

THE WETSET

Pacific Northwest Association
of Masters Swimmers



Back In The Pool

by Jan Wallace, North End Otters

DOG paddle. The Masters swim team was doing lap after lap of dog paddle. It was harder than I remembered. I was laboring back and forth. Head up, panting, barely making progress across the yards. My legs worked like eggbeaters, my arms ineffectively stirred the water under my shoulders. I had plenty of time to watch the actual competitive swimmers in the other lanes. In the lane next to mine, colorful caps glided quickly, easily above efficient arms and legs.

I blurted out, “Why are they going so fast?” What I meant was, how are they managing to go fast with this stroke? Robin, coach of the North End Otters (who swim at Shoreline Pool) and an international level swimmer, said, “Well, muscle mass. And they’ve been here every morning working at it. It takes three days a week to maintain and four to improve.”

But she wasn’t satisfied with her answer; I’d asked a huge question. Swimmers on the team range in age from 24 to 80 including a woman who has broken world records at 60. The team has had national champions and people who’ve medaled at the Nationals. There are people who never swam as kids and are just starting now. I’d found this team through word-of-mouth. It and many others all over the United States are listed on the U.S. Masters Swimming website. There is a monthly fee to swim, and there are small membership fees to join the U.S. Masters Swimming and the local chapter of the Masters.

For me, swimming with the team isn’t about trying to be as good as the other swimmers. It’s about doing the best I can by my own standards. Friends with whom I’d swum when we were kids were working out with this Masters team. By putting myself back in the pool with my childhood swim-team mates I was trying to see if I’d really done irreparable damage to my body with all those years of sitting at computers and in meetings.

On the first day, I’d risen in the dark, got into my swimsuit and sweats and set out grimly. My friends hadn’t arrived for workout yet. I stood in my suit, layers of blubber contained, thank God, in a suit that seemed to fit. The locker room floor had a familiar wet cement feel, cool and with vaguely suspicious puddles. I quietly asked the woman next to me what we should do with our checks for the month’s workouts.

I’d gotten through the question and was explaining that it was my first day when the room went silent.

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LEADING OFF



BY PNA PRESIDENT LISA DAHL

Summer is a busy time, made more so with my new role as PNA president. I've been working with the PNA Coaches Committee and continuing my USMS Club and Coach Services responsibilities – all in an attempt to give back to a sport that gives so much to so many. Oh, and I'm still coaching – an age group team, a summer league team and a Masters team.

People have asked what a typical day is like for a swim coach. To give you a sense of what your coach is facing this summer, walk with me through one of my days.

It all starts with morning practice for the summer league team - for two hours from 7:30 - 9:30am. Then hop into the car and drive fast to get to the

10:00am - 12 noon practice at Colman - for 50-meter training for the age group team. Immediately after that, it's Masters from 12 noon - 1:30pm at Colman. Then, home for something to eat, write workouts, answer emails and race back to the pool for the 3:00 - 5:30pm age group workout. On top of that, two days a week, we have evening summer league dual meets until 10:30pm, and weekends are full of day-long age group swim meets.

The timing is a challenge, but a bigger challenge is the energy invested in the people around me.

Every person I coach each day gets a personal interaction from me, which takes discipline and a lot of energy. Sometimes it's as simple as a hello, but often it's stroke work and feedback from sets, but always with the goal of letting my swimmers know they are important to me.

As coaches, we can make a difference in the lives of our swimmers, whether it is stroke work, encouragement or feedback. Often, we don't know

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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

Editor

Ron Rhinehart (360) 632-5626
ron@creative-island.net

PNA Officers

President

Lisa Dahl (206) 251-1278
4742 42nd SW #151, Seattle, WA 98116
ldahl@usms.org

Vice President

Rich Seibert
rjseibert@hotmail.com

Treasurer

Jeanne Ensign (206) 948-1354
jeanne@raincity.com

Secretary

Herb Cook (360) 797-7097
herbcook@att.net

Immediate Past President

Steve Peterson (360) 692-1669
speterson@bandwagon.net

Board Members At-Large

Kathy Casey (253) 588-4879
kathycasey@comcast.net
Scott Bonney (206) 240-7721
jsbonney@comcast.net
Michael Grimm
michael.grimm@live.com

PNA Volunteers

Registrar

Armi Litt (206) 849-1387 (cell)
PO Box 12172
Seattle WA 98102-0172
PNARegistrar@usms.org

Awards: Kerry Ness
Coaches: Wendy Neely
Bylaws: Jane Moore
Fitness: Sarah Welch
Historian: Tom Foley
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Notes From USMS Nationals

Hello Team PNA!

I just wanted to take a few moments to thank you all for a wonderful experience in Mesa. I know I speak for all of the coaches when I say that we thoroughly enjoyed working with you and hope that you had as much fun as we did.

My plan was to give you a recap of all of the stellar performances but after looking back through the results it occurred to me that there were WAY too many to list. So instead I will congratulate you all for helping us to a 3rd place finish (out of 21!) in the regional team category and list for you your teammates who set National records. For a more specific look at the results you can go here to search by event: <http://www.usms.org/comp/scnats11/realtime/>

or here to see all the results from PNA: <http://www.usms.org/comp/meets/meetsearch.php?club=PNA&MeetID=20110428scnatsY>

New National Records by PNA swimmers:

400 IM--Charlotte Davis, 60-64, old record: 5:27.07, new record: 5:20.51

500 FR--Charlotte Davis, 60-64, old record: 5:59.36, new record: 5:57.32

100 BK--Sheri Hart, 40-44, old record: 57.15, new record: 56.03

200 FR--Charlotte Davis, 60-64, old record: 2:14.03, new record: 2:13.65

100 Fly--Charlotte Davis, 60-64, old record: 1:09.91, new record: 1:06.86

50 BK--Sheri Hart, 40-44, old record: 27.12, new record: 26.12

Mixed Medley Relay--Don Graham, Rick Colella, Charlotte Davis, Mary Lippold, 55+, old record: 1:56.64, new record: 1:53.26

Women's FR Relay--Mary Lippold, Stella Preissler, Debbie Glassman, Charlotte Davis, 55+, old record: 1:54.53, new record: 1:53.73

April, Ken, and I will be getting together to chat about what we thought went well and what we think can be improved upon so that we can pass this information on to the next Nationals Team coaching staff.

Anybody up for LC Nationals in Auburn, AL August 3rd-6th? <http://www.usms.org/comp/lcnats11/>

Happy Swimming! Hope to see you all in the lakes this summer!

