



The WetSet

U.S. Masters Swimming in Western Washington
Volume 36, Issue 1

Pacific Northwest Association of Master Swimmers
Jan-Feb 2016

RENEW your USMS membership

Online: 

<http://www.usms.org/reg/register.php?LMSCID=36>

2016 paper form: 

<https://www.clubassistant.com/c/D63FBF8/file/registration/Regform.pdf>

state grows and the health benefits of swimming become more apparent. The latest testimonial is from Seattle Seahawk quarterback Russell Wilson, managing three pool workouts a week with an undeniably busy schedule, who [credits swimming as one tool helping him recover](#) from the hits suffered during the previous week's game.

In December, the PNA board reviewed the proposed budget for 2016. It is a continuation of budgets from previous years. We are seeking to balance member services with ongoing cost increases, especially those relating to open water and pool races. Fortunately, we believe we are approaching the end of this adjustment phase and plan to roll out new programs in 2016 to encourage new swimmers to compete and seasoned swimmers to compete in more races. We also want to continue building connections between the people who volunteer to keep the PNA LMSC up and running and our members. Please stay tuned for more as we approach the PNA Championship meet in April and, of course, summer!

When you think about swimming and competing in the context of PNA, what do you like and what could we do better? Are there events, programs, information sharing or anything else that we should doing? Please share your thoughts in an email to PNChair@usms.org.

As we start the New Year some of us have made resolutions to change aspects of our lives, our health, our relationships with loved ones, family and friends, and co-workers. If you have been meaning to dive back into the pool or meet the year-round swimming crowd at Alki Beach in West Seattle, why not take the plunge?

Happy New Year and I hope you enjoy this edition of *The Wet Set!*

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President’s Report–Leading Off

by Michael Grimm, PNA President

Aloha! The end of 2015 found me in Honolulu, Hawaii, giving me a quick respite from the rain and darkness we experience in a Pacific Northwest winter. After a year of journeys, I finally had the opportunity to swim and took to sunny Pacific waters to swim, bob, float, snorkel, surf and drift along in body and mind. The beach I haunted was next to the [Waikiki Natatorium War Memorial](#), a 100 meter pool encasing the ocean providing a wave-free space to swim and race. The Memorial has fallen into disuse, and the stonework that forms the natatorium is at risk of falling back into the sea. There is an effort underway by [volunteers to restore](#) the memorial so that it can be used again.

Having local places to swim – long course, short course – is also an area where volunteers at home continue pressing as the population in Washington

The First Annual PUGET SOUND MASTERS SCM SWIMMING CHAMPIONSHIPS

The first annual Puget Sound Masters Short Course Meters Championship Meet was held at Weyerhaeuser King County Aquatic Center in Federal Way, WA on Nov 21 - 22, 2015. The meet contested all relay distances. There was separate seeding for Men/Women's events 200 meters and shorter. This is the beginnings of an annual offering of a SCM championship meet in a great facility in the Pacific NW!!

RECORD RESULTS SUMMARY:

World/National - 10 records (7 individual, 3 relay)
 Northwest Zone - 38 records (21 individual, 17 relay)
 PNA - 96 records (53 individual, 43 relay)
 Rick Colella: 5 world and national records - individual and relay
 Charlotte Davis: 3 World and National Records - individual and relay
 Laura Val: 1 World and National Record – individual



Rick Colella - World Record number 1 of 5 for the weekend

FULL RESULTS at:

<https://www.clubassistant.com/c/D63FBF8/file/results/2015/Results%202015%20PNA%20Zone%20SCM%20Champs-%20FINAL%20with%20all%20records.pdf>



This same PSM team broke World and National Records in 200 free & 200 medley relays for 240+: LR: Rick Colella, Lisa Dahl, Donald Graham, Charlotte Davis



200+ PSM Women World Record 400 Free Relay Team: LR: Lianna Doherty, Charlotte Davis, Zena Courtney, Amy Moorhead

Editor's Note



Hi! That's me, the one on the right with Megan Quann. I'm looking forward to being your

new *WetSet* Editor. Ah, yes—poor Zena lost out to an English Professor! I love teaching, and I love swimming. I began teaching college-level English in Sept. 1990 and continued until Aug. 2008. My first competitive swimming

Editor's Note - continued on page 3



Coach April Cheadle (BAM) and Coach Heather Shields (TWIM): Thank you for putting all the relays together!!!

