

# THE WETSET

Pacific Northwest Association  
of Masters Swimmers



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## Blue Wave Aquatics Becomes A Club!

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What are the differences between LMSCs, clubs, teams and workout groups? Even longtime Masters participants may not be clear on the distinctions - and newcomers often find the “Club” question on entry forms to be perplexing.

On January 1, Blue Wave Aquatics transitions from a workout group to a club. See **page 3** for a short article that explains the various organizational forms (and entry form terminology!).

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## Lake Washington - Northbound

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Tantalized by all that open water as you drive past Lake Washington but overwhelmed by the mere notion of swimming nearly 20 miles non-stop?

The solution may be to break the journey into multiple stages - after all, the Tour de France isn't ridden nonstop!

Read Lucien Wischik's account on **page 5** of his multi-stage approach to the challenge of swimming our largest lake. Complete with statistical analysis!



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## Coming Soon - One Hour Postal Swim!

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If it's December, it's time to get ready for the One Hour Postal Swim event! See articles about this exciting challenge on **pages 9 & 10** of this issue, by Sally Dillon (PNA Long Distance / Open Water Coordinator) and Dan Smith (from event host Blue Wave Aquatics).

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## LEADING OFF



BY PNA VICE PRESIDENT RICH SEIBERT

The North Whidbey Masters put together another great meet. It was great to see a record number of swimmers in attendance. There were quite a few new swimmers there, and I asked many of them, "What made you sign up for your first Masters swim meet?" There were three common responses; "I used to swim competitively and missed swimming in meets," "I had a goal to enter a meet this year," and last but not least, "My friend made me do it!"

Whether it was your first swim meet in years or you are a serial competitor, I think most everyone at the John Vanderzicht Memorial Pool was thoroughly impressed watching Rick Colella break four world records in the 60-64 age division for the 100-meter breaststroke,

200 breaststroke, 100 individual medley, and the 400 individual medley. I checked back with many of the first time swimmers near the end of the meet and many of them were eager to sign up for their next meet.

For me, swimming in meets is a very social experience, and I really enjoy the relays and seeing everyone compete. However, I know many swimmers like me are also chasing personal records or PRs. This is the time of year when I work on my goals for the next year. I do the usual exercise of reviewing what I accomplished over the last year and making a new and better list. I write down the goals and keep them in a journal, so I can review them throughout the year. A couple of years ago, my goal was to swim each event during the year, with a stretch goal of making the National Qualifying Time in each event as well. I worked on my breaststroke and was very surprised to make the times in all the distances. I even called my high school coach to let him know that my breaststroke time as a 46-year-old was faster than when I swam in high school. I would have made the stretch

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## The WetSet

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## Leading Off

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goal except I missed the cut off time for the 200 fly by 4 seconds and I wasn't really eager to try it again!

For most swimmers, it's not a swim meet that makes their Masters swimming experience special, however. It's their weekly workouts, with their local coach and the swimmers in their lane, that make up their Masters swimming experience. It's those exclusive moments that we share that create the tightest bonds, like the way we all groan when the coach tells us we are doing another set of no-breath 25's or the way we all like hearing that it is warm-down time. For me, knowing that my teammates will give me grief when I miss a workout keeps me going to swim practices - and I really need to thank them for that! I appreciate my teammates very much - they keep me working hard and help me reach my goals.

No matter how you experience Masters swimming, on behalf of the entire PNA Board, I want to wish you Happy Holidays. May you achieve all your goals, whether you write them down or not. If you are eager to sign up for the next meet, Anacortes (January 22nd) is bound to be another great meet. For all the new swimmers I met at North Whidbey - it's your turn to bring a friend!

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## LMSC? Club? Workout Group? What????

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What's the difference between a club and a workout group? What in the world is an LMSC (and why in the world do I care)? And... why do I list PNA as my club on each entry form when I swim with my local swim club? Here's a (hopefully) simple way to make sense of all this.

Think concentric circles, like a target diagram. The biggest circle is FINA, the worldwide organization for masters-level swimming. Inside that is United States Masters Swimming (USMS), our national organization. USMS consists of eight zones, including the Northwest Zone - so that's our next circle. Within each Zone, there are multiple Local Masters Swim Committee organizations, in our case, the Pacific Northwest Aquatics (PNA). Got it so far? Good, because this is where the target gets a little harder to see clearly..

Within each LMSC, there must be at least one club - but there can be more than one. Approximately 20 of the 52 LMSCs nationally have a single very large club, but the remainder support multiple swim clubs. Our LMSC had only one club (PNA) last year. A club consists of multiple teams or workout groups - the two terms are used interchangeably. These groups include the friends and acquaintances you swim with, and the coach on the deck. Those swimmers who join USMS but don't choose to be affiliated with a particular workout group are considered 'unattached' - but still members of the PNA club.

