

THE WETSET

Pacific Northwest Association
of Masters Swimmers



How Long Does It Take To Swim To New York?

by Ron Rhinehart

According to the Monroe YMCA Masters (MYM), it takes most of the year! As part of the 2010 Go The Distance contest (see page 4 for more information on the Go The Distance event for 2011), members of the MYM workout group tracked their yardage, with the goal of swimming a distance equivalent to Monroe, WA to New York City within the year. On October 29, 2010, they swam 'into Manhattan' wearing shirts emblazoned with the 'I ♥ New York' logo (top photo, below). Just for good measure, they threw in a couple apple relays in honor of The Big Apple (bottom photo).



The group found imaginative ways to keep interest and motivation high. Team member Susan Botts explained, "During our Go The Distance challenge, each month Lars, a team member, would email us a short story, and usually included team member family photographs of people or homesteads from the area we were 'swimming' through."

Congratulations to the Monroe Area Y Masters on 'Going The Distance' in 2010. According to Botts, their group is beginning a southbound 'journey' for the 2011 contest. How far will your workout group swim this year?

More information about the 2011 Go The Distance event
(page 4)



LEADING OFF



BY PNA
PRESIDENT
STEVE PETERSON

First Meet of 2011

Complaining of an aching shoulder and sore elbow, I'll

admit I wasn't looking forward to January's Anacortes SCM meet. Once there, though, my conversations with fellow competitors revealed that my aches and concerns were hardly unique. And after that first race, wow! Endorphins? Adrenaline? My pains disappeared and I was glad I'd made the trip. Over 130 swimmers came to compete. One of the highlights was watching Megan Jendrick set tentative world records in (at least) three of her four races. What fun swimming next to an Olympian in the 200 Breast, though nearly being lapped! Thank you to Meet Director Jason Hunter and his team of Thunderbird Aquatics and Anacortes High School volunteers and our officials for putting on a fine meet.

Just under way is the "Beat The Clock" meet at Briggs Y in Olympia (February 5), then repeats

of last year's Lake Washington Masters' meet at Juanita Aquatic Center (February 20) and ORCA's Seattle University meet (March 12). You can enter each of these meets on line through our website.

This year, do something special for a deserving coach or teammate by nominating them for the PNA Coach of the Year or Dawn Musselman Inspirational Swimmer awards (details inside). These awards will be presented at PNA Champs at Federal Way on the weekend of April 9-10.

SwimPNA.org

I was overly optimistic in predicting the release of our updated website in November's issue. Our development committee is working diligently with Club Assistant to forge a much improved site. I've seen preliminary examples of its new appearance and features and I think you'll agree it's worth the wait.

Clinics

We postponed the New Swimmer Clinic and Practice Meet for a more opportune time. Nearly 30 participants appreciated the Super Sessions with Bob Strand and Rich Abrahams on January 29. On March 20 Karlyn Pipes-Neilsen will return to present two action-packed clinics (morning: freestyle; afternoon: other strokes).

(continued on page 3)

U.S. 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, U.S. 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 U.S. Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.

The WetSet

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PNARegistrar@usms.org

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Fitness: Sarah Welch

Historian: Tom Foley

Meets: Lee Carlson

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

Leading Off *(continued from page 2)*

A Life Fulfilled, A Life Too Short

Just below you'll read about one of the grand ladies of PNA, Marion Chadwick, who took up competitive and open water swimming *after* she retired as a teacher. I last saw her at a Senior Games meet, graciously determined to accomplish her goals despite the chilly outdoor weather. Marion passed away on January 16. Another member of our PNA family suffered a terrible loss just a few days later. Kim Jeter's son, first-grader Jacob, was the victim of a floatplane accident on Lake Goodwin. "A bright and shining star" wrote Jacob's teacher, "whose light will continue to shine in the hearts of all who knew him." Please add Marion and Kimberly and their families to your thoughts and prayers.

One Hour Swim

I hope you found a pool, had a great swim and sent your results to Sally Dillon. Pool closures twice interrupted my plan and as of this writing I'm scrambling to challenge my last year's effort.

Swim in good health!

Steve

In Memory Of A Master Swimmer Marion Chadwick 1921 - 2011

PNA lost one of its more accomplished members in January. Marion Chadwick, whose autobiography was entitled "Tales Of A Master Swimmer," was a competitor in pool and open water events for several decades. In the pool, she achieved 111 USMS Top Ten times and took home an assortment of medals from national and world championship events (as recently as the 2007 Short Course Nationals at age 85), but her open water exploits were equally remarkable.