Lisa Dahl at the mic, feeling quite at home



SINK or SWIM

by Greta Perales,
Skagit Valley Masters Swim Club

Well, it is a New Year and time to set some goals for myself and others.

1. Beating my 12 year old son in the 50 yard butterfly. This is a top priority as my son has only been on swim team for 6 months and is already lapping me in every stroke. His knowing smirk as he exits the pool is a tad too casual to be an accident. How does a boy that hasn't even hit puberty plow down the lane so freaking fast? I think his dad might be giving him steroids behind my back. In any event, I am bitter and out for revenge. Does anyone know if it is legal to bribe a timer at a meet? What is the going rate to take 30-40 seconds off a 50 yard butterfly event?

2. Getting my training/lane partner to shave her legs. I have more road rash from swimming next to her than kissing my husband during November. Just like my son, I think her hairy legs are all part of a larger plan. She is very vocal about her Chia pet legs and taunts me about them mercilessly. Perhaps my son and she are working in tandem to keep me from my laser like focus on learning to butterfly. Is a shaving intervention a real thing?

3. Getting the triathlon newbie I am training to stop hugging the pool wall. We have 6 beautiful lanes, and yet she will not leave her beloved wall. One day, I gently invited her into a different lane only to notice she had disappeared after just a few minutes. I started searching the pool bottom frantically, only to find her two lanes over hanging out with the wall. I swear she was talking to it, but she might have been just cursing at me under her breath. Her husband has noticed abrasions from the wall on her arms and also suggested she try another lane, but to no avail. I think the only thing to do at this point is have the lifeguards block off lanes 1 and 6 for a week. I keep telling her there are no walls in a triathlon, but I don't think she believes me. Is there a name for someone with a fetish for the pool wall?

4. Finding a swimsuit that does not creep, sag, or become see-through after only two months. I am lucky that my training partner and I have a pact sealed in blood to tell one another when our swimsuit is looking a tad dicey. I still remember the time I had to gently tell a sweet old lady at the Y that the entire backside of her swimsuit looked like Saran Wrap. She thanked me; however, we still have not been able to make eye contact since that fateful day.

Best wishes to everyone
in the New Year,

Greta "Chia Pets Creep Me
Out" Perales



Editor's Note - continued from page 2

experience was Washington State Sr. Games in July, 2006. And my best time for a 50 free was at Short Course Nationals in May, 2007, so I'm pretty sure I became a USMS member in either 2006 or 2007.

But enough about me. Here's some really, really important information composed by Zena for the first draft of this newsletter: "... we still have FOUR open spots on the PNA Board!! Club/Team Development, Fitness Chair, Historian Chair, and Safety Chair (see page 4). Like I said before, with a membership of over 1,500 bodies, it is astonishing we have any openings at all. Come out of the woodwork you-all! I will provide face-to-face, detailed, follow-up help if needed.

!!!NEW YEAR --- NEW FACES**!!!**

None of these jobs is too hard: only 4 face-to-face and 4 conference call meetings for a total of 8/yr.

YOU can Do IT!! JOIN US HERE!!!

This is a great way to make friends and learn more about PNA and USMS! Please take a look at the detailed description of the job most in need of being filled on page 5. I hope you will give very strong consideration to taking on this potentially fun, important role!

Editor's Note - continued on page 7

PNA Board as of Dec 2015 (new members listed in red)

VOTING MEMBERS

President	Michael Grimm
Vice President	Zena Courtney
Immediate Past President	Lisa Dahl
Secretary	Sally Dillon
Treasurer	Arni Litt
At-Large Director	Kathy Casey
At-Large Director	Jessie Hickel
Appointed Director	Hugh Moore
Appointed Director	Steve Peterson
Club Director	Sarah Welch
Club Director	Kim Boggs
Club/Team Development	<i>Open</i>
Bylaws	Jane Moore
Meets	Linda Chapman
Membership	Stephanie Hiebert
Open Water Coordinator	Jim Davidson

NON-VOTING MEMBERS

Awards Chair	Kerry Ness
Coaches Chair	Matthew Edde
Fitness Chair	<i>Open</i>
Historian Chair	<i>Open</i>
Officials Chair	Teri White
Postal Swim Chair	Sally Dillon
Records/Top Ten Chair	Doug Jelen
Safety Chair	<i>Open</i>
The WetSet Editor	<i>Kathy Morris</i>
Webmaster	Steve Peterson



****NOTE** HIGHEST PRIORITY NEED!!!!**

What is this? Read page 5

HELP WANTED

Inquiring, energetic swimmers are fervently requested to serve as the eyes and ears of *The WetSet*. Extra reporters needed for meets and special events. Write articles and take pictures. Electronically transmit data to new *WetSet* Editor, Kathy Morris. Reporters' cheat-sheet available. Hand-holding for reluctant writers happily provided!