Shannon Singer, Skagit Valley Masters Swimming

The last week of April I was fortunate to be able to attend the 2011 Spring Masters Swimming Nationals in warm and sunny Mesa Arizona. I went as a coach for NEO swimmers (plus a few others) that stayed together in a house 20 minutes away from Kino Aquatic Center. I want to compliment the PNA organization and the PNA coaches committee for establishing a method to create a cohesive and strong team showing at a National swim meet.

The PNA team coaches were responsible for coordinating over 70 swimmers. This is an extraordinary task! In the months prior to the meet, the head coach connected with registrants through e-mails to organize relays, coordinate group lodging and update swimmers on meet information.

A few weeks before the meet, the coaches offered a national team workout and a fabulous social. This was well attended and allowed the swimmers and coaches to meet.

PNA was impressive with matching National Team tee shirts and National Team caps.

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Notes From USMS Spring Nationals

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In Mesa, the coaches were easy to find and readily available. They were at the meet for all the events. There was always at least one coach, often more, at the end of the lane to cheer on a PNA swimmer and to get their splits. During the warmup, coaches were helping with strokes and sprints. They made an effort to touch base with all swimmers.

I know organizing a large group for this event is a ton of work. Shannon Singer (SVMS), April Cheadle (BAM) and Ken Rice (SSMS) did a great job. The PNA's all-out support for the team produced an outstanding showing for our organization.

Robin O'Leary, North End Otters

Shannon, April and Ken,

Thanks so much for your enthusiastic and tireless efforts for Nationals. It was a fun time!

Linda Chapman

Thanks Shannon for all your work!!! *Tonya Berg*

Dear Shannon, April and Ken,

You guys were great! We all appreciate the time you put in before the meet (putting relays together, organizing the practice before the meet) and during the meet. Your support and expertise was extremely valuable during warm up and before and after the swims. You seemed to have us all covered and cared about all of our events. Thank you so much. I had fun getting to know all of you. *Charlotte Davis*

Thanks to the coaches! The three of you spent lots of hours on the hot deck and were always easy to find. This was the best organization by PNA I've ever seen at Nationals. Thanks! *Kirk Nelson*



(Left to right, PNA Nationals Coaches April Cheadle, Ken Rice and Shannon Singer with PNA's 3rd Place banner)

Leading Off *(continued from page 2)*

how much. We may make an impact or change a person’s life because we invited them to get into the water, because we said hi to them each day by name, because we gave stroke tips, times from sets and the occasional “good job.” We have such an opportunity to be informative and a positive force – that’s what makes the challenges worthwhile.

Tell your coaches how much you appreciate their efforts. Oh, and have fun swimming this summer!

Lisa

USMS One-Mile Cable Swim National Championships

Marsha Haynes	W40-	44	5th place	27:33.46	
Russell Berrett	M40-	44	8th place	25:47.34	
Ron Rhinehart	M50-	54	5th place	25:42.31	
Sally Dillon	W60-	64	2nd place	28:37.61	
Sue Dills	W65-	69	1st place	26:39.14	National Record

(Full results at www.comaswim.org/documents/2011-FosterLake-Results.pdf)

Happy 80th Birthday !

to

Jan Kavadas

PNA Board Member, Dedicated Swimmer and Meet Official



Above, Jan celebrates her birthday with a gathering of PNA friends

Back In The Pool

(Continued from page 1)

A room full of half-dressed women applauded, apparently congratulating me on coming to work out.

I wanted to go home.

But I walked out onto the pool deck breathing the heavy, chlorinated air. That smell hadn't changed over time. This could be any morning – years ago, or now. The air was the same. Old rock and roll played through the loud speaker and a group of women bobbed and kicked to the beat in a shallow-water aerobics class. The Masters swimmers were climbing into the lanes on the other side of the wall. I wondered why I was putting myself through this, risking humiliation in a sport I'd been good at long ago. Why not get a flowered swim cap and bob along?

I'd started swimming competitively because a doctor had prescribed it for asthma when I was a kid. It was a way of organizing breathing. And it was a way of avoiding folding into the role of the sickly, wheezing kid. As it turned out, swimming was where I found true, lifetime friends. From the time we were 10 until our late teens, we swam workouts before school and after school. Swimming was a constant.

We'd save time by sleeping in our swimsuits. On cold, wet Northwest mornings I'd climb into the carpool in my suit and flip-flops with the wide-open parka I'd thrown on as I ran out the door. I'd come home from evening workouts vision blurred by the chlorine burn, reeking of the chemical, all set to do homework.

Now, after years as a copy director, my asthma was rampant; my blood pressure was high. I was not in good shape. I had believed I needed to use every minute trying to excel at my job, never took time to exercise. Now that I look back I see that even the president of the United States takes time to exercise.

All the time I was at work while my friends were working out I wanted to join them. I even bought a suit, goggles and cap at one point but I secretly believed I would need private lessons where I would not humiliate myself by not being able to make it to the end of the pool for a single lap.

I was not avoiding the pool just because I was afraid I'd forgotten how to swim. The whole idea of wearing a swimsuit in public was an issue until I tried to convince myself that in the pool everyone looks ridiculous. We all look like underwater aviators in our slick caps, goggles distorting our eyeballs. Everyone is more worried about their own stroke, or speed, or ability than they are with how anybody looks. In fact, I realized that first day I'd have to meet other swimmers twice – once in the pool and once in the world outside. Everyone looks different with hair and clothing.

When I finally splashed into my lane I'd forgotten about my figure. Robin announced the warm up, 500 freestyle. My first reaction was to laugh. But the others in my lane just pushed off and started swimming so I followed suit.

To my amazement I managed to go back and forth over and over again. My arms seemed to remember what to do. I breathed on both sides, into my armpits as we'd been taught long ago. I wanted to die after a few laps. But I kept going.

Back In The Pool

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When I got out, climbing up the ladder after realizing there was no way I could pull myself out on the side of the pool like I used to, I thought, “This isn’t so bad.”

I could not raise my arms high enough to put my bra on after swimming that first day. I wore my sweatshirt and drove straight home. I couldn’t really comb my hair properly for the first couple weeks. My sweat smelled of chlorine.

Even though I’ve forgotten how to do a stroke, my body remembers. For example, when I was an age-group swimmer I was good at the butterfly. There are moments, even whole laps these days, when I feel the muscles in my shoulders and back lifting to raise my arms as I needle through the water with the undulating dolphin kick. I feel graceful and strong. Sometimes I’ll get my arm stroke just right but then my kick has gone to Hell and I have to think very hard step-by-step across the pool like a beginner.