She swam the 16-mile circumference of Mercer Island each summer for over 35 years, competed in the Waikiki Roughwater Swim and Maui Channel Relay, and open water competitions around the world. Jan Kavadas recalls that Marion paired with another swimmer to do the Lake Washington Relay (lengthwise), followed by a 10K walk/run! Making these accomplishments even more remarkable is that although she had been an avid swimmer for many years, she did not enter an open water competition until she was in her mid-60's.

Her autobiography (co-written with Karen Lynn Maher and published in 2006) portrays an athlete who sought out open water swimming experiences not just for health and competition, but to encounter and appreciate nature.

As the foreword to her book stated, "Marion Chadwick models for all ages what one can do by setting goals, being determined, staying the course and pursuing dreams." We offer condolences to Charles (husband of 65 years), daughters Robin and Marcy, and extended family and friends.

Coaches Needed For Spring Nationals !

2011 USMS Spring Nationals will be held at the Kino Aquatic Complex in Mesa, AZ
April 28 - May 1, 2011

PNA needs to send at least 2 coaches - all expenses paid, including daily stipend.
Email Lisa Dahl at ldahl@usms.org if interested

Challenge Yourself - The 2011 Check Off Challenge

It's a new year and your friends have their 2011 goals set. Race strategies and travel plans are coming together, as they (try to) balance precious workout time with equally-precious family time.

But... you are not a competitor and you don't have any travel plans. This is not the year you're going to do an Ironman... neither is next year. You have never swum the 200 fly - and you never plan to do it. Maybe, though... just maybe... you DO need a little challenge. One that is not timed - just a challenge that, once met, lets you say with pride, "yeah, I really DID finish the 200 fly." No one with a stopwatch to know how long it took, so there's no record of how fast or slow you were, and no officials to tell you that you forgot to touch the wall with two hands. Instead, you can do it all by yourself, one 25 at a time, until you get to eight lengths. Resting on the wall for two seconds or 1:45 is allowed. Just do eight lengths. Your first 200 fly. DONE.

The USMS Check-off Challenge is for just that sort of challenge. It is the time to say you swam something for the first time and want more, or the time to set a stretch goal for swimming events you may never have done otherwise...all on your time. The Check Off Challenge is a postal event that gives you the opportunity to swim all the pool events...on your own time throughout the calendar year.

You can swim the 18 pool events in one workout, or one per workout, or as races during meets. You can take a full year to complete the events. There is one open water swim on the list, though. How about hitting the ocean on your next vacation?

This year, the USMS Check-off Challenge is being run by Maryland Masters. If you've ever been to a YMCA Nationals meet, you'd know that they are one of the most spirited teams in the country and have some of the coolest outfits. Everything matches. Somehow they even get the men to wear black and red nail polish on their toes. The Check-off Challenge T-shirts are sure to be a hit.

COACHES: Sign up your entire team and use the event as a team challenge. Spread out the practice sessions, progressively building up to the tougher events. The entire team can work together, cheering each other on.

Ready for a challenge? Visit the USMS website (<http://www.usms.org/fitness/content/checkoff>) to learn more about the Check Off Challenge.

Go the Distance in 2011!

In the past three years, Go The Distance (GTD) has become the fastest growing USMS program. More than 1,000 members participated in this USMS fitness event in 2009; even more in 2010. GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There is no time limit for the distance milestones, except that they must be achieved in the calendar year. Speed does not count - just the effort to attain whatever goal you set for yourself.

GTD is completed on the honor system - you track the distance you swim. Daily, weekly, or monthly, you enter that information into your online Fitness Log (FLOG) on the USMS website. When you achieve certain milestones, ranging from 50 miles through 1500 miles, you will be recognized on the U.S. Masters Swimming website, in the monthly e-newsletter STREAMLINES, and receive special prizes from our new title sponsor for the event, Nike Swim.

There is no cost to enter GTD. You may register for GTD through your FLOG in the [My USMS](#) section of the website. Your FLOG allows you to track all your fitness activity, not just swimming, while simultaneously participating in GTD. Once you've entered GTD, your results are automatically included in the daily summary reports, and your milestone awards are sent directly to you.