Fun! Easy! Stretch your talents!

Current needs: Sun., Jan 24 – SCM Anacortes; Sun., Feb 21 – SCY Kirkland; Sun., Mar 6 – SCY Port Angeles; Sat., Mar 12 – SCY Olympia; and Saturday and Sunday, April 9 & 10 – SCY Championships Federal Way.
Please express interest to Editor, Kathy Morris, swimgal51@outlook.com

Welcome, New Swimmers! (Registered as of 12/13/2015)

Husky Masters (HMST)

Anna Anderson
Edward Anderton
Haley Birdoes
Alexander Ghavami
Amber Gomes
Laura Hahn
Christina Jones
Shannon Joyce
Kjirsten Magnuson
David Matlack
Ryan Shippet
Stephanie Wang

Lake Washington

Masters (LWM)
Stewart Smith
North End Otters (NEO)
Micah Lund
Gabriela Melio
Laurin Williams
ORCA Swim Team (ORCA)
Andrew Harper
Oisin O'Malley
Snohomish Aquatic
Masters (SAM)
Erica Cenci

Sequim Aquatic Recreation

Center (SARC)
Elisha J Howard
Skagit Valley Masters
Swimming (SVMS)
Samuel Armentrout
Susan Chamberlain
Atu Horan
PNA Unattached (UC36)
Brad Jones

Here's the plan folks. As the Vice President...I will be asking YOU to help me fill ALL those PNA Board vacancies listed on page 4! Why me, you say? Why not, I reply. **What do you want from your membership in the PNA? USMS? Do you want adult interaction? Something to sink your teeth into? Rub elbows with me?**



Below is the highest need!



Someone who wants to get to know the other clubs and workout groups and likes to listen and share ideas. Someone who comes to meets (don't have to swim in them). Someone who likes to make others feel welcome; **IF THIS IS YOU**, then call **Zena Courtney ASAP at 206-651-0823** (before I call you!) I have some great ideas to share! Thank you!

Club and Team Development Committee Chair

Estimated hours/days required per month	5 - 10 hours per month (subject to geographic/seasonal conditions)
Reports to	PNA Board
Direct Reports None	
Role overview and purpose, and how it relates to the organization's mission	
This position is charged with developing relationships with clubs and workout groups and offering the services of USMS and PNA to the clubs and workout groups. This person and committee members may visit workout groups and clubs to promote US Masters swimming. This person would be a listed contact for new groups.	
Key responsibilities:	
<ul style="list-style-type: none"> • Encourage the development of clubs and workout groups. Be present at meets and through visits to workout groups/clubs promoting US Masters Swimming. Bring input and information back to PNA board regarding what clubs/workout groups need from PNA or the National Office. Keep an open dialogue. Survey groups as needed throughout the year to keep communication open. • Be available on behalf of PNA to answer questions from workout groups and clubs. Name/number listed on website. Respond to inquiries. • Stay current and be knowledgeable about the programs and services available to local clubs and workout groups from the National Office (NO). Promote those services and programs locally. • Work with the Registrar to follow up on renewals for workout groups and clubs; promote the benefits and services of becoming a registered group among club/workout group contacts. Work with Registrar to update places to swim and local PNA contact information for clubs/workout groups. • Promote opportunities from the NO in PNA publications: announcements, <i>The WetSet</i>, etc. 'Push' highlights and updates to group contact persons through email. Link up NO resources with local workout groups and clubs as the National Office presents them or in the event a club/workout group asks for support and information. • Participate as a member of the Coaches Committee acting as communication liaison between the Coaches Committee and other PNA committee chairs as needed (such as OW and Fitness/Clinics). • Help build events that would enhance club and workout group participation. • Enhance and maintain local policies based on USMS policies related to workout groups and clubs, as needed. 	

2015 Speedo USMS 3000/6000 e-Postal National Championship Results

By Sally Dillon, PNA e-Postal Coordinator

September 2015-November 2015

Preliminary results are in and fourteen Puget Sound Masters swimmers participated in this year's event. No other PNA clubs were represented.