On January 1, Blue Wave Aquatics - the largest workout group in PNA during 2011 with approximately 271 members - has registered as a separate club. BWAC members will still be members of our LMSC and will continue to host our short course championships each spring. There will be two clubs within the LMSC, one of which (PNA) has many workout groups within it.

FINA - USMS - Zone - LMSC - Club - Workout Group. Those are the concentric rings of the target. Maybe the analogy should include Lanes, and Lanemates...

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## Lake Washington - Northbound

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by Lucien Wischek

Date: September 11, 2011

Start time: 2:00 am End: 11:45 pm

Total distance: 20 miles Total swim time: 19 hours

Consumed: 10,000 calories

I swam the 20-mile length of Lake Washington, northbound from Renton to Kenmore. Why did I do it? I don't know! I know it has left me with sore knees where my wetsuit rubbed the skin raw and a new fondness for silence.

I swam breast-stroke at about 1.1 mph, accompanied by a friend in a kayak. Every half hour I'd eat half a Powerbar and drink 10 ounces of Gatorade. Sometimes my stomach let me take a whole Powerbar and a full 20 ounces of Gatorade. Every four hours or so I'd stop on shore at a pre-arranged meeting spot where my support crew (girlfriend) waited with more food and a car for me to sit in for 30 minutes with the heating on full blast to try to warm up. It was Seattle's hottest day of the summer at 80F on the lake, and the water was a warm 72F, but still I was cold for the entire swim. I used a "SPOT GPS Tracker" — every 10 minutes it beamed my GPS coordinates to a satellite, feeding a public live-updated Google map, so my support crew knew when to show up.

Ralph offered to kayak with me the entire way, 22 hours, starting at 2am. What an incredible offer and what a long paddle. His presence kept me safe, encouraged me, let me cut two miles off the swim by going in straight lines rather than following the shore, and made the whole endeavor possible. My girlfriend Shannah put up with me training instead of doing my share of the housework, supported me, and spent the entire day shuffling the car around to meet me at rest stops. Diana swam with me for the final leg right after having done a two mile ocean swim the day before. She was the only one with map skills good enough to find our destination in the dark, and kept me going when I'd thought we'd have to cut it short. And Alexey took over the kayaking for a leg in the middle to give Ralph a rest, despite partying until 1am the previous night, and returned to see us at the end. I'm humbled to have such generous friends.

### Leg 1: 3.9 miles

#### Renton (2am) — Seward Park (5.35am)

There's a small park at the corner of the Renton airstrip. At 1.45am I met Ralph there, an Ironman triathlete who'd offered to kayak for me. The sky was clear and the air and water were warm. We entered the water at 2am. Ralph saw a few otters and gulls on the way but I was too busy swimming to notice. I towed behind me an inflatable buoy with bright flashing kayak lights for visibility. Ralph would kayak with his lights mostly off, so I enjoyed the beautiful night by myself — with full moon, stars, and the lake as flat as a mirror.

Normally on swims, my brain is fairly active — thinking over work, relationships, friends. It never gets far with thoughts because they tend to get reset every stroke like a mental Groundhog Day. But on this occasion my brain was still and I had little feeling or emotion. I felt like a swimming robot - like the Terminator.

We figured out which dark blob must be Seward Park, and headed straight for it. I was getting cold after three hours in the water. What looked like a final 20 minutes swim on this leg took an

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## Lake Washington - Northbound

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hour. At Seward Park we got into my car (which I'd parked there the night before), turned the heating full on, and rested for 45 minutes.

### **Leg 2: 6.2 miles**

#### **Seward Park (6.40am) — Madison Beach (12.45pm)**

The sun was dawning as we headed out on this leg. I was relieved to see it and hoped that soon I'd be warm.

The furthest I'd ever swam before without a rest was 4 miles, so this leg at 6.2 miles was a challenge. When we reached the I-90 bridge around 10am, there were lots of powerboats and I took half a motion-sickness tablet so I wouldn't get sick from the swells or the exhaust fumes sitting just above the water. When you see waves in the sun, they cast little shadows, and in my mind they sometimes became hallucinations of shark fins. By noon I was very tired and it felt like I'd forgotten how to swim. I was wondering why my right arm was pulling to the right and my left arm to the left, since shouldn't they be the other way round? I had a mental image that each swim-kick was being borrowed from some kick rental facility, but I'd picked out the wrong size for my legs. It felt like a struggle, but my GPS log showed that I maintained a steady 1.1 mph right to the end.