Maybe that old prescription for asthma – the one that said, “Have her swim. Make her push herself,” really was the ticket for more than a ten-year old asthmatic. By returning to the pool at 52 I was challenging that boogie-man: fear of failure. With every workout I learn something about my swim stroke and something about myself. That age-group swimmer is still inside me. My muscles remember how to move, and I’m winning when I push myself to let them propel me forward.

When we emerged from workout last week it was just beginning to snow, we could see the flakes in the streetlights. My friends and I were discussing plans for the week – swimming behind us for the day. We walked to our cars –our flip-flops slapping the asphalt in the cold.

Jan Wallace swims with the North End Otters, has been published in The Stranger and other publications, and has worked as a copy editor. Do you have a story you’d like to share with the Masters community? Contact the WetSet editor at ron@creative-island.net for details.

One Hour Postal Swim - Club Results

PNA competed in the Large Clubs division
(clubs with 29-99 swimmers participating)

Combined - PNA placed 2nd with 345,245 total yards

Women’s - PNA placed 2nd with 62 women who swam 208,605 total yards

Men’s - PNA placed 5th with 34 men who swam 136,640 total yards

OPEN WATER SWIMMING IN PNA TAKES A HUGE LEAP!

by Sally Dillon, PNA Open Water/Long Distance Coordinator

[Editor's Note: Due to a production error, the second page of Sally's article was not printed in last month's issue of The WetSet. It is re-printed in its entirety below.]

There is good news for open water swimmers – the number of USMS sanctioned open water swim events has doubled since last year! Many of you have participated in our two long-standing open water swims at Lake Padden (Bellingham) and in Lake Washington (Madison Park). The Lake Padden swim will begin our summer of competition on Saturday, July 16, with 2.5K and 5K swims over a triangular course. Lake Padden is a calm lake, surrounded by a great trail for spectators to enjoy. Contact event director Lisa Kaufman at lbkauf@clearwire.net for entry information. The Fat Salmon swim in Lake Washington follows on Sunday, July 23, offering 1.25 and 3.24 mile swims on the west shore between I-90 and Hwy 520. Fat Salmon (as of this July/August issue) has sold out, but volunteers are still needed. Contact Liz Rosen through www.fatsalmonswim.org if you can help.

A new event last year that is back for another run is the challenging AquaRun open water swim, to be held in Commencement Bay, Tacoma on Sunday, August 7. Zena Courtney and Blue Wave Aquatics will offer 2K and 4K swims. Wetsuits required unless an entrant can provide evidence that they have adequate experience in similar distances at similar temperatures. Contact Zena at zenacourtney@hotmail.com.

One new sanctioned event fills out our August calendar. On Saturday, August 20, the South Whidbey Parks and Aquatics will offer 1 & 3 mile swims in the Saratoga Passage at Seawall Park in Langley on Whidbey Island. Like the Tacoma event, wetsuits will be required unless an entrant can prove they have the appropriate experience. For this first year, the hosts will limit the event to 50 swimmers. Contact for this event is Jean Fankhauser at jfankhauser@swparksandaquatics.org.

The final USMS sanctioned event of the summer will be held at Angle Lake in Seatac on Saturday, September 17. This new event is hosted by Blue Wave Aquatics and it will offer 1 & 2 mile swims and an opportunity to close out the open water season in style. Contact for this event is Paul Havick at fphavick@comcast.net. Entry forms for the August and September open water swims will be in the July/August issue of the WetSet.

If you'd like to do some open water training for these events, or just to get out of the pool once in a while, group training opportunities abound all over Western Washington. Starting in the north, here are some groups that you might want to contact.

Shannon Singer of Skagit Valley Y Masters conducts practices in Lake Padden regularly on Sundays. She separates her group into beginners (11-11:45 am), intermediates (11:45-12:45), and seasoned veterans (12:45-2 pm). Contact her directly if you'd like to join in. Additionally, Shannon and "friends" circumnavigate Mercer Island each year. She has scheduled the approximately 13-mile swim for Saturday, August 27. Everyone must have his/her own non-motorized boat escort. You can contact Shannon at SSinger70@ao.com.

North Whidbey Masters swim at Pass Lake (located in beautiful Deception Pass State Park) at noon on Tuesdays and Thursdays throughout the summer. Contact Craig Carlson at director@oakharborpool.com.

On South Whidbey, members of SWIM usually have 4-5 different open water swims each week. There are numerous lakes but they often meet at a private home on Deer Lake or at the public beach on Goss Lake. Distances are 1-2 miles and they are marked. The group also swims in the salt water in Holmes Harbor. They post the place, day, and time on www.downsoundracing.com.

In the Seattle area, Queen Anne SC Masters swim from Madison Park beach M-W-F evenings at 7 pm, heading for the tennis club (-1300 yds out) or Denny Blaine Park (-1.25 miles out), although shorter options exist. Some Mondays in June, full schedule in July. Contact Ed Artis at edmainlines@comcast.net.

Green Lake Aqua Ducks members have started a Google group to arrange meeting times and places for those who want to swim in Lake Washington. Locations vary, but include Madison Park, the Fat Salmon course or Madrona to Madison Park. Weekday start times are usually before 6 am; weekends usually start around 7 am. They have some informal rules, like re-grouping at certain spots and encouraging each other to wear BRIGHT caps. Connect at <http://gladswim.wetpaint.com/page/Open+Water+Swimming>.

Jack Hilovsky – Orca Swim Team Co-Captain reports that Steven Potokar is gathering emails of swimmers interested in swimming out of Madison Beach this spring/summer. Boy, is Madison going to be busy! If you would like to connect with this group contact Steven at sspotokar@yahoo.com.

Katie McDorman, with CAC Masters and the Pine Lake Athletic Club, says her group swims at Beaver Lake (on the East side) M/F mornings from 5:30-6:30. They meet at the shelter by the lake and swim to “the rock”, which is at the end of the lake, and back. The distance is a little over 1/2 Ironman distance. Contact Katie at kt.mcdorman@gmail.com.

New PNA Board member Scott Bonney reports that on Vashon Island they have a very active group of open water swimmers called the "Whulgers" ("whulge" is the Native American term for Puget Sound). The group is over 20 swimmers and they swim every week. You can get on their email list and find out about the events by calling Scott at 206-240-7721. They have a course set up with marker buoys at Burton Beach in outer Quartermaster Harbor and they swim weekday evenings and weekend afternoons in summer.

