgo pool is on the left.

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

EMERGENCY CONTACT
PHONE NUMBER _____

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE
MEET ENTRY FORM: January 10, 2010 Meet Sanction #360-001
Hosted by TAC/TACM/AHS Swim Team

NAME: _____ M F AGE: _____
 ADDRESS: _____
 PHONE: _____ BIRTHDATE: _____ USMS #: _____
 CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____
 AGE GROUP (determined by your age as of JANUARY 10, 2010):
 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: \$ 13.00 (includes LMSC and electronic timing surcharges)
 Individual Events: + _____ (\$1 each; optional for age 65 and over or needs based) (No charge for relays)
 Total: \$ _____ (from \$13.00 (relays only) to \$18.00 (five events))

Please make checks payable to: **TAC**
 Mail this entry form and fees to: January Masters Meet
 C/O Myke Lund
 1603 22nd
 Anacortes, WA 98221
 Myke Lund h2obug101@yahoo.com

Questions?
 Please send entries postmarked no later than **Saturday, January 2nd**

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: _____

OLYMPIA MEET
SHORT COURSE YARDS MEET HOSTED BY THE BRIGGS MASTERS SWIM TEAM
 Sanctioned by the Pacific Northwest Association of Masters Swimmers (PNA) for USMS,
 Inc. Sanction #360-02

EVENTS (ORDER #4)	
#	Event
Saturday, February 6	
1	400 IM
2	1650 Free
Warm-up	
3	200 Free relay
4	50 Breast
5	100 Fly
6	200 Free
7	50 Back
8	100 IM
Break	
9	200 Mixed Free Relay
10	100 Breast
11	50 Fly
12	100 Free
13	200 Back
Break	
14	200 Medley Relay
15	200 Breast
16	200 Fly
17	50 Free
18	100 Back
19	200 IM
Break	
20	200 Mixed Medley Relay

DATE: Saturday, February 6, 2010
TIME: Warm-up: 8:30 AM; Meet starts 9:00 AM
 A 30 minute warmup will be held after the 1650 free. Earliest starting time for remainder of the meet is 10:30 AM.
LOCATION: Briggs YMCA 1530 Yelm Hwy SE Olympia WA 98501. Phone: (360) 753-6576
MEET DIRECTOR: Mel Smith
melcomplynow@msn.com (360) 970-9466
FACILITY: Six-lane 25-yard competition pool; separate warm-up pool next to the main pool. Water temperature: 81.5 degrees F
CONCESSIONS: Available throughout the meet.
RULES: Current USMS Rules will govern the meet.
ELIGIBILITY: Open to all USMS 2010 registered swimmers, 18 and above as of February 6, 2010
SEEDING: Slow to fast **TIMING:** Electronic
AWARDS: Available for purchase at the Meet
RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.
CHECK IN: Positive check-in required for the 400 IM and 1650 Free. Deadline for both is 8:45 AM. Meet Director reserves right to limit # of entries on 1650.
DIRECTIONS: From the North-- take I-5 South to Exit 105. Stay to the right onto 105B and go left at first stop light (Henderson Blvd.). Stay to the left as the road makes a "Y" (do not take the Portland on-ramp), go through the roundabout and continue to the corner of Yelm Hwy and Henderson Blvd. (approx. 2 miles). The Briggs YMCA is on that corner.
 From the South--take I-5 North to Exit 101, Tumwater Blvd. Turn Right onto Tumwater Blvd. and follow it until it dead-ends at Henderson Blvd. Turn left and down a long hill; back up the other side to a light at the Yelm Highway. The Briggs YMCA is on that corner. **Website:** Formoreinformation, visit the PNA website (www.s.w.i.m.p.n.a.o.r.g)

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES
 EMERGENCY CONTACT _____
 PHONE NUMBER _____

OLYMPIA MEET
 Short Course Yards Meet February 6, 2010 Hosted by Briggs Masters Swim Team

NAME: _____ M F AGE: _____
 ADDRESS: _____
 E-MAIL: _____ PHONE: _____
 BIRTHDATE: _____ USMS# _____ LMSC _____ (PNA,Oregon,etc.)