At 11.30am I noticed that the air was now warmer than the water, and at 12:45pm we reached Madison Beach, the swim's halfway point.

### **Leg 3: 3.1 miles swim, plus 0.4 behind a powerboat**

#### **Madison Beach (1.15pm) — Magnuson Park (4.15pm)**

Shannah had brought the car and supplies to Madison Beach. Although it was Seattle's hottest day of the summer, and the water was a relatively warm 72F, I still felt cold. Even a half hour resting in the sun wasn't enough to warm me up.

Alexey took over the kayak for this leg to give Ralph a rest. The swells from powerboat traffic were 3 feet trough-to-crest which made swimming more challenging. The boat traffic under the 520 bridge was so packed that we had to hitch a ride from a passing powerboat to cross the boat lane.

At Magnuson Park I again tried to warm up by basking in the sun, and again it wasn't enough. At this point I felt terribly weary. One of the two big challenges I'd identified in previous years was nutrition. In the past, I'd been able to swim for 4 hours without food or water, but I knew I needed something more for this long swim. A sports nutritionist told me it's all about consuming as many simple carbs as possible during the swim (with minimal fiber, fat and protein), so during my practice swims I experimented and adjusted my nutrition. I've always had a natural unprocessed-food diet and I hated having to consume Powerbars and Gatorade, but my stomach handled them better than anything else I tried.

### **Leg 4: 1.8 miles**

#### **Magnuson Park (4.45pm) — Matthews Park (6.35pm)**

This was a short leg. My stops were largely dictated by where there were convenient parks. I also wanted to set myself up for a good final leg that wouldn't be too long. Ralph resumed kayaking

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## Lake Washington - Northbound

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for this leg, and although I'd started the leg weary, I think I got stronger as it went on. The GPS log shows a steady 1.0mph.

My second big challenge was whether my joints would hold up. People say that swimming is a gentle activity for the joints. But for breaststroke that's not necessarily true, and especially not for 20 hours of it. Breaststroke is all about the legs, so you kick them explosively out, and it's down to the bones and tendons of your knees and ankles to snap them back. Towards the end of the summer I'd developed a much gentler and slower kick, forcing myself to slow down my kick as my arms slowly reached forward at the same time. By the time I reached Matthews Beach Park, my knees still had no joint pain and I was confident I'd be able to finish.

I sat in the car to warm up for half an hour with the heaters on full. And I ate some potato — at last, some real food and not just Gatorade and Powerbars.

### **Leg 5: 4.6 miles**

#### **Matthews Park (7.15pm) — Log Boom Park (11.45pm)**

On this leg Ralph and I were joined by Diana from the Western Washington Open Water Swimmers Facebook group page. Her previous distance record was 2.6 miles, so bumping it up to 4.6 miles was considerable. It was dusk when we started this leg, and the full moon was again up in the clear sky. It made for beautiful swimming conditions, and Diana and I each bumped into otters.

By 9pm, I was getting very cold. I tried swimming harder to generate more heat, but had to scale back when my knee joint started to hurt. Other swimmers had told me that it's just a matter of mind and body to acclimatize to cold water, so I talked myself into accepting the cold rather than fighting it.

We'd planned to finish at Log Boom Park. The map shows it has a huge 600 foot pier sticking out into the water — as we swam along the shore it should have been impossible to miss. Moreover, I'd walked down the pier the previous day to scout it out. Nevertheless, Ralph and I missed it. Only Diana knew how to read maps well enough to tell which series of lights to aim for. We swam a slower 0.9mph for the final mile, breaststroke with our heads above the water and goggles off, so we'd be able to recognize the pier when we got to it. It was a slower pace, but much lovelier and warmer.

Friends had gathered at the end of the pier. When we saw their flashlights, we knew we were done. I crawled out almost 22 hours after starting the swim and we all drove home for steak and champagne.

### **Aftermath**

After the swim I ached all over and was dog tired. The wetsuit abraded the skin behind my knees, I had small abrasions on my chin and the back of my neck from the swim cap and my ankles are sore. Other than that, I feel great!

I consumed close to 10,000 calories during the swim: five packets of Clif Shots, 20 Powerbars, 20 bottles of Gatorade, eight pilot bread biscuits, eight Nice biscuits and two potatoes. The morning after the swim, fully rehydrated, I weighed about 3 pounds less than at the start of the swim.

## Wanted: GLAD Saturday Swim Coach

GLAD (Green Lake Aqua Ducks) is looking for a coach for Saturday mornings 7 – 8:30 am for a highly motivated group of swimmers. Coach needs to develop challenging workouts for all swimmer levels. Above average compensation for experienced, enthusiastic coach. If you or anyone you know is interested please contact Rob Dunlop at (206) 715-9623 or [rdunlop46@gmail.com](mailto:rdunlop46@gmail.com).