[Enter Go The Distance Now!](#)

2011 PNA Coach of the Year Nomination Information

PNA recognizes a coach annually for outstanding contributions to local Masters swimming programs. If you'd like to nominate a coach, submit either the nomination form (below) or a letter of support (one page only) addressing any or all of the following selection criteria: improvement or enhancement of ongoing program or establishment of a new program; sustained service over a long period of time; contributions to PNA; commitment to PNA; willingness to share coaching skills and information; loyalty of team members; coaching accomplishments; and/or inspiration to others.

<i>Nominator's Name</i>	<i>Email Address</i>	<i>Cell Number</i>
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<i>Candidate's Name</i>	<i>Workout Group</i>
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Number years coaching this team:

Candidate's coaching experience:

Candidate's coaching accomplishments:

Candidate's improvement/enhancement of program or development of a new program:

Candidate's contributions to PNA:

Evidence of candidate's coaching skills and knowledge:

Impact of coach's efforts on others:

PLEASE REPLY BY MARCH 15, 2011

REPLY TO LISA DAHL ldahl@usms.org

Call for Nominations

Dawn Musselman Inspirational Swimmer Award

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913-1986). As a long-time PNA member, Dawn inspired others and encouraged them to do their best. While she still holds PNA records in the 60 to 74 age groups, competitive participation is not a criterion for this award.

Past recipients of the Dawn Musselman Inspirational Swimmer Award are:

1986 - Dawn Musselman	1995 - Tammi Keeler	2004 - Kathy Casey
1987 - Marlene Holmes	1996 - Ian Thompson	2005 - Gene Crossett
1988 - Maxine Carlson	1997 - Suzanne Dills	2006 - Jeanne Ensign
1989 - Jim Penfield	1998 - Clark Pace	2007 - Lee Carlson
1990 - Tom Foley	1999 - Dan Frost	2008 - June Van Leynseele
1991 - Karen Jost	2000 - Joan Davis	2009 - Steve LaHaie
1992 - Jan Kavadas	2001 - Paul Ikeda	2010 - Betsey Kassen
1993 - Robin O'Leary	2002 - Barb Gundred	
1994 - Marion Mueller	2003 - Chaya Amiad	

Nominations are open to all PNA members. We're looking for the candidate who:

- ★ Is an inspiration to all PNA swimmers
- ★ Willingly shares information, training, or coaching tips
- ★ Offers encouragement to other swimmers
- ★ Exhibits good sportsmanship at all times
- ★ Shows a strong commitment to PNA Masters Swimming

Do you swim with someone who qualifies? Compose a few paragraphs telling us why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 9 and 10, at Weyerhaeuser King County Aquatic Center in Federal Way.

Send your nomination to:

Steve Peterson
speterson@bandwagon.net
 360-692-1669
 11165 Central Valley Road NW
 Poulsbo WA 98370-7014

Please submit your nomination by March 28, 2011.

PNA Annual Membership and Board Meeting Summary December 7, 2010

By Herb Cook, PNA Secretary

After an excellent potluck dinner at the home of Registrar Arni Litt, the PNA Board took the following actions at its final 2010 meeting:

Approved changes to Open Water/Long Distance policy items OW/LD-39 and -40, specifying the responsibilities of Event Directors to verify the USMS memberships of event entrants, and to provide information to the Registrar on One-Event Registrations;

Approved an Event Date Request form to be used by Event sponsors who wish to reserve dates for 2011 pool meets, open water swims and clinics.

Approved PNA's budget for 2011, with projected revenue of \$38,116, expenditures of \$52,411, and an operating deficit of \$14,295. The budget includes significant expense increases for clinics (mostly offset by increased clinic fee income); national convention travel; swimmer and coach support; and fitness swimmer initiatives. Board members noted that the projected deficit constitutes only about one-third of PNA's cash reserve and poses no threat to the Association's solvency.

Adopted a revised schedule of 2011 Board Meetings on the following dates:

January 25 at Sarah Welch's home in Seattle;

March 19 at Sally Dillon's home in Issaquah (half-day retreat);

May 17 at Jan Kavadas's condo in Edmonds;

June 28 at Hugh & Jane Moore's home in Tacoma;

August 23 at Jeanne Ensign's condo in Seattle;

October 22 at Sally's home (full-day retreat);

December 8 at Arni Litt's home in Seattle (potluck & budget meeting).