Include a copy of your current Masters Registration card if you are not a PNA member
 TEAM _____ or UNATTACHED _____
 AGE GROUP (determined by your age as of February 6, 2010):
 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 plus relays. Circle if your first Masters meet: Y

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 14.50 (includes LMSC & electronic timing fees)
 Individual Events: + _____ (\$1 each; **optional** for age 65 & over or needs based) **(no charge for relays)**
 Total: \$ _____ [from \$14.50 (relays only) to \$19.50 (five events)]
 Please make checks payable to: Aquatics Department, Briggs YMCA
 Mail this entry form and fees to: Mel Smith, Masters Coach - c/o Aquatics Department
 1530 Yelm Highway SE
 Olympia, WA 98501

*****Please send entries postmarked no later than January 28, 2010**
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: _____



33rd Annual
2010 United States Masters Swimming
One Hour Postal National Championship
Hosted by Tamalpais Aquatic Masters
Sanctioned by Pacific Masters Swimming LMSC for USMS, Inc. #38-10-02



HOSTED BY TAMALPAIS AQUATIC MASTERS

DATE: The One Hour Postal must be swum in its entirety during January 2010. **All individual entries must be received by February 10, 2010. All relay entries must be received by February 20, 2010.**

OBJECTIVE: To swim as far as possible in one hour in any pool you choose that is 25 yards or longer. Event results are sent in electronically or by mail so you can compare yourself to other swimmers doing the same event. Some people do the One Hour Postal for competition, while others do it for fitness; all who wish to participate are welcome. The recorded distance (total yards swum) that you submit determines the order of finish. If two or more swimmers report the same distance, a tie will be declared.

LOCATION: You may swim the One Hour Postal in 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: This is a USMS-sanctioned event and all participants must be registered for 2010 with USMS (or the equivalent organization for non-U.S. swimmers). Foreign swimmers are not eligible for USMS records or All-American status. **A copy of your current 2010 registration card must accompany your entry.**

INDIVIDUAL EVENTS: Men and women compete separately in age groups of five-year increments: 18-24, 25-29, 30-34,...100+. The swimmer's age on the day he or she actually completes his or her swim will determine his or her age group. Swimmers who change age groups during the event may enter twice, but must swim the event twice, once in each age group.

RELAY EVENTS: Relay events will be contested in three categories: 3 men, 3 women, or 4 mixed (2 men, 2 women). Each relay member **MUST** also enter the individual event and be registered with the same USMS Club. Unattached swimmers are not permitted on relays. The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+,...95+. The cumulative yardage for the individual swims will be the relay yardage.

CLUB EVENT: Each Club will be entered automatically in the Club event. At least three divisions will be recognized, based on the number of individual entries from each club, as determined by the event host and the Long Distance Committee Chair. Relay yards will not be included.

FEES: \$7.00 for each individual entry (\$10.00 for non-US swimmers) and \$18.00 for each relay entry. Fees are non-refundable and are payable by check or money order only – no cash, or by credit card if entering online. Foreign entrants must submit fees in U.S. funds via international money order or bank check drawn on a bank with a U.S. affiliate. **Online entries are preferred.**

AWARDS: The top 10 finishers in each age group in the individual event and the top 6 relay teams in each relay age group will receive USMS Long Distance National Championship medals. First place finishers in each individual and relay age group will also receive a USMS championship patch. Only one patch per event per participant will be awarded. Awards will be presented to the top 3 clubs in each division of the club event.

RULES: The 2010 USMS Rules govern these events, including swimsuits. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. No more than two swimmers may share a lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming). An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps and record cumulative splits every 50 yards or 50 meters. The timing of the event may be done with a stopwatch or electronic timing device. Cumulative split times must be recorded to the nearest second (final times for national records to the nearest 100th). A split sheet must be kept for each swimmer and a copy included with the entry form. Distances are to be **rounded down** to the nearest completed five yard increment (i.e., round 2764 yards to 2760 yards). See Location section for conversion from meters to yards. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

SPLIT SHEETS: Please use the official split sheet for this event: http://www.usms.org/longdist/1hr_3000_6000_splits.pdf

T-SHIRTS/CAPS: The 2010 USMS One Hour Postal National Championship T-shirt is available in both women's and men's sizes at a cost of \$17 for USMS (\$20 XXL) or \$20 for FINA Masters. Caps will be available for \$6. Please go to www.tammasters.org/HourSwimEntry to view the design.