### Registrar's Notes

 Columbia Athletic Clubs at Pine Lake has changed its name to Team Columbia Athletic Clubs (TCAC). Same team, same coach... new name! Contact: Vincent Cucinelli, [vincentc@columbiaathletic.com](mailto:vincentc@columbiaathletic.com), 425-313-0123.

 Sequim Aquatic Recreation Center (SARC) is a new team within PNA. Contact: Herb Cook, [herbcook@att.net](mailto:herbcook@att.net), 360-797-7097, or Coach Jason Ridle, [jpridle@sbcglobal.com](mailto:jpridle@sbcglobal.com), 818-397-9980.

 Mukilteo YMCA is a new team within PNA. Contact: Joel Dodds, [usnadadjoel@gmail.com](mailto:usnadadjoel@gmail.com), 321-266-4748.

### PNA BOARD ANNOUNCES CHANGE TO ANNUAL DUES

In 2011, USMS/PNA yearly dues were \$44 for full-year registration (\$29 to USMS/\$15 to PNA), \$35 for seniors (\$29/\$5), \$30 for end-of-year registration (\$26/\$4) and \$20 for one-event registration (\$12/\$8).

For 2012, USMS is increasing its portion of the total fee by \$2 to \$31. Due to PNA's positive cash flow and in consideration of the current economy, the PNA Board has decided to absorb \$1 of the \$2 increase. Fees for 2012 will be \$45 (full membership), \$36 (seniors), \$30 (end of year) and \$20 (one-event).

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## PNA swimmers top leader board in USMS National Championship 5K and 10K Postal Swims

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Final results are in and Sue Dills (66) placed 1<sup>st</sup> in her age group in the 5K postal swim with a time of 1:33:45.81. Kirk Nelson (41) was 2<sup>nd</sup> in his age group in the same event and his time was 1:05:30.70. This year the 10K postal event was more popular and PNA swimmers excelled at that distance in their respective age groups, with Miranda Cox (23) placing 3<sup>rd</sup> in 2:31:38.94, Kathleen Abrams (55) placing 2<sup>nd</sup> in 2:44:52.00, Scott Matthews (49) placing 9<sup>th</sup> in 3:04:25.00, Scott Lautman (58) placing 4<sup>th</sup> in 2:37:32.00, and Joshua Scott (55) placing 5<sup>th</sup> in 2:40:30.00.

With so many swimmers doing the 10K, PNA was able to enter a couple of relays and the Mixed 18+ team of Miranda Cox, Scott Lautman, Joshua Scott and Kathleen Abrams took the gold with a combined time of 10:34:32.94. Additionally, the Men's 45+ team consisting of Scott Matthews, Scott Lautman, and Joshua Scott placed 4<sup>th</sup> with a combined time of 8:22:27.

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## 2012 USMS One-Hour Postal Swim

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January is the month, your favorite pool is the place, and getting your fitness off to a good start in 2012 is just one of many reasons to challenge yourself with the annual USMS One Hour Swim. The event is oldest (35 years) and largest (well over 2000 participants) of the five USMS National Championship postal swims.

Nearly 100 PNA swimmers participated in the 2011 event and we had several gold medal winning individuals as well as relays. Blue Wave Aquatics – a newly independent club in our region – will be the host of the 2012 event. Show your support for them and PNA and take the One-Hour Challenge this coming January.

### **Seven reasons to swim a non-stop hour!**

- Start your fitness year right
- Improve your aerobic capacity
- Earn bragging rights with your lane mates
- Enjoy a big meal afterwards
- Make your team and club stronger
- Feel great when you're done
- Participate in club relays

### **Key things to remember**

- Swim the One-Hour Postal event any time in January
- Organize pool time for your team
- Follow the instructions on the official entry form
- Enter the event online or by surface mail
- Send your results to PNA's postal coordinator, Sally Dillon, at [salswmr@comcast.net](mailto:salswmr@comcast.net)

You will find details about the event on page 44 of the November/December 2011 issue of your *SWIMMER* magazine. The official entry form can be found at: <http://www.usms.org/longdist/ldnats12/>

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## 2012 USMS Speedo One Hour Postal Championship

by Dan Smith, Blue Wave Aquatics

It is the beginning of December and once again the perfect time to begin preparing yourself for the One Hour Postal Championships to be held in January. The 2012 swim is hosted by Blue Wave Aquatics, representing the third time in four years that a Pacific Northwest club has been the host (2009 - Ohana Swim Team, 2011 - Tualatin Barracudas).