PNA President Steve Peterson appointed himself, Sally Dillon and Shannon Singer to the Nominating Committee, responsible for securing candidates to stand for election in April to the offices of PNA President, Vice President, Treasurer, Secretary and At-Large Board Members (3).

The USMS National Championship One Hour Postal Swim Reminder To All Participants

Please don't forget to send your results to Sally Dillon by February 8.

Forwarding your 'online receipt' is really easy; send it to Sally at salswmr@comcast.net

or

Mail a copy of your entry materials to her at
100 Timber Ridge Way NW #6103, Issaquah, WA 98027

Banned Speedo Suit Reborn In Fashion

(Excerpt, originally published on www.thecoolist.com)

The famed Speedo LZR swim suit broke 91 world records before being banned from competitive use. That gaggle of gold medals around Michael Phelps neck were aided by this suit, as were many other competitive successes. Now that it is no longer in use, the fashionable students at the London College of Fashion recycled the suit for a collection of designs that pay homage to the suit's short history. A new range of dressed-down swimwear was designed using this suit as both inspiration and material...In addition, the designers at From Somewhere have created their own line of clothing from recycled LZR suits which should be released early this year.



Developing An Annual Training Plan - More Information

by Ron Rhinehart

After the short article regarding annual training plans, published in the January issue of The WetSet, several readers asked where they could find additional information. Here are some recommended sources:

(1) Wikipedia, see 'Sports Periodization' - overview of macro/meso/micro cycles and preparatory/competitive/transition phases www.wikipedia.org/wiki/sports_periodization

(2) Periodization Training For Sports, 2nd Edition, by Dr. Tudor Bomba & Michael Carrera - emphasizes strength training but the sections on Program Design and Periodized Training have applicability to aerobic training as well. Dr. Bomba is Professor Emeritus at York University, and is credited with developing the concept of periodization of strength in Romania in 1963.

(3) Joe Friel's Blog - www.trainingbible.com/joesblog - Friel is the author of ten books on training for endurance sports, including the Training Bible series. He holds a masters degree in exercise science and is an active coach and public speaker.

Good luck with your 2011 plan!

Welcome New PNA Swimmers *(listed by workout group)*

Bainbridge Area Masters

Anson Brooks

Blue Water Aquatic Masters

Stacy McDonough

John Tebb

Brad Tucker

Jessica White

Downtown/Bellevue Swim Team

Peter Klein

Husky Masters

Ilana Cohen

Daniel Peterson

Issaquah Swim Team

Aaron Hardin

Monroe YMCA Masters

Kristie Hilson

North End Otters

Susan Fenner

Linda Keeney

Janet Wallace

Josh Whall

Olympic Aquatic Club

James Felty

Orca Swim Club

Daryl Bourgeois

John Miller

Matt Thompson

Brent Valentine

Poulsbo Piranhas Swim Team

Samantha Davis-Cox

Phinney Ridge Swim Club

Christopher Reneggli

Port Townsend Master Swimmers

Claudia Padilla

Seattle Athletic Club

Victoria Boivin

Amanda Camp

Tom Camp

Teresa Engrav

Ann Ferraro

Sheri Hancey

Sarah Holberg

Elizabeth Martin

Kirsten Nesholm

Ann Sloan

Mark Webb

South Sound Masters Swim

Burke Anderson

Bret Bryan

Darin Klein

Brook Matayoshi

Linda Whitcher

Rick Woodruff

Katy Balatero

Christopher DeCicco

Ryan Hicks

Ian Lawson

Ann Merryfield

South Whidbey Island Masters

Lisa Herzinger

Thunderbird Aquatic Masters

Julie Gold

Tracy Jensen

Rollin Mackintosh

Unattached *(see note below)*

Laura Anthony

Sandy Blyth

George Gose

Nolan Hoppe-Leonard

Karissa Lackey

David Marshall

Lisa Maves

Manuel Medina

Barbara Nelson

Darin Smith

Margie Stolsig

Nika Toce

Kaia Turner

Jason Wells

Vashon Vikings

Heidi Skrzypek

Western Washington U Masters Swimming

Rachel Blyth

Alexa Peters

Note: Errors or corrections (and Unattached swimmers who wish to change their affiliation to a specific workout group) should be sent to pnaRegistrar@usms.org