RESULTS: Complete results will be available via the internet or by mail if indicated below. Preliminary results will be posted on the USMS website at www.usms.org by March 12, 2010 for two weeks. All corrections must be sent to the event director during those two weeks. Final results will be posted approximately one week later.

RELAY ENTRY FORMS: Please visit http://www.usms.org/longdist/ldhats10/1hentry_relay.pdf to download forms or send a SASE to: Tamalpais Aquatic Masters, Relay Entries, P.O. Box 150516, San Rafael CA 94915-0516

QUESTIONS: Contact event director: Jessica Jakobi, 415-454-2302 (9AM-9PM PST), HourSwim@tammasters.org. For online entry questions, please contact Jon Haveman at jonhs@tammasters.org.

Swimmer's Name:				Location:				Date:			
Age:		Gender:		USMS #		Event:		Timer:			
Cumulative				Cumulative				Cumulative			
Lap	Yards	50 Split	Time	Lap	Yards	50 Split	Time	Lap	Yards	50 Split	Time
2	50			82	2050			162	4050		
4	100			84	2100			164	4100		
6	150			86	2150			166	4150		
8	200			88	2200			168	4200		
10	250			90	2250			170	4250		
12	300			92	2300			172	4300		
14	350			94	2350			174	4350		
16	400			96	2400			176	4400		
18	450			98	2450			178	4450		
20	500			100	2500			180	4500		
22	550			102	2550			182	4550		
24	600			104	2600			184	4600		
26	650			106	2650			186	4650		
28	700			108	2700			188	4700		
30	750			110	2750			190	4750		
32	800			112	2800			192	4800		
34	850			114	2850			194	4850		
36	900			116	2900			196	4900		
38	950			118	2950			198	4950		
40	1000			120	3000			200	5000		
42	1050			122	3050			202	5050		
44	1100			124	3100			204	5100		
46	1150			126	3150			206	5150		
48	1200			128	3200			208	5200		
50	1250			130	3250			210	5250		
52	1300			132	3300			212	5300		
54	1350			134	3350			214	5350		
56	1400			136	3400			216	5400		
58	1450			138	3450			218	5450		
60	1500			140	3500			220	5500		
62	1550			142	3550			222	5550		
64	1600			144	3600			224	5600		
66	1650			146	3650			226	5650		
68	1700			148	3700			228	5700		
70	1750			150	3750			230	5750		
72	1800			152	3800			232	5800		
74	1850			154	3850			234	5850		
76	1900			156	3900			236	5900		
78	1950			158	3950			238	5950		
80	2000			160	4000			240	6000		



U.S. MASTERS SWIMMING

Pacific Northwest Association of Masters Swimmers

You may fill out the paper form below and mail it with a check or register online with a credit card at <https://www.clubassistant.com/club/USMS.cfm?L=36> or

through the link for online registration at www.swimpna.org and follow the instructions.

2010 Membership Application

New Swimmer

Returning USMS Swimmer

(Permanent ID if available _____)

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

Home Phone (____) _____ Cell Phone (____) _____ Work Phone (____) _____

CLUB Affiliation **Pacific NW Aquatics (PNA)** or **Unattached to a Club**

TEAM Affiliation _____ see team list on next page

Coach , Certified Official , YMCA , USA Swimming , USA Triathlon

Choose a membership level A or B below for 11/01/2009 thru 12/31/2010.

A. Regular:	\$42	
B. Need-based or Seniors (65 & over):	\$30	
<i>Optional Donations:</i>		
USMS Endowment Fund		\$
International Swimmers Hall of Fame		\$
TOTAL		\$

Make check payable to: **PNA**

Questions: (206) 849-1387 or pnaRegistrar@usms.org

Mail check & form to: Arni Litt, Registrar
PO Box 12172
Seattle, WA 98102-0172

A link to the PNA newsletter, *The WetSet*, will be sent by email 10 times/year, unless you check here to have *The WetSet* sent by U.S. Postal Mail.

PNA is seeking volunteers to help with meets, clinics and committees. Check here to volunteer and someone will contact you about where you could make a difference."

2010 Annual Fee: Of your membership fee \$27 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication Swimmer Magazine. (There is no discount for those not wishing to receive the national publication.)

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** _____

Use of Image/Likeness: I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

YOU MUST VOTE

Please read the attached information regarding By-Laws changes and mark your ballot. Your membership will not be processed without a vote (Approve, Disapprove, or Abstain).