This event is a Postal event. This may be confusing to some who are new to Masters swimming. Some say "going postal" is a bad thing (although the swimmers who participate in this event every year might be a little extreme). In this case, however, "Postal" simply means that you swim the event in a venue of your choice and submit the results via the US Postal Service where they are collected and scored nationally.

Basically, you will need three things to participate. A pool (25 yards or longer), the will to swim for an hour, and a helper to record your 50 yard splits for an hour. This last item can be the most challenging and lets you know who your true friends are. The offer of a Starbucks™ gift card can help procure this most essential part of the swim.

The stated goal of the swim is to "swim as far as possible in one hour in any pool you choose that is 25 yards or longer". Some may still not understand the allure of this event. There must be great reasons because this event attracts as many as 3,000 entrants each year. So if you need some extra motivation to swim this event, here are some suggestions:

### Fitness:

In racing, you can fake a 50, sometimes you can fake a 100. But there is no way to fake the One Hour Swim. It is a litmus test of your strength and aerobic fitness. It is the perfect balance of speed and endurance, because the difference of one second per hundred adds up to a big distance over an hour's time. It is a mental challenge to not go too fast, and not go too slow. It is a race that helps you encounter, and ultimately break through "the wall", where you think you can't go any more at your pace, only to find

that by pressing through, you can maintain and even build to a finish. And as the first event of the year, it helps you stay focused and motivated in December when you would otherwise be slacking and dreaming of sugarplums.

### Competition:

Some competitors participate in local meets where there are only a few people in their age group. Or they spend a little more effort and money to go to national meets where there may be twenty or thirty in their age group. Swimming this national postal event allows you to compete against a huge number of swimmers across the nation. Last year there were 211 swimmers in my age group, and I could compete with these 211 in my own pool. This motivates me to beat my distance each year, but also to beat my best placing.

### Measurement and Technique:

Many swimmers do test sets periodically to see how they are doing maintaining their speed and endurance over the years. Many coaches record these test sets to measure their swimmers' progress and ultimately the effectiveness of their coaching. No test set comes close to being as useful as the One Hour Swim. You will set a marker for yourself to either maintain or improve on each year. In addition, it challenges you to improve technique. A slight improvement in distance per stroke, cleaner turns and streamlined pushoffs go a long way in gaining you more yards in an hour's time.

### Team and Camaraderie:

Iron sharpens iron. Most Masters swimmers know that when they have a teammate swimming next to them, they will swim faster. So rent a couple of lanes and get someone close to your speed to pace against. The event doesn't allow for circle swimming, but you can split a lane and swim two in a lane. There are relays that allow you to pool your times together (pun intended), which can help you to swim faster and encourage one another.

Each year the swim has a slogan. This year's slogan is **r-Hour Power**. You will definitely put on a display of power if you swim it. If you have never done it before, then make 2012 the year you stamp your first One Hour time in your log book. If you have done it before, good luck beating your best time!

## Minutes: PNA Board Meeting, October 29, 2011

**A. Call to Order & Introductions.** President Lisa Dahl called the meeting to order at 9:15AM in a meeting room at Sally Dillon’s home in Issaquah. Present were Kathy Casey, Linda Chapman, Herb Cook, Lisa Dahl, Sally Dillon, Jeanne Ensign, Mike Grimm, Arni Litt, Hugh Moore, Steve Peterson, Walt Reid, Ron Rhinehart (Phone), Rich Seibert, Kelly Sharitt and Sarah Welch.

**B. President’s Report.** Lisa Dahl reported that 31 coaches from Oregon, Idaho, Alaska and Washington attended the USMS certification course (ASCA Levels 2 and 3) in Seattle OCT 21-22. Lisa received lots of positive feedback. USMS will reimburse PNA \$400 toward the estimated \$2,000 expense of the course.

**C. Minutes.** Minutes of the August 23 Board meeting were approved as corrected.

**D. Membership.** Membership Chair and Registrar Arni Litt presented three options for USMS/PNA membership fees for 2012. After discussion, most Board members agreed that PNA should absorb half of the \$2 USMS dues increase, and pass half through to PNA members. Assuming 1,592 regular members and 204 one-event registrations, Arni projected this option would produce \$22,305 in 2012 dues revenue, a decrease of \$1,592 from 2011. **MSA: To adopt the following Dues schedule for 2012:**

	USMS	PNA	Total
<b>Full Year</b>	<b>\$ 31</b>	<b>\$ 14</b>	<b>\$45</b>
<b>Senior</b>	<b>31</b>	<b>5</b>	<b>36</b>
<b>End of Year</b>	<b>26</b>	<b>4</b>	<b>30</b>
<b>One Event</b>	<b>12</b>	<b>8</b>	<b>20</b>

Arni also distributed a draft 2012 PNA membership registration form for Board review.