Haleigh Werner took first place in the 45-49 age group with a 3000-yard time of 35:52.34. Also finishing in the top 3 of their age groups were **Lianna Doherty** (41), 2nd in 37:00.92 and **Dan Phillips** (52), 3rd in 35:25.12. Dan also swam the 6000-yard event and placed 3rd with a time of 1:14:15.09.

Other PSM participants' age, time and finish information:

3000 yards	age	time	place
Michelle McRae	40	39:43.29	5th
Tammy Regan Koppelberger	43	43:05.67	12th
Elizabeth Kassen	63	43:40.46	6th
Shannon McIntyre	50	38:20.01	6th
Lisa Keith	45	44:29.06	12th
Lucianne Pugh	55	1:20:05.00	52nd
Tom Fritschen	59	51:31.04	23rd
Kyle Geiger	57	39:38.73	7th
Alan Miller	66	1:26:38.90	25th
6000 yards			
Rich Fabian	48	1:26:32.61	7th
Jim Gross	61	1:27:28.45	8th



2016 One Hour e-Postal Swim An annual classic – 39 and counting!

By Sally Dillon, PNA e-Postal Coordinator

Are you ready to test your mettle for an hour? The 2016 Speedo USMS 1-Hour e-Postal National Championship is here!

Whether you're completing the 1-Hour e-Postal for competition, fun, or fitness, all who wish to participate are welcome. The event runs from Jan. 1 to Jan. 31, 2016, and the objective is to swim as far as possible in 1 hour, in any pool 25 yards or longer. Record your splits, submit your results, and see how you stack up against other swimmers around the country.

FAQs:

- In 1978, the One-Hour Postal Swim became a national championship, which makes the event 39 years old. From the beginning, swimmers from around the country swam a continuous hour in their local pool and mailed their results to the event host.
- A couple of years ago the USMS Long Distance committee renamed the event and it is now an "e-Postal" competition, which means you have to enter via the internet.

- Over 2000 swimmers enter the event each year and you can be one of them! Training for and swimming this event will give you a jump-start to your training goals for 2016.
- Clubs form relays using individual results. So if you swim the hour event, be sure to enter. And make sure your coach or relay chair knows you entered the event.
- There are rules to be followed – circle swimming is not permitted, nor are fins, paddles or any device that aids in your speed. This includes swimsuits not considered legal for pool competition.
- Each swimmer must have an observer record split times every 2 lengths; a stopwatch or other digital device is recommended.

If you've never swum this annual "Happy Hour" I hope you'll give it a try in 2016. For those who have participated, you can take aim at previous results – and possibly swim even farther. The official entry information can be found at

https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=6958

For questions, feel free to contact me at: salswmr@comcast.net or 425-961-0023



PNA Board Meeting Highlights

by Sally Dillon, PNA Secretary

October 24, 2015 Board Meeting

PNA President Mike Grimm conducted the meeting, which was a daylong retreat at the home of Sally Dillon in Issaquah. The 2016 member registration fee was set at \$52, with PNA absorbing a National Office increase of \$2. Current registered swimmers in PNA totaled 1686 (851 men, 835 women). The board approved pool meet dates through April as follows: January 24 – SCM in Anacortes, February 21 – SCY in Kirkland, March 5 – SCY in Sequim, March 12 – SCY in Olympia, and April 9-10/SCY Championships in Federal Way.

Open Water Coordinator Jim Davidson noted that he expects PNA to sanction five open water swims in 2016. Dates will be firmed up within the next month or so. The board approved the following expenses: purchase of publishing software for *The WetSet* editor's use, renewal of our subscription to SurveyMonkey, and the purchase of new watches for meets.

The board is considering a bid to host the 2018 Spring Nationals at KCAC in Federal Way. PNA has hosted numerous national events in the past and the various meet responsibilities have been delegated to various clubs and workout groups. In lieu of forming a committee, Mike offered to organize a conference call for the purpose of discussing the project. Zena Courtney has volunteered to fill the vacant Vice President position on the board and it was MSA to appoint Zena. She will continue as *The WetSet* editor until a replacement can be trained and take charge of the newsletter.

In the afternoon session Hugh Moore presented a video about LMSC Governance that was quite thorough. He also reviewed the bylaws and related board responsibilities. Sally Dillon and Kathy Casey reported on actions that took place at the USMS convention, which had recently taken place in Kansas City, MO. Finally, Mike led a discussion of potential goals for 2016.