Blue Wave Aquatics (formerly Federal Way Masters) has a very active schedule for open water workouts. Their season begins April 29 and extends into the fall. They meet at 5-mile Lake in Auburn, Steel Lake in Federal Way, Angle Lake in Burien, and in the Puget Sound. The workouts are open to anyone 18 & older who would like to train open water. Coaches give workouts via kayaks and during any given workout, they hit all the skills: safety, breathing, group starts, passing, drafting, going around buoys, sighting, sprinting, and distance work. They have specialty sessions for the anxious and new to open water swimming. Wetsuits are highly recommended – a must if the water temp is below 60 degrees. Brightly colored caps are required. You can swim with a safety can for additional personal safety. Drop-in fee is \$15 for non BWAQ members. Practices on Fridays are 6:50-7:50 pm and beginning in May extend to Saturdays (7:30-8:30 am) and Sundays (8:30-9:30 am). Contact Wendy Neely at wendymal@mac.com.

Mel Smith reports that South Sound Masters Swim (Olympia) has a great outdoor venue for open water swimming, Ward Lake. The triangular course is about 2,000 yards and the water warm enough by mid-June for swims to begin. The Sunday events start around 2:30 and end with a gathering at one of the swimmers homes on the lake. Swimming will continue each Sunday from mid-June until Labor Day. For more information and directions, contact Mel, SSMS Y-Masters Coach, at 360-970-9466 or melcomplynow@msn.com.

Shannon Singer has some good advice for open water swimmers. “Know your swimmer’s abilities. Know your water – temperature, currents, underwater icky things that may freak people out, etc. Determine which way the will wind blow if it comes up? Wear bright colored caps, use the buddy system, and discuss distress signals before getting in the water. Have a rescue plan and know where to find the nearest hospital. Determine who can drive and who can stay with the rest of the crew.” Whether you swim with a large or small group, it’s always a good idea to be prepared!

Non-Sanctioned Local Events

July 8, Aug 12,	Friday Night Swim Series, Lake Meridian, Kent, 6PM
July 16	Finish Strong Open Water Series, Silver Lake, Everett, 8AM
August 20	Brent Rice Memorial Swim of the Sound, Des Moines Beach Park, Des Moines 9 AM
August 17	Swim For Life, Medina Beach, Lake Washington 7:30 AM
August 20	Emerald City, Seward Park, Lake Washington 9 AM
August 28	Park to Park, Seattle to Kirkland, Meet in Kirkland, 7:30 AM
September 10	Swim Across America, Lake Washington Luther Burbank Park, Mercer Island 9 AM

Open Water websites

<http://www.facebook.com/#!/group.php?gid=100838116632401>

<http://www.facebook.com/group.php?gid=119975394692060>

<http://fridaynightswimraces.com/>

USMS National Championship 5K & 10K Postal Swims

Sunday, July 24 from 1:30 - 4:30 pm

Join your PNA teammates for either of these challenging swims at the KCAC 50-meter pool in Federal Way. PNA has reserved the pool to enable our swimmers to compete in this annual event, which requires a 50-meter pool for participation.

For the uninitiated, a “postal swim” is done in a pool of your choice and you “mail” your results to the event host. Nowadays, most people enter online so the Post Office isn’t all that involved – but the name remains!

To participate, you will need to:

1. “Reserve your spot” in a lane with PNA Long Distance Coordinator, Sally Dillon. Contact her at salswmr@comcast.net or 425-961-0023 ASAP.
2. Obtain an official entry form and split sheet, which you can find on the USMS website at www.usms.org/longdist/ or you can get one from Sally.
3. Bring someone with you to time and record your lap times on your split sheet.

PNA subsidizes the pool rental for this event but each participant is asked to contribute \$15 to help defray the cost. Deadline to “reserve” is Sunday, July 17.

Visit www.swimpna.org for an informative Q&A on postal swims and an excellent article on training for the 10K event (also applicable to the 5K!).

Make Waves In The Fight Against Cancer!

Swim Across America (SAA) is hosting its 3rd annual Seattle fundraiser open water event, benefiting Seattle Cancer Care Alliance (SCCA) on Saturday morning, September 10. The swim in Lake Washington off Luther Burbank Park on Mercer Island includes half-mile and two-mile distances that are chip-timed.

Last year, nearly 200 swimmers and 150 volunteers raised more than \$140,000. This was matched by the Bezos Family Foundation to make the Seattle SAA event contribution to SCCA \$280,000. The goal for 2011 is to contribute over \$155,000 to SCCA, which will place event contributions at over a half million dollars in three years to fund cancer research at SCCA.

In 2010 Colleen Philipps of Seattle won the overall two-mile race and was the top female finisher for the event with a time of 40:11. Tied for second in the two-mile event was top male finisher Neil Butler of Seattle and Hannah Benson, also of Seattle, with a time of 40:19. Olympian Jeff Float of Sacramento was top finisher and top male for the half-mile race with a time of 16:39. Mary-Jane Man, of Seattle, was second and top female finisher with a time of 16:55.

Join this year’s Olympians and swimmers by swimming, donating, or volunteering. Help the fight against cancer at this year’s Swim Across America-Seattle Swim!

Swim Across America is a registered 501(c)(3) non-profit organization, and contributions are tax-deductible (Tax ID 22-3248256).

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

Bainbridge Area Masters

Andrea Pickett

Bellevue Club

Thomas Malchow

Blue Wave Aquatics

Jayaprakash A

Aaron Collins

Erik Davis

Kristy Fassio

Cydney Hoos

Nathan Jaeger

Kim Nguyen

Tim Pinney

Diane Radford

Ena Robinson

Dorothy Schedvin

Soo- Hui Um

Paula Waters

Kimbra Wellock

Columbia Athletic Masters

Sarah Bradley

Everett Masters Swimmers

Paul Stahlke

Green Lake Aqua Ducks

Susannah Iltis

Michael Tidwell

Lake Washington Masters

Michael Prise

Mercer Island Redwoods

John Palios

North End Otters

Carolyn Bone

Alec Peterson

North Whidbey Masters

Cristina Portnoy

Olympic Athletic Club

Belinda Rider

ORCA Swim Club

Azar Alexander

Lawrence Chan

Michael Czerwinski

Andy Epperson

Jonathan Wells

Ohana Swim Team

Jeffrey Collins

April Greer

Queen Anne Swim Club

Sarah Dods

Seattle Athletic Club

Oscar Mraz

Seattle Open Water Irregulars

Lucian Wischik

South Sound Masters Swimming

Philip Harris

Michael Marshall

Swim Seattle Redhawk Masters

Analisa Calderon

Alexis Morehouse

Marina Pomar-Enders

Karla Ruff

Sheri Vernon

South Whidbey Island Masters

Carolyn Bippart

Unattached *(see note below)*

Jennifer Dailey

Tricia Elmer

Paula Hermann

Kipling Holland

Leslie Lorenz

Cindy Lovell

Jessica Mintz

Laura Molyneaux

Ronald Montague

Heather Nelson

Jennifer Nino

Steve Sloan

Chris Springer

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

MASTERS CALENDAR

LOCAL EVENTS

July 16, 2011
Lake Padden Open Water Swims
Lake Padden
Bellingham, WA
Info: Lisa Kaufman,
lbkauf@clearwire.net,
360-3936948