**E. WetSet Publication Schedule.** Editor Ron Rhinehart asked the Board to consider reducing the The WetSet’s frequency of publication from 10 issues per year to 6 issues per year. Ron explained that it is difficult to find timely, interesting content to fill 10 issues, and he believes much of the information historically published in The WetSet can be more effectively delivered through PNA’s redesigned website. Hugh Moore suggested all PNA members receive updates by e-mail in months when The WetSet is not published. Board members agreed it would be highly desirable for the new website to “go live” before The WetSet reduces its frequency, even if some work remains to be done. After discussion, **MSA: That The WetSet reduce its publication schedule to 6 issues per year, beginning in January 2012, recognizing PNA’s expanding use of other media, including the redesigned website.**

**2012 Meet Schedule.** Sally Dillon and Linda Chapman presented an updated meet schedule, noting there will not be a Marysville meet in January; the date of the Angle Lake open water swim has changed from August 15 to August 22; Linda will investigate possible dates for a Short Course Meters Zone Championship meet at King County Aquatic Center in October, November or December. **MSA: To approve the 2012 Meet Schedule as amended.**

**Treasurer’s Report.** Jeanne Ensign presented PNA financial statements through September, noting year-to-date net income of about \$6,000 above budget, total assets of about \$47,000 and no liabilities. Jeanne said the operating surplus results primarily from lower-than-budgeted expenses on several budget lines, including Nationals Support and Team & Coach Development. **MSA: To approve Financial Statements as submitted.**

**Domain Name Registration.** As recommended by Hugh Moore, **MSA: to renew registration of the Domain Name “FWNationals” for five years.**

**Meet Entry Materials.** Sally Dillon presented a prototype Meet Entry Form and Instructions, standardized and formatted for publication and online transmission. If all sanctioned meets utilize the same format, swimmers and meet officials benefit. **MSA: To accept the new Meet Entry Form and Instructions.**

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## PNA Board Retreat Minutes

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*(continued from page 10)*

**Open Water Buoys.** Sally Dillon recommended that PNA purchase four 8-foot yellow cylindrical turning buoys for use in open water swims. Board members concurred with Sally's choice and asked her to present a specific proposal, including cost, in December.

**Corporate Calendar.** Rich Seibert solicited additional Board input, and said he will begin to "populate" PNA's Corporate Calendar by year-end.

There being no additional business, the meeting was adjourned at 11:15AM.

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

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Blue Wave Aquatics	Mukilteo YMCA
Mark Berry	Stacey Lasley
Celeste Bettencourt	North Whidbey Masters
Jason Brandt	Jared Pohlman
Mark Casey	ORCA Swim Club
Scott Downing	Marc vander Kolk
Philip Dryden	South Sound Masters Swimming
Bill Dussler	Annie Cubberly
Randy Edwards	Dave Stanfield
Debora Fuentes	Skagit Valley Masters Swimming
Heidi Hubler	James Dahl
Corin Malone	Thunderbird Aquatics
Michele Rennie	Sandi York
Cindy Sagmoen	Unattached
Linda Schiller	Kara Blake
Downtown/Bellevue Swim Team	David DeMarsh
Stephanie Major	Charlie Foushee
Carol Parisotto	Maxwell Goldsmith
Fins of the San Juans	Sheryl Grant
Stefan Brager	Lorraine Langstaff
Green Lake Aqua Ducks	Western Washington University Masters
Lindsey Burrows	Eduardo Alcantar
Teri deCocq	YMCA Sound Aquatic Swimmers
Husky Masters	Justin Adrian
Jennifer Cech	Katy Arkell
Matthew Novack	Hillary Krueger
Kendl Sandary	Aaron Lunday
Joe Tegeder	
Lake Washington Masters	
Tina Hall	

*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](mailto:pnaRegistrar@usms.org)**

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## MASTERS CALENDAR

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### LOCAL EVENTS

**January 22, 2012**

**Thunderbird SCM Meet**

Fidalgo Pool

Anacortes, WA

Info: details in December issue, or  
see [www.swimpna.org](http://www.swimpna.org)

**February 4, 2012**

**South Sound SCY Meet**

Briggs YMCA

Olympia, WA

Info: details in January issue, or  
see [www.swimpna.org](http://www.swimpna.org)

**February 19, 2012**

**Lake Washington SCY Meet**

Juanita Aquatic Center

Kirkland, WA

Info: details in January issue, or  
see [www.swimpna.org](http://www.swimpna.org)

**March 17, 2012**

**ORCA SCY Meet**

Seattle University

Seattle, WA

Info: details in January issue, or  
see [www.swimpna.org](http://www.swimpna.org)

**April 14-15, 2012**

**PNA Short Course Champs**

Weyerhaeuser King County Aquatic Center

Federal Way, WA

Info: details in January issue, or  
see [www.swimpna.org](http://www.swimpna.org)

### NATIONAL EVENTS

**January 1-31, 2012**

**USMS Speedo One Hour Postal  
Championships**

Hosted by Blue Wave Aquatics

Info: USMS Long Distance Championships web  
site (<http://www.usms.org/longdist/ldchamps.php>)

Entries: [http://www.clubassistant.com/club/  
meet\\_information.cfm?c=1308&smid=3291](http://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=3291) .