MASTERS CALENDAR

LOCAL EVENTS

February 5, 2011
South Sound Masters
SCY
 Briggs YMCA
 Olympia, WA
 Info: Mel Smith,
melcomplynow@msn.com,
 360-970-9466

February 20, 2011
Lake Washington SCY
 Juanita Aquatic Center
 Kirkland, WA
 Info: Becca Watson,
beccawatson@msn.com
 602-363-0746

March 12, 2011
ORCA SCY
 Seattle Univ. Connolly Center
 Seattle, WA
 Info: Chris Bresemann,
chris.bresemann@gmail.com,
 206-249-1453

April 9-10, 2011
PNA SCY Champs
 Weyerhaeuser King County
 Aquatic Center
 Federal Way, WA
 Info: coming soon...

June 18, 2011
Northwest Senior Games
 Juanita Aquatics Center
 Kirkland, WA
 Info:
www.northwestseniorgames.org

NATIONAL EVENTS

April 28 - May 1, 2011
USMS Spring Nationals
SCY
 Kino Aquatic Complex
 Mesa, AZ
 Info: www.usms.org/comp/

INTERNATIONAL EVENTS

February 13, 2011
EBSC Annual Swim Meet
SCM
 UBC Aquatic Centre,
 Vancouver, BC
 Info: www.msabc.ca

March 12, 2011
Victoria Masters Annual
Swim Meet LCM
 Saanich Commonwealth Place
 Victoria, BC
 Info: Len Martel,
len.martel@gmail.com or
www.msabc.ca/meets/2011/2011Victoria.pdf

CLINICS

March 20, 2011
Karlyn Pipes-Neilsen Free/
Multi-Stroke Clinics
 Venue TBD
 Info: Sarah Welch,
sarahwelch@comcast.net or
www.swimpna.org

CLINICS (cont'd.)

May 20-22, 2011
Swim Fest II
 Atlanta, GA
 Contact: Lisa Dahl,
ldahl@usms.org

MEETINGS

March 19, 2011
PNA Board Meeting
9:00am - 1:00pm
 Sally Dillon's condo
 Issaquah, WA
 Contact: salswמר@comcast.net

May 17, 2011
PNA Board Meeting
6:45pm
 Jan Kavadas' condo
 Edmonds, WA
 Contact: Jan Kavadas,
 425-775-5814

June 28, 2011
PNA Board Meeting
6:45pm
 Hugh & Jane Moore's
 Tacoma, WA
 Contact:
swimmooore@comcast.net

SANCTIONED BY PNA FOR USMS INC. SANCTION # 361-03
 SHORT COURSE YARD MEET: February 20, 2011

Hosted by the Lake Washington Masters

DATE: Sunday, February 20, 2011
TIME: Warm-up: 11:00 AM; Meet starts 12:00 PM

PLACE: Juanita Aquatics Center
 10601 NE 132nd St
 Juanita High School Drive
 Kirkland, WA 98034
 Phone: 425-936-1627

MEET
DIRECTOR: Becca Watson 602-363-0746
beccawatson@msn.com

FACILITY: six-lane 25 yard pool. Warm-up: separate warm up area. Water temperature: ~ 81 degrees F. No concessions are available.

RULES: Current USMS rules govern the meet.

ELIGIBILITY: Open to all USMS 2011 registered swimmers, 18 and above as of February 20, 2011

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* with proper age group.

BREAKS: There will be a 30 minute warm up following the 400 IM. All other breaks are 10 minutes.

CHECK-IN: Positive check-in required for 400 IM & 500 free; Deadline for 400 is 11:30 am.

Deadline for 500 is 1:00PM. Swimmers who do not check in by the deadline may be scratched from the event.

DIRECTIONS: From I-405 take the NE 124th St exit and head W. Turn R at 116th Ave NE. Turn L on NE 132nd St. Turn L on Juanita HS Dr. Pool is located next to the W parking lot.