APPROVE CHANGES **DISAPPROVE CHANGES** **ABSTAIN**

You can read about the Bylaw changes at http://www.swimpna.org/pna_info.htm

Pacific Northwest Association of Masters Swimmers 2010 Local Team Registration

To register your team for 2010, 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.) As of 2009, the definition of a team is a group of four (4) or more swimmers. If you do not expect our team to have four swimmers, please contact me.

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

Team Name:		Abbreviation (4 letters max):	
Team Rep	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	e-mail:		
Team Coach	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	e-mail:		
Workout Pools	Pool name:		
	Address:		
Website			
Workout Times			
Rule Book	Please send to:		

Mail this form and check to:

Arni Litt, Registrar pnaRegistrar@usms.org
PO Box 12172
Seattle, WA 98102-0172

Application fee: \$12
Make check payable to: **PNA**

Below are the abbreviations currently in use; **Bolded** IDs are registered for 2010 as of December 15, 2009.

<p>BAM: Bainbridge Area Masters BADD: Bellevue Aquatic Divas & Dudes BC: Bellevue Club BEST: Bellevue Eastside Masters BMSC: Bellingham Masters Swim Club BTAC: Bremerton Tennis & Athletic Club CAAT: Central Area Aquatics Team CAC: Columbia Athletic Masters (All) DSYM: Downtown Seattle YMCA Masters EMS: Everett Masters Swimmers ESC: Evergreen Swim Club Masters FAST: Foothills Aquatics Swim Team FWM: Federal Way Master FSJ: Fins of the San Juans FTS: Ft. Steilacoom GHY: Gig Harbor YMCA GCMS: Gold Creek Masters (GCM) GAM: Gold's Aquatics Masters GGRM: Gold's Gym Redmond Masters GLAD: Green Lake Aqua Ducks HMST: Husky Masters IST: Issaquah Swim Team LLUA: Little Lebowski Urban Achievers LOGS: Logger Masters LUNA: Team Luna</p>	<p>LWM: Lake Washington Masters LWS: Lynnwood Sharks – pool remodeling MSVL: Marysville YMCA Masters MICC: Mercer Island Country Club MIR: Mercer Island Redwoods MAMS: Middle Aged Marlins FOIL: Milfoil Masters Swimmers MYM: Monroe YMCA Masters NHM: Newport Hills Masters NEO: North End Otters NSYG: Northshore Y's Guys NWM: North Whidbey Masters OAC: Olympic Aquatic Club OOPS: Old Olympic Peninsula Swimmers ORCA: Orca Swim Club OST: Ohana Swim Team PAC: Poseidon Aquatic Club PSC: Phinney Ridge Swim Club PTMS: Port Townsend Master Swimmers PRO: Pro Sports Club QASC: Queen Anne Swim Club RAH: Redmond Aqua Hotshots SAMM: Samena Masters SAC: Seattle Athletic Club SVMS: Skagit Valley Masters Swimming</p>	<p>SVY: Skagit Valley YMCA Masters SSTM: South Sound Titans Masters SWIM: South Whidbey Island Masters SSMS: South Sound Masters Swim SSRM: Swim Seattle Redhawk Masters TACY: Tacoma Pierce County YMCA TACM: Thunderbird Aquatic Masters TIG: Tigers TOSC: Thurston Olympians Swim Club TVAC: Tumwater Valley Athletic Club UNAT: Unattached to a Team UPAC: University Place Aquatic Club VFC: Valley Fitness Center VAC: Vashon Aquatic Club WAC: Washington Athletic Club WAVE: WAVE WEST: West Coast Aquatics Masters WSAS: West Seattle All-Stars WSYD: West Seattle YMCA Dolphins WWUS: Western WA U Masters Swimming WCY: Whatcom County YMCA YNOT: Y Nauts</p>
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12/15/2009

Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

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Inside The January Issue:

- * RECORDS FALL AT WHIDBEY MEET! (*FRONT PAGE*)
 - * THIS MONTH: ONE HOUR POSTAL SWIM (*PAGE 1*)
 - * TOO MUCH SITTING? (*PAGE 1*)
 - * 2010 PNA BUDGET SUMMARY (*PAGE 4*)
 - * POSTAL SWIM FAQ'S (*PAGE 7*)
-