July 23, 2011
Fat Salmon Open Water Swims
Lake Washington
Seattle, WA
Info: www.fatsalmonswim.org

July 23, 2011
Summer Plunge Meet
Witter Pool
Spokane, WA
Info: Spokane Waves Aquatic Masters,

August 7, 2011
AquaRun Open Water Swims
Commencement Bay
Tacoma, WA
Info: Zena Courtney,
zenacourtney@hotmail.com,
253-927-3695

August 20, 2011
Saratoga Passage Open Water Swims
Seawall Park
Langley, WA
Info: Jean Fankhauser,
jfankhauser@swparksandaquatics.org, 360-579-4438

September 10, 2011
Swim Across America Open Water Swims
Lake Washington
Seattle, WA
Info:
www.swimacrossamerica.org/seattle

September 17, 2011
Last Gasp of Summer Open Water Swims
Angle Lake
Seatac, WA
Info: Paul Havick,
fphavick@comcast.net,
253-720-1201

October 8, 2011
10th Annual BAMFest SCY Meet
Bainbridge Island Aquatic Center
Bainbridge Island, WA
Info: Jay Stemmler, (360) 930-8670,
stemmlers@gmail.com

November 13, 2011
North Whidbey SCM Meet
John Vanderzicht Memorial Pool
Oak Harbor, WA
Info: Jim McCleery,
jim.mccleery@skagit.edu

CLINICS

July 9, 2011
ACQUA Swim Camp - Megan Jendrick & Ian Crocker
Fife Swim Center
Fife, WA
Contact: Megan Jendrick,
swimcamps@gmail.com

MEETINGS

August 23, 2011
PNA Board Meeting
Jeanne Ensign's home
Seattle, WA
Info: Jeanne Ensign,
jeanne@raincity.com,
206-948-1354

October 29, 2011
PNA Board Retreat
Sally Dillon's home
Issaquah, WA
Info: Sally Dillon,
salswmr@comcast.net,
425-961-0023

11th Annual Lake Padden 2.5K and 5K Open Water Swim Saturday, July 16, 2011

Hosted by Bellingham Masters Swim Club

Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc. - Sanction No. 361OW-01

Name: _____ USMS # ¹ _____ - _____	
Street: _____ DOB (mm/dd/yy) _____	
City: _____ State: _____ Zip: _____	
Email: _____ Phone: _____	
Emergency contact: _____ Phone: _____	
Event choice (circle): 2.5K 5K Gender: M F	
Fee calculation:	
Entry fee (prior to July 11):	\$35
Race Day Entry Surcharge	\$5
One-event USMS fee ¹ (\$20)	_____
Total remitted (US or CAN):	_____
Make checks payable and mail to:	
Bellingham Masters Swim Club	
Lisa Kaufman	
2200 D Street	
Bellingham, WA 98225	
lbkauf@clearwire.net	
or REGISTER ON-LINE AT : https://www.clubassistant.com	

**5K Entrants must complete the first 2.5K within 1-hour or they will be stopped.

Liability Release: "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 CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGE, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Must be signed and dated for acceptance.

Signed: _____ Date: _____

Events 2.5K & 5K open water swims will be conducted on a triangular course in freshwater Lake Padden. Both events start in the water and finish on the beach.

Schedule:

7:30 – 8:30 a.m.	Check-in for all events
8:45 a.m.	Pre-race briefing
9:00 a.m.	Joint Start (2.5K & 5K)

Location: Lake Padden Park, Bellingham, WA. Restrooms, showers, and changing facilities are located at the start/finish area. Hiking, biking, running trails, a large barbecue, and a play area for the family are available. The park includes a first-rate municipal golf course (<http://www.lakepadden.com>).

Eligibility:

- USMS or Canadian Masters (CM) registered swimmer **or**
- \$15 "One Event USMS Registration" fee for non-USMS or CM
- 18 years of age and older as of July 16, 2011.
- Non-PNA swimmers (CM or out of area USMS) – photocopy of current registration card required with entry.

Entry Fee: \$35 (US or Canadian). Fee includes official race swim cap, which must be worn during the swim. **Race Day Registration: \$40**

Entry Deadline: Advance registration must be received by July 11, 2011. Day-of registration is permitted.

Awards: Men and Women overall first through third place for 2.5K and 5K Wetsuit and Non-Wetsuit Divisions.

Rules: Current USMS rules will govern this event. Neoprene wetsuits are allowed.

Safety: Lifeguards and safety boats will monitor the entire race course. Swimmers must wear the swim cap provided and race number on hand and upper arm or leg.

Results: Results will be posted one hour after the final event and will be available on the BMSC (<http://www.b-m-s-c.org>) and PNA (<http://www.swimpna.org/>) web sites shortly after the event.

Directions: Southbound: I-5 exit 254, left at light onto Samish Way. Cross freeway, right at light (S. Samish Way), main entrance to park (not golf course) is 2.4 miles on right. Northbound: I-5 exit 246, left at stop sign (S. Samish Way), main entrance to the park is beyond the golf course entrance, 2.5 miles on left. Race start & finish is near the bathhouse adjacent to the main parking lot.

Notes: 1) USMS or Canadian Masters number required. Canadian or non-PNA USMS must enclose photocopy of current USMS to complete registration. Those without current registration must enclose \$20 for "One Event USMS Entry" to complete registration.

Spokane Waves Aquatic Masters

Summer Plunge Meet

Saturday, July 23rd 2011 at Witter Pool, Spokane, WA

Date/Times: Saturday, July 23rd, 2011. Warm-up starts at 12:20pm, Meet starts at 1:00 pm.

Fees: \$20 for entries sent before July 13th, \$30 for “deck entries.” Make checks payable to: SWAT.

Location: Witter Pool, an outdoor 50 meter facility with deck space and changing facilities. Warm-up will be in the competition pool.

Conduct of the meet: Each participant may swim four individual, and two relay events. The aquatic center is wheelchair accessible.

Sponsor: Spokane Waves Aquatic Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 03510723.

Relays: Submit relay cards to the Clerk of Course during warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

Eligibility: All swimmers must be registered Masters swimmers with USMS or foreign equivalent. New registrations can be completed online at www.usms.org/reg. One event USMS registration is also available for \$15. Forms will be available at the meet.