**April 26-29, 2012**

**USMS Short Course Nationals**

Greensboro, NC

Info: [www.usms.org](http://www.usms.org)

### INTERNATIONAL EVENTS

**March 25, 2012**

**Calgary Masters Invitational (LCM)**

Talisman Centre

2225 MacLeod Trail 5

Calgary, Alberta

Info: Jeanne Carlson, 403-605-1003,  
[meetmanager@cmisc.ab.ca](mailto:meetmanager@cmisc.ab.ca)

### MEETINGS

**January 24, 2012**

**PNA Board Meeting**

**6:45pm**

Sarah Welch's home

Seattle, WA

Info: [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net)

Coming Soon...

PNA's "new look" website!

[www.swimpna.org](http://www.swimpna.org)

**SANCTIONED BY PNA FOR USMS INC. SANCTION# 362-02**  
**SHORT COURSE METERS MEET:** January 22, 2012  
 Hosted by Thunderbird Aquatic Club & Masters  
 and Anacortes High School Swim Team

EVENTS (ORDER #)	
#	Event
Sunday, Jan. 22	
1	400 Free
Break	
2	200 Free Relay
3	100 Back
4	200 Free
5	50 Fly
6	200 Breast
7	100 IM
Break	
8	200 Mixed Free Relay
9	200 Back
10	50 Free
11	100 Fly
12	50 Breast
Break	
13	200 Medley Relay
14	50 Back
15	100 Free
16	200 Fly
17	100 Breast
18	200 IM
Break	
19	200 Mixed Medley Relay
20	400 IM

**DATE:** Sunday, January 22, 2012  
**TIME:** Warm-up: 9:00 AM;  
 Meet starts 10:00 AM

**PLACE:** Fidalgo Pool, Anacortes, WA  
 1603 22<sup>nd</sup>  
 Anacortes, WA

**MEET DIRECTOR:** Jason Hunter  
[jhunter@fidalgopool.com](mailto:jhunter@fidalgopool.com)

**MEET REFEREE:** Heather Brennan  
[brennan@wavecable.com](mailto:brennan@wavecable.com)

**FACILITY:** Six-lane 25 meter pool  
 Warm-up: two side warm up areas  
 Water temperature: ~ 83 degrees F  
**CONCESSIONS:** None

**RULES:** Current USMS Rules will govern meet.

**ELIGIBILITY:** Open to all USMS 2011 registered swimmers, 18 and above as of *January 22, 2012*. Bring a copy of your Masters registration card if you are not a USMS member.

**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 aggregate age group (e.g., 160-199) to ensure correct intent and results.

**Positive check in required for 400 Free by 9:30 AM and for the 400 IM by the end of event 13.**

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

**M o t e l s :**  
 The Marina Inn.....3300 Commercial..... 360-293-1100  
 Anaco Bay Inn .....916 33<sup>rd</sup> (kitchens)..... 360-299-3320  
 Islands Inn .....3401 Commercial (complimentary Dutch breakfast).... 360-293-4644

**EMERGENCY CONTACT** \_\_\_\_\_  
**PHONE NUMBER** \_\_\_\_\_  
**NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES**

**PNA Local Masters Swimming Committee**  
**MEET ENTRY FORM: January 22, 2012 Meet Sanction #362-02**  
**Hosted by TAC/TACM/AHS Swim Team**

NAME: \_\_\_\_\_ M F AGE 12/31/2012 : \_\_\_\_\_

ADDRESS: \_\_\_\_\_

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

AGE GROUP (determined by your age as of December 31, 2012):  
 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: + \_\_\_\_\_ (\$1 each; optional for age 65 and over or needs based)  
 (No charge for relays)

Total: \$ \_\_\_\_\_ (from \$16.00 (relays only) to \$21.00 (five events))

Register online at  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=1647&smid=3494](https://www.clubassistant.com/club/meet_information.cfm?c=1647&smid=3494)

If you submit a paper entry then make checks payable to: **TAC**  
 Mail this entry form  
**Jason Hunter**  
 January Masters Meet  
 Fidalgo Pool  
 1603 22<sup>nd</sup>  
 Anacortes, WA 98221

Entries must be postmarked by Thursday, January 8 or online by January 11.  
 NO race day entries accepted.