HOTEL INFORMATION: Country Inn and Suites
 19333 North Creek Parkway
 Bothell, WA 98011
 425-939-5502

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT _____

PHONE NUMBER _____

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: February 20, 2011 Meet Sanction #361-03

Hosted by the Lake Washington Masters

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of February 20, 2011):

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: \$ 16.00 (includes LMSC and electronic timing surcharges)

Individual Events: _____ (\$2each; no charge for relays or if 65 and up; or if needs based);

Total: \$ _____ [from \$16.00 (relays only) to \$26.00 (five events)]

Register online at: <https://www.clubassistant.com>

Online registration deadline is **February 15th**

Please make checks payable to: WAVE AQUATICS 425-823-7627 (w)

Mail this entry form and fees to:

Becca Watson

C/O Lake Washington Masters

PO Box 2953

Kirkland, WA 98083

Questions? Email beccawatson@msn.com

Please send entries postmarked no later than **Thursday, February 10th**

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: _____



ORCA 2011 SWIM MEET

SHORT COURSE YARDS MEET. Sponsored by the Orca Swim Team Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #361-05

DATE: Saturday, March 12th, 2011
TIMES: Check-in & 1st Warm-up: 10:00a.m. Meet: 11:00a.m. Event 3 will start no earlier than 11:45a.m.
PLACE: Seattle University Connolly Center
 650 14th Ave Seattle WA 98122
CONTACTS: Chris Bresemann (chris.bresemann@gmail.com) (206) 249-1453
 eves & weekends

DEADLINE: Postmark by Monday, March 01, 2011. Received by Thursday March 4, 2011. Online until 12:00 Noon PT Tuesday March 9, 2011. Sorry, but no late or day of meet entries.
FACILITY: An indoor facility with six (6) 25-yard competition lanes with an adjacent warm-up and warm-down area. Water temp is 84 degrees. Coin lockers available. No concessions.

RULES: Current USMS Rules will govern the meet.
NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.
ELIGIBILITY: Open to all year 2011 USMS registered swimmers 18 and above as of 3/12/2011. Age groups based upon the swimmer's age as of 03/12/11.

DIRECTIONS
 From areas north of city limits of Seattle: Take I-5 Southbound, take exit 165A toward James Street. Stay straight to go onto 6th Avenue. Take the second left onto James Street. James Street becomes East Cherry Street. Turn Right onto 14th Avenue. Pool is on the left at 650 14th Avenue.

From all other areas: Take I-5 Northbound. Take the Dearborn Street/James Street Exit. This is exit 164A toward Madison Street. Take the James Street exit turn right onto James Street. Turn right onto 14th Avenue. 650 14th Avenue is on the left.

ORDER OF EVENTS (PNA Order #4) (Seeding is slow to fast)

1	1000 Free (check-in by 10:30am)	11	50 fly
		12	100 Free
	30 minute break & 2 nd warm-up	13	200 Back
	Event 2 will not begin before 11:45am		30 min Break including Pink Flamingo Relay
2/3	200 Women's/Men's* Free Relay	14/15	200 Women's/Men's* Medley Relay
4	50 Breast	16	200 Breast
5	100 Fly	17	200 Fly
6	200 Free	18	50 Free
7	50 Back	19	100 Back
8	100 IM	20	200 IM
	Break	21	200 Mixed Medley Relay
9	200 Mixed Free Relay		
10	100 Breast		

Note: Relays entries done on day of meet and deck-seeded.

* - The entries for Men's Relays and Women's Relays will be swum in combined heats.

For more info on social events for the meet see: <http://www.orcaswimteam.org/>
 The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport of swimming and to educating the public about the value of sports in fitness and community-building. The team is comprised of gay/lesbian and gay/lesbian-friendly swimmers and welcomes all Masters Swimmers to its swim meets. ORCA SWIM TEAM is a member of Pacific Northwest Aquatics (PNA), International Gay and Lesbian Aquatics (IGLA) and Team Seattle.

ORCA 2011 SWIM MEET
Sponsored by the Orca Swim Team
 Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction # 361-05

Name: _____ Circle if your first Master's Meet: **Y**
 Phone: (____) _____ E-mail Address: _____
 Street Address: _____ Zip/Postal Cd: _____
 City: _____ State/Province: _____
 M or F Age: _____ Birthdate: ____/____/____ USMS# _____
 Team Abbrev: _____ Team Name: _____ LMSC: _____
 USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED

AGE GROUPS (Determined by your age as of 3/13/2011):
 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+

INDIVIDUAL EVENT ENTRIES - ENTRY LIMIT: 5 individual events (excluding relays)

EVENT NUMBER	EVENT NAME	SEED TIME (Short Course Yards)

ENTRY FEE: \$21 (paper) or \$18 (on line)(includes PNA & electronic timing surcharge Individual Events: _____ (\$1 each; no charge for relays, 65 and up or needs based) Total: _____

!!! Please enter on line at: <http://www.clubassistant.com> !!!
 Or Mail completed and signed Entry, Check, & copy of USMS card to: **Orca Swim Meet c/o Orca Swim Team, PMB 869 - 1122 E Pike St., Seattle, WA 98122.**
 Please make checks payable to **Orca Swim Team. Amount Enclosed:** _____
Non-PNA entrants must make a copy of your Year 2011 Masters registration card and mail it in with this entry form. Online registrants must present card at check-in.