Awards: First-Third place ribbons will be available free of charge.

Rules: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2011 USMS Rulebook www.usms.org/rules about proper stroke and turn rules. Events will be seeded slow to fast. Note that the competitive pool water depth varies from 12 feet at the start end to 3.6 feet at the turn end. The 200 meter relays will have starts for the 50m and the 150m exchanges from within the water.

Directions: Witter pool, Mission Park, 1400 East Mission, Spokane. Take I-90 east or west to exit 282. Go north on Hamilton. Take a right on Mission. Across the train tracks to your right is the Witter pool.

Postmarked by: July 15, 2011
 Mail Entries to: Harm-Jan Steenhuis
 12424 N. Perry St.
 Spokane, WA 99218
 Entry fee: \$20.00 w/ postmark prior to July 15
 \$30.00 for Deck Entries
 Checks payable to: SWAT

Deadline: All entries must be postmarked by July 15th, 2011. Incomplete or late entries will be treated as “deck entries”.

----- ✂ -----
 Name _____ Male Female Birthdate _____ Age _____
 Address _____ City, State, Zip _____
 Phone _____ USMS # _____ Club/Team _____
 Email: _____

Please Enter Using LC Meter Times • Maximum of 4 Individual and 2 Relay Events.

- | | | |
|-----------------------------|-----------------------------|--|
| 1) 400 M Freestyle _____ | 7) 50 M Breaststroke _____ | 13) 100 M Breaststroke _____ |
| 2) 50 M Butterfly _____ | 8) 100 M Butterfly _____ | 14) 200 M Butterfly _____ |
| 3) 100 M Backstroke _____ | 9) 50 M Freestyle _____ | 15a) 200 M Medley relay _____ |
| 4) 200 M Breaststroke _____ | 10) 200 M Backstroke _____ | 15b) 200 M Mixed Medley relay _____ |
| 5) 200 M Freestyle _____ | | |
| | 10 Minute Break | 16a) 200 M Freestyle Relay _____ |
| 6) 50 M Backstroke _____ | 11) 100 M Freestyle _____ | 16b) 200 M Mixed Freestyle Relay _____ |
| | 12) 200 M Ind. Medley _____ | |

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.

**AquaRun and Swim For A Child - 2K and 4K Open Water Swims
Sunday, August 7, 2011**

Hosted by Gift for a Child in conjunction with Blue Wave Aquatics
Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc. – Sanction # 361OW-03

Name: _____ USMS#* _____ - _____
 Street: _____ DOB (mm/dd/yy) _____
 City: _____ State: _____ Zip: _____
 Email: _____ Phone: _____
 Emergency contact: _____ Phone: _____
 Event choice (circle): **2K** **4K**** Age: _____ Gender (circle): **M** **F**
 T-shirt/circle preference: M or F Circle size: XS S M L XL 2XL

Fee calculation: **Make checks payable and mail to:**
 Entry Fee (prior to 7/31) \$35 GFAC AquaRun
 Late Entry Surcharge \$ 5 c/o Zena Courtney
 One-Event USMS fee (\$20) _____ 1853 Overview Drive NE
Total fees remitted _____ Tacoma, WA 98422

Online registration:
https://www.clubassistant.com/club/meet_information.cfm?c=1755&smid=3214

**USMS, Canadian, or foreign Masters Registration is required. For paper entries, non-PNA swimmers must enclose a photocopy of their current registration. Those without current Masters Registration must pay the \$20 One-Event USMS registration fee.*

**** 4K entrants must complete the first 2K within 1-hour or they will be pulled from the race.**

Liability Release: "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 DAMAGE, 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. Finally, I specifically acknowledge that I am aware of the all the risks inherent in open water swimming and agree to assume those risks."

Must be signed and dated for acceptance.

Signed: _____ **Date:** _____

**TWO practice swims at Les Davis Marine Park
 Wednesday, July 29th @ 7:00 PM & Tuesday, August 2nd @ 7:00 PM
 Call ahead if you plan to come: 253-740-9872**

Events: The 2K & 4K swims will be conducted on a clockwise out-and-back course, parallel to the shore, in 54-57°F saltwater Commencement Bay. Both events will start together in the water and finish on the beach.

Location: Les Davis Marine Park, 3427 Ruston Way, Tacoma, WA 98402. Portable restrooms are located near the start/finish area. Two other Metro Park restrooms open at 9 AM at the Les Davis and Dickman Mill Piers along the run course.

Schedule: 9-10 AM Registration/Bag Pick-up/Body Marking at start area
 10:15 AM **MANDATORY Pre-race briefing** at Les Davis Marine Park
 10:30 AM AquaRun starts
 10:35 AM 2K and 4K starts

Eligibility: 18 years of age or older as of August 7, 2011; USMS or foreign registration for 2011 or \$20 One-Event USMS Registration fee.

Entry Fee: \$35. Late & Race Day registration: \$40. Fee includes official race swim cap, which must be worn during the swim. Also included: technical shirt, goodie bag, random drawing prizes, age-group awards and delicious post race food and drink.

Entry Deadline: Advance registration must be received by July 31, 2011.

Rules: Current USMS rules will govern the event. **Neoprene WETSUITS are required for all swimmers** unless exempted by safety committee by 8/2/11. Email race director zenacourtney@hotmail.com for specific exemption details.

Awards: Custom fired glass awards (www.glassfishart.com) for 1st overall male and female in both events. 1st-3rd place awards for age groups under 20, 21-30, 31-40, etc.

Safety: Lifeguards, kayaks, safety boats and jet skis will monitor the entire racecourse. Swimmers must wear the swim cap and race chip provided along with their race number clearly marked on their hand. Swimmers **MUST** attend the pre-race briefing. \$20 fee if chip not returned at end of race.

Results: Results will be posted at the event on race day and at www.swimpna.org and www.aquarunforachild.org shortly after the event.

Questions: Contact Zena Courtney at H: 253-927-3695, C:253-740-9872 OR zenacourtney@hotmail.com OR go to www.aquarunforachild.org for info.

Directions: Southbound: I-5 S from Seattle to I-705 N exit and merge onto I-705 N. Northbound: I-5 N from Olympia, take right lane WA-7 South/I-705 N exit toward Pacific Ave/City Center. Keep left at the fork, follow signs for City Center and merge onto I-705 N. Continuing on from both directions: Just past downtown, exit to left onto Schuster Pkwy. Stay left at Y in road toward 'Waterfront', becomes Ruston Way after overpass. Proceed to Les Davis Marine Park and turn left (south) on Dale Street to N Waterview Street. Park on N Waterview to left and right. Please do not park in Lobster Shop restaurant AT ALL.