**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: \_\_\_\_\_



# 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](http://www.swimpna.org) and follow the instructions.

## 2012 Membership Application

New Swimmer  Returning USMS Swimmer, ID if available \_\_\_\_\_

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_  
Last First Initial Month Day Year

Address: \_\_\_\_\_ Age: \_\_\_\_\_  Male  Female  
Street or box number

City State Zip+4 E-Mail: \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_

### FIRST choose a CLUB Affiliation

- Pacific NW Aquatics (PNA)
- Blue Wave Aquatics (BWAQ)
- Unattached to a Club

### THEN choose a TEAM Affiliation (PNA only) \_\_\_\_\_

See team list on next page for team initials

### Please check all that apply:

- Masters Coach
- Certified Official
- YMCA
- USA Swimming
- USA Triathlon

Choose a membership level A or B below for 11/01/2011 thru 12/31/2012.

<b>A. Regular:</b>	<b>\$45</b>	
<b>B. Need-based or Seniors (65 &amp; over):</b>	<b>\$36</b>	
<i>Optional Donations:</i>		
USMS Swimming Saves Lives		\$
International Swimmers Hall of Fame		\$
Pacific NW Association (PNA) Support		\$
<b>TOTAL</b>		<b>\$</b>

Make check payable to: PNA

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

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

### Swimming Saves Lives Foundation

focuses its resources on the vital lifesaving and lifetime benefits of swimming. 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 (ISHOF)

is 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** 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.**

A link to the PNA newsletter, *The WetSet*, will be sent by email 6 times/year unless you check here  to have *The WetSet* sent by U.S. Postal Mail.

PNA always needs volunteers to help with meets, clinics and committees.

Check here to volunteer and someone will contact you about where you could make a difference.

**2012 Annual Fee:** Of your membership fee \$31 is sent to USMS and \$14 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 2012 Local Team Registration for Club PNA

To register your team for 2012, 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

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

Mail this form and check to:

Arni Litt, Registrar    [pnaRegistrar@usms.org](mailto: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 2012 as of Nov 19, 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 CAAT: Central Area Aquatics Team <b>DBST: Downtown / Bellevue Swim Team</b> EMS: Everett Masters Swimmers FSJ: Fins of the San Juans FTS: Ft. Steilacoom GOST: Gig Harbor Old Swimmers Team GCMS: Gold Creek Masters (GCM) GAM: Gold's Aquatics Masters GEM: Gold's Eastside Masters GLAD: Green Lake Aqua Ducks <b>HMST: Husky Masters</b> IST: Issaquah Swim Team LLUA: Little Lebowski Urban Achievers LOGS: Logger Masters <b>LWM: Lake Washington Masters</b> LWS: Lynnwood Sharks MICC: Mercer Island Country Club	MIR: Mercer Island Redwoods MAMS: Middle Aged Marlins MYM: Monroe YMCA Masters <b>MUKY: Mukilteo YMCA Masters</b> NHM: Newport Hills Masters NEO: North End Otters NSYG: Northshore Y's Guys NWM: North Whidbey Masters <b>OAC: Olympic Aquatic Club</b> OOPS: Old Olympic Peninsula Swimmers ORCA: Orca Swim Club OST: Ohana Swim Team PAC: Poseidon Aquatic Club 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 SAMA: Samena Masters SAC: Seattle Athletic Club <b>SARC: Sequim Aquatic Recreation Center</b> SVMS: Skagit Valley Masters Swimming	SSTM: South Sound Titans Masters <b>SWIM: South Whidbey Island Masters</b> SSMS: South Sound Masters Swim SSRM: Swim Seattle Redhawk Masters TSC: Tacoma Swim Club TACM: Thunderbird Aquatic Masters <b>TCAC: Team Columbia Athletic Clubs</b> TIG: Tigers 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
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11/19/2011

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

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### **Inside The December Issue:**

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- \* LAKE WASHINGTON - NORTHBOUND (PAGE 1)
- \* ONE HOUR POSTAL SWIM (PAGES 8-9)
- \* PNA BOARD MEETING MINUTES (PAGE 10-11)
- \* CALENDAR AND EVENT ENTRY FORMS (PAGES 12-13)

*If you want to receive The WetSet by email instead of print,  
or if you have not received it electronically as expected,  
please ensure the PNA Registrar ([PNARegistrar@usms.org](mailto:PNARegistrar@usms.org))  
has your correct email address.*