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: _____
 Emergency Contact _____
 Phone Number _____



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.

2011 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 (____) _____ Work Phone (____) _____ Cell Phone (____) _____

CLUB Affiliation Pacific NW Aquatics (PNA) or Unattached to a Club
TEAM Affiliation _____ see team list on next page

Please check all that apply:
 Masters Coach , Certified Official , YMCA , USA Swimming , USA Triathlon

Choose a membership level A or B below for 11/01/2010 thru 12/31/2011.

A. Regular:	\$44	
B. Need-based or Seniors (65 & over):	\$35	
<i>Optional Donations:</i>		
Swimming Saves Live		\$
International Swimmers Hall of Fame		\$
Pacific Northwest Association (PNA)		\$
TOTAL		\$

Swimming Saves Lives
 Just \$1 from each of us has the potential to add \$55,000 annually to further adult swimming opportunities, sports, medicine research, education and outreach through grants. See <http://www.usms.org/giving/>

International Swimming Hall of Fame Fund
 Dedicated to the recognition of the famous swimmers, divers, water polo players, synchronized swimmers, and persons involved in life saving activities and education, throughout the world. <http://www.ishof.org/about/>

Pacific Northwest Association of Masters Swimmers
 This is your organization and supports clinics, education, The Wetset, and future projects. The Senior and Need-based discount is funded in part by donations.

Please consider making a tax-deductible donation to these funds.

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."

2011 Annual Fee: Of your membership fee \$29 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** _____

Pacific Northwest Association of Masters Swimmers 2011 Local Team Registration

To register your team for 2011, 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 2011 as of Jan 16, 2011.

AQUA: Aquatic Fanatics BAM: Bainbridge Aquatic Masters BADD: Bellevue Aquatic Divas & Dudes BC: Bellevue Club BMSC: Bellingham Masters Swim Club BTAC: Bremerton Tennis & Athletic Club BWAQ: Blue Wave Aquatics CAAT: Central Area Aquatics Team CAC: Columbia Athletic Masters (All) DBST: Downtown / Bellevue Swim Team EMS: Everett Masters Swimmers FAST: Foothills Aquatics Swim Team FSJ: Fins of the San Juans FTS: Ft. Steilacoom GHY: Gig Harbor YMCA GCMS: Gold Creek Masters (GCM) GAM: Gold's Aquatics Masters GEM: Gold's Eastside Masters GLAD: Green Lake Aqua Ducks HMST: Husky Masters IST: Issaquah Swim Team LLUA: Little Lebowski Urban Achievers LOGS: Logger Masters LUNA: Team Luna	LWM: Lake Washington Masters LWS: Lynnwood Sharks MICC: Mercer Island Country Club MIR: Mercer Island Redwoods MAMS Middle Aged Marlins 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 PPST: Poulsbo Piranhas Swim Team P 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 SSTM: South Sound Titans Masters SWIM: South Whidbey Island Masters SSMS: South Sound Masters Swim Includes ESC, TOSC SSRM: Swim Seattle Redhawk Masters TACY: Tacoma Pierce County YMCA TSC: Tacoma Swim Club TACM: Thunderbird Aquatic Masters TIG: Tigers TOSC: Thurston Olympians Swim Club UNAT: Unattached to a Team UPAC: University Place Aquatic Club VFC: Valley Fitness Center VAC: Vashon Aquatic Club VAVI: Vashon Vikings WAC: Washington Athletic Club 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 WPKC: YMCAPKC Sound Aquatic 12/212010
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Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

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- * CALENDAR OF EVENTS (*PAGE 10*)
- * MEET ENTRY FORMS FOR
 - * OLYMPIA SCY (FEB 5)
 - * LAKE WASHINGTON SCY (FEB 20)
 - * ORCA SCY (MAR 12)