2011 Whidbey Adventure Swim – 1.2 and 2.4 mile Events
Saturday August 20th, 2011
Hosted By South Whidbey Island Masters (SWIM)
Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc. - Sanction # 361OW-04

Name: _____	USMS# _____ - _____
Street: _____	DOB (mm/dd/yy) _____
City: _____	State: _____ Zip: _____
Email: _____	Phone: _____
Emergency contact: _____	Phone: _____
Event choice (circle): 1.2 mile 2.4 mile	Gender (circle): M F
Fee calculation:	Make checks payable and mail to:
Entry Fee (prior to 8/15)	\$40 South Whidbey Parks and Recreation
Late Entry Surcharge	\$10 PO Box 136
One-Event USMS fee (\$20)	_____ Langley, WA 98260
Total fees remitted	_____
Online registration: https://www.clubassistant.com/club/form/register_now.cfm?c=1729&smid=3093	

***USMS, Canadian, or foreign Masters Registration is required. For paper entries, non-PNA swimmers must enclose a photocopy of their current registration. Those without current Masters registration must pay the \$20 One-Event USMS entry fee.**

**** 2.4 mile entrants must complete the first 1.2 miles within 50 minutes or they will be pulled from the race.**

Liability Release: "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 MASTER SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHT TO CLAIMS FOR LOSS OR DAMAGE, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTER 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Must be signed and dated for acceptance.

Signed: _____ Date: _____

Events: 1.2 and 2.4 mile open water swims on a triangular course in the saltwater of Saratoga Passage in Puget Sound. Both events will start in the water and finish on the beach. **Water Temperature is expected to be 60 degrees or below.**

LOCATION: Seawall Park, 1st Street and Anthes, Langley, WA on Whidbey Island.

SCHEDULE: 7:30-8:30 Pre-Race Check-in
 8:30 Mandatory pre-race briefing for ALL swimmers.
 9:00 Start time for 1.2 and 2.4 swim group start.

Eligibility: 18 years of age or older as of August 20th, 2011; USMS or foreign registration for 2011 or \$20 One-Event USMS Registration fee.

Entry Fee: \$40 (US or Canadian). **Late or Race Day registration: \$50.** Fee includes official race swim cap, which must be worn during the swim.
****RACE IS LIMITED TO 50 ENTRANTS****

Entry Deadline: Advance registration must be received by August 15th, 2011.

Rules: Current USMS rules will govern the event. **WETSUITS ARE REQUIRED.**

Awards: A handmade glass pendant donated by a local artist will be awarded to each competitor.

Safety: Lifeguards and safety boats will monitor the entire racecourse. Swimmers must wear the swim cap provided and their race number on their hand and upper arm or leg. **Swimmers MUST attend the pre-race meeting in order to compete.**

Results: Results will be posted 15 minutes after the completion of the final event and on the PNA <http://www.swimpna.org/> and Whidbey Adventure Swim <http://ow.swhidbey.org/whidbey-adventure-swim> and websites shortly after event.

Questions: Contact Race Director Jean Fankhauser at info@swhidbey.org or visit <http://ow.swhidbey.org/home> for more details.

Directions: From the Clinton Ferry travel northbound on SR 525. Turn north onto Langley Rd and travel to Langley. Location is Seawall Park at 1st Street and Anthes.

Parking: Public parking is available at the corner of 3rd Street and Anthes across the street from the Langley United Methodist Church.

Additional Info: Portable toilets and changing area will be provided at Seawall Park. Showers are located at Phil Simon Park, 126 Wharf St, next to the Langley Small Boat Harbor.

SWIM ACROSS AMERICA

MAKING WAVES TO FIGHT CANCER

SEATTLE SWIM LAKE WASHINGTON SEPTEMBER 10, 2011

REGISTER TODAY
www.swimacrossamerica.org/seattle

2 Mile Swim • 1/2 Mile Swim • Kids' Splash

- » Swim with former Olympians
- » Pancake breakfast, live DJ and prizes after the Swim
- » Awards to top Fundraising Teams and Individuals
- » Fastest swimmers recognized
- » Commemorative towel and cap for each swimmer
- » Form a team for the most fun!

REGISTER TODAY



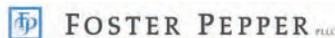
swimacrossamerica.org/seattle
SEATTLE • SEPTEMBER 10, 2011
★ Register • Swim • Donate • Volunteer ★
for information, contact:
infoseattle@swimacrossamerica.org

Proceeds benefit cancer research at Seattle Cancer Care Alliance



Fred Hutchinson Cancer Research Center
UW Medicine
Seattle Children's

Presented by



2011 Last Gasp of Summer Open Water Swim – 1 & 2 Mile Events

Saturday, Sept 17, 2011 - Angle Lake, Seatac, WA

Sponsored by Blue Wave Aquatics (BWAQ)

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS – Sanction No. 361OW-05

EVENT: The last open water swim of the 2011 season...

Swim one or two miles in Angle Lake, located near Seatac Airport. You may wear a wetsuit or not. The lake temperature averages in the high 60's in mid-September.



RACE-DAY SCHEDULE (Sept 17, 2011):

- 8:30 – 9:30 am Pre-Race Check-in for *both* races
- 9:30 am **Mandatory Meeting** for ALL swimmers
- 10:00 am Start of 2 Mile Race
- 10:30 am Start of 1 Mile Race
- 11:30 am Awards
- 12:00 noon Picnic Lunch

LOCATION: Angle Lake Park – 19408 International Blvd
Seatac, WA 98148

Angle Lake is an L shaped community lake in the heart of Seatac, about 1 mile south of Seatac Airport. The park has a large beach and picnic area. Restrooms and changing areas are available.

RULES: Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire *is* allowed. Fins, pull buoys, snorkels, mp3 players are examples of things NOT allowed under USMS rules.

SAFETY: The course will be marked with large buoys. Motor boats, kayaks and lifeguards will be located along the course. Swimmers must wear the swim caps furnished at check-in. A mandatory safety meeting will be held before the event start. More at: <http://www.LastGaspofSummer.com/safety.aspx>

AWARDS: Participation gift to all swimmers. 1st place award to top men and women finishers in each age group in each event (1 mile no wetsuit, 1 mile wetsuit, 2 mile no wetsuit and 2 mile wetsuit).

LUNCH: Picnic lunch will be free to all swimmers after the race. Family members and friends are welcome, donations accepted.

ELIGIBILITY: 18 years of age or older, as of Sept 17, 2011 **and:**

- Currently registered with USMS, Canadian, or Foreign Masters. **Additional \$20** "One-Event USMS Registration" fee is available.
- Non-PNA USMS registered swimmers **must** submit a copy of their 2011 registration card to the race registrar.