Complete minutes for Board meetings at
www.swimpna.org/w/PNA/more/?artid=3471

Editor's Note - continued from page 3

This is my first time trying to manage a newsletter that has ads and official results, but I want to assure you that I will give it "the old 1650 try!" If you have any ideas or comments regarding *The WetSet*, or if you would like to contribute an article, please contact me at: swimgal51@outlook.com. Wouldn't you just love to see your name in print in the not too distant future?!

-- Kathy Morris, *NEW* Editor!!!

Coaches Spotlight

By Tom Walker of TWIM



Paul Ikeda and Ryan Robertson pause from timing the 2015 10K at Coleman pool.

This will be the first of a series of articles appearing in *The WetSet* which will be interviews with our Fabulous PNA Coaches!

These are the highly talented, highly knowledgeable and very highly dedicated individuals who are the heart and soul of our many successful programs here in the Puget Sound.

They, together with us, daily provide the high octane which fuels this magnificent aquatic community known as the PNA!

We will lead off with PAUL IKEDA, Head Coach of the ORCA Swim Team and the PNA Coach of the Year for 2015.

TW: Paul, thanks for sharing your coaching experience with us! I think I speak not only myself but for all of our swimmers when I say “Thank You,” and we are quite interested in how you manage to put it all together so splendidly. First of all Paul, what do you think makes you a successful coach?

PI: I try to meet the needs of the individual swimmers and the team. People come to Masters swimming for all sorts of reasons. So it is important to try to know each swimmer and to learn their likes and dislikes. There can be social, competitive and fitness reasons for being a Masters swimmer. Some people like distance while others are into sprints. Some people will get through 1900 yards in an hour while others can finish 4000 yards in an hour. The practices need to address these needs and while it isn’t possible to do this in a single practice, it can be accomplished over a number of practices.

Also I think it is important to provide positive feedback, not just for the best performance, but any improvement should be acknowledged. I don’t always do a great job at this but it is something I keep trying to do.

Finally, I am always trying to improve. I attend coaches’ clinics and watch what other coaches do. I think there is lots of room for improvement.

TW: Wow, no wonder you’re Coach of the Year! Tell me how you got into coaching.

PI: At some point in the 1990’s ORCA needed a coach. I was interested, so I volunteered. I used to swim under Robin O’Leary, and I always thought she was one of the best, so I tried to use her as my example.

TW: Paul, what is important about a Masters

swimming program in your judgment?

PI: It is important that the program meet your needs. It is a place to socialize with people who have a similar interest. If you aren’t enjoying it and it isn’t meeting your needs, you won’t come back!

TW: What would you say is important for people to know about you and your group?

PI: Our group is for any level of swimmer. Some people think that they have to be fast or proficient to swim with the group, but any level of swimmer is welcomed.

TW: I like it! One question of great interest for our readers is how do you write workouts?

PI: I generally structure each of my practices in the same way. There is a warm-up period, followed by drills, a main set and then a warm-down. Each practice has a theme and that determines what I’ll write. It might be a distance night, a sprint night, a stroke night, a meet prep night or occasionally a “fun” night.

TW: Sounds like good variety. Ok- so how do you plan your season?

PI: The season is planned around the biggest events. For 2016 the big meet will be in Canada. So the season will be structured with that in mind. Some years I do a better job than others with this.

TW: I don’t know Paul -- whatever you’re doing seems to be working! How do you balance different

Coaches Spotlight - continued on page 12

Thunderbird Aquatic Club Masters

2016 TAC SCM Masters Meet

Sunday, January 24, 2016

Warm-up: 9:00 AM Meet starts at 10:00 AM

Sanctioned by PNA for USMS Inc. 366-S001

LOCATION: Fidalgo Pool, 1603 22nd St. Anacortes, WA, 98221

FACILITY: 25/m pool, 6 lanes, two side warm-up area. Temp 83°F

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1. Electronic timing.

MEET DIRECTOR: Jason Hunter jhunter@fidalgopool.com, 360-293-0673 ext. 14

MEET REFEREE: Heather Brennan brennan@wavecable.com

CONCESSIONS: None

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2016 USMS or foreign registered swimmers 18 and above as of January 24, 2016. Bring a copy of your Masters registration card if you are not a USMS member. Age groups based on age of swimmer as of Dec 31, 2016

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by January 18th or online by 11:59 PM (Pacific) January 21st. NO race day entries accepted.

SEEDING: All events slow to fast, age group and sexes mixed. Pre-seeding except for the 400 IM and 400 Free.