ONLINE REGISTRATION ONLY – starting June 1st

TO REGISTER:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&smid=3205

FEES:

- \$40.00 – Early entry *before* Sept 1
- \$50.00 – Sept 1 thru Sept 15
- \$20.00 – One-Event USMS registration (see eligibility)

REGISTRATION CLOSES at 11:59 pm Thursday Sept 15th or **SOONER** if race has sold out. Maximum 300 swimmers.

A note about the USMS One-Event Fee... Your \$20 lets you participate in *this* USMS-sanctioned event. For \$24 more, enjoy USMS membership for the remainder of 2011, including access to pool meets, clinics, coaches, open water swims and magazine subscription. Contact PNA registrar Arni Litt PNARegistrar@usms.org for more info or to join.

Online open water registrations are non-refundable and non-transferable

QUESTIONS? <http://www.LastGaspofSummer.com>

Meet Director: Paul Havick 253.720.1201
MeetDirector@BlueWave-Aquatics.com

Registrar: Judy Williams 206.242.7802
Registrar@BlueWave-Aquatics.com

DIRECTIONS:

From I-5: Take the South 188th St exit (#152); drive west 1 mile; turn left onto International Blvd (aka Pacific Highway South); drive south .5 miles; turn left on South 195th St into the park. Plenty of free parking.

10th Annual BAMFest SCY Swim Meet- Sanction #361-07
 Hosted by Bainbridge Aquatic Masters (BAM), Referee Teri White
 Sanctioned by PNA Local Masters Swim Committee for USMS, Inc.

ORDER OF EVENTS Modified "High School" Format	
#	EVENT
1 & 2	200 MEDLEY RELAY W/M
3	200 FREE
4	50 BACK
5	200 IM
6	50 FREE
15 minute Break	
7	100 FLY
8	50 BREAST
9	100 FREE
10	500 FREE
11	100 IM
12 & 13	200 FREE RELAY W/M
14	100 BACK
15	50 FLY
16	100 BREAST
17	200 Mixed Fantasy Relay

DATE & TIME: Saturday, October 8, 2011
 Warm-up: 9:00 AM Meet starts: 10:00 AM
 Check-in with Clerk of Course upon arrival and
 positive check-in required for the 500FR prior to
 the break.

LOCATION: Bainbridge Island Aquatic Center:
 8521 Madison Ave, Bainbridge Island WA 98110;
 pool phone: 206-842-2302. 25-yard course with
 six lanes used for competition and one lane for
 continuous warm-up and cool down in a separate
 pool. The hot tub, sauna, and steam room will
 be available during the meet for competitors
 only. Electronic timing will be used.

DIRECTIONS:
 From Seattle: Take the 7:55 AM ferry to
 Bainbridge Island. Proceed on SR305 exactly one
 mile to NE High School Road. Turn left (west) on
 High School Rd. Turn right (north) at traffic
 circle onto Madison Ave. Take first left for
 driveway entrance to pool.
 From West sound: Take SR305 to Madison Ave. N
 and turn right (south). Proceed 0.6 miles to the
 pool entrance on the right.

ELIGIBILITY: Open to all 2010 USMS registered
 swimmers age 18 and above on 10/09/10. Age
 groups determined by the swimmer's age on
 10/09/10.

RULES: Current USMS rules will govern meet.
 AGE GROUPS (individual events): 18-24, 25-29,
 and 5-year age groups as high as necessary.

RELAYS: Deck-enter relays at the meet. Age
 groups 18+, 25+, 35+, and 10-year increments as high as necessary. Age of the
 youngest relay swimmer determines the age group of the relay. Fantasy relay
 instructions will be announced at the meet. (NOTE: the relay often utilizes inner
 tubes, backwards swimming, water polo balls, sculling, flower caps, and/or other
 exciting and goofy challenges).

SEEDING: Slow to fast. Check-in with the clerk of course.

MEET DIRECTOR: Jay Stemmler, (360)930-8670 stemmlers@gmail.com

Allan Thorpe, (206)999-8122 allanth@comcast.net

WEBSITE: For more information, visit the PNA website (www.swimpna.org), or BAM
 website www.bainbridgeaquaticmasters.org

SAFETY FIRST

No diving during warm-up/warm-down except into designated sprint lanes.

MEET ENTRY FORM: October 8th, 2011 10th Annual BAMFest
 Hosted by Bainbridge Aquatic Masters (BAM) - Sanction # 361-07

NAME: _____ Male Female

AGE (on 10/08/11) _____ Team or Unattached _____

ADDRESS: _____

E-MAIL: _____ PHONE: _____

BIRTHDATE: _____ USMS# _____

Include a copy of your current Masters Registration card if you are not a PNA member.

EMERGENCY CONTACT: _____ PHONE: _____

ENTRY LIMIT: Five individual events, plus relays. Circle if your first Masters meet: Y

EVENT #	EVENT NAME	SEED TIME (Short Course Yards)

ENTRY FEES: \$ 16.00 Surcharge (Includes LMSC & electronic timing fees)

Individual Events: \$ _____ \$1.00 per event. No charge for relays.
 Optional for age 65 and over, or if needs based.

TOTAL \$ _____ Please make checks payable to: BAM

Mail this entry form and fees to: BAM
 PO Box 10934
 Bainbridge Island, WA 98110

Entries must be postmarked by Oct. 1st or received by Oct. 3rd, 2011.

On-line entries are encouraged and must be completed by Oct. 6, 2011.

Late entries will not be accepted.

https://www.clubassistant.com/club/meet_information.cfm?c=1550&smid=3243

Your credit card will be charged by 'ClubAssistant.com Event

Billing' for this swim meet.

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.

SIGNATURE: _____ DATE: _____



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 arnaRegistrar@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 April 26, 2011.

<p>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 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 GOST: Gig Harbor Old Swimmers GLAD: Green Lake Aqua Ducks HMST: Husky Masters IST: Issaquah Swim Team LLUA: Little Lebowski Urban Achievers LOGS: Logger Masters</p>	<p>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 PPST: Poulsbo Piranhas Swim Team 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</p>	<p>SOWI: Seattle Open Water Irregulars SVMS: Skagit Valley Masters Swimming SSTM: South Sound Titans Masters SWIM: South Whidbey Island Masters SSMS: South Sound Masters Swim SSRM: Swim Seattle Redhawk Masters 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 YPKC: YMCA Sound Aquatic Swimmers</p> <p style="text-align: right; font-size: small;">07/7/2011</p>
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Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

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