CHECK-IN: Positive check-in required for 400 Free by 9:30AM and for the 400 IM by the end of event 13. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

AWARDS: Available for purchase at meet.

ENTRY FEES: \$16.00 (US or Canadian; includes LMSC and timing surcharges) PLUS \$1.50 per individual event (optional for seniors and needs-based swimmers). No charge for relays.

ORDER OF EVENTS:

#	EVENT	#	EVENT
1	400 IM	12	50 Back
	--- Break ---	13	100 Fly
2/3	W/M 200 Free Relay	14/15	W/M 200 Medley Relay
4	50 Free		--- Break ---
5	100 Breast	16	200 Free
6	200 Back	17	50 Breast
7	50 Fly	18	100 Back
8	200 IM	19	200 Fly
	--- Break ---	20	100 IM
9	Mixed 200 Free Relay		--- Break ---
10	100 Free	21	Mixed 200 Medley Relay
11	200 Breast	22	400 Free

ONLINE ENTRIES:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=7082

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA Website or in the WetSet. Make checks payable to **TAC** and mail to: **Jason Hunter**, Fidalgo Pool, 1603 22nd St. Anacortes, WA, 98221

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 blocks to 22nd street and turn left. Go up the hill to J Ave (about six blocks) Fidalgo pool is on the left

ENTRY QUESTIONS: [Jason Hunter](#) contact info above

LODGING:

[The Marina Inn](#) 3300 Commercial 360-293-1100

[Anaco Bay Inn](#) 916 33rd (kitchens) 360-299-3320

[Islands Inn](#) 3401 Commercial (complimentary Dutch breakfast) 360-293-4644



Lake Washington Masters - LWM Invite

Sunday February 21, 2016

Warm-up: 9:00 AM Meet starts at 10:00 AM

Sanctioned by PNA for USMS Inc. 366-S005

LOCATION: [Juanita Aquatics Center, 10601 NE 132nd St. Kirkland, WA 98034](#) @ Juanita High School

FACILITY: 25 yard, 6 lanes, separate warm-up area. Temp 82°F The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. Electronic timing.

MEET DIRECTOR: Linda Chapman, chapman_family@comcast.net, 425-890-3751

MEET REFEREE: Dick Chapman dick_chapman@comcast.net

CONCESSIONS: None. Bring your own snacks

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2016 USMS or foreign registered swimmers 18 and above as of 02/21/2016. Age groups based on the swimmer's age as of 02/21/2016

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Thursday, February 11th, 2016 or submitted online by 11:59 PM (Pacific) Monday, February 15, 2015

ENTRY LIMIT: Meet is limited to 190 entrants. 2015 attendance: 188

DECK ENTRIES: Only in OPEN LANES and available only to swimmers already entered in the meet, and who are entered in less than the entry limit of 5 individual events.

SEEDING: All events slow to fast, age groups and sexes mixed. Pre-seeding except for 400IM and 500 Free.

CHECK-IN: Positive check-in required for the 500 Free and 400 IM. Check in for the 400 IM by 9:15 AM and check in for the 500 Free by the conclusion of event #14. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

AWARDS: Available for purchase at meet.

ORDER OF EVENTS:

1	400 IM	12	100 Fly
2/3	W/M 200 Free Relay	13	50 Breast
- - - 10 min Break - - -		- - - 15 min Break - - -	
4	100 Back	14/15	W/M 200 Mdly Relay
5	200 Free	16	50 Back
6	50 Fly	17	100 Free
7	200 Breast	18	200 Fly
8	100 IM	19	100 Breast
- - - 5 min Break - - -		20	200 IM
9	Mixed 200 Mdly Relay	- - - 5 min Break - - -	
10	200 Back	21	Mixed 200 Free Relay
11	50 Free	22	500 Free*

*500 Free limited to 36 entrants

ENTRY FEES: \$16 (US or Canadian; includes LMSC and timing surcharges) PLUS \$3 per individual event (optional for seniors and needs-based swimmers). No charge for relays.

ONLINE ENTRIES: Enter online at: https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&mid=7085 Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet.

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA Website or in the WetSet. Make checks payable to Wave Aquatics and mail to: **Linda Chapman 17532 NE 142nd St. Redmond, WA 98052**

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

ENTRY QUESTIONS: Linda Chapman, chapman_family@comcast.net

LODGING: <http://www.marriott.com/hotels/travel/seatc-courtyard-seattle-kirkland/>



**Sequim Aquatic Recreation Center (SARC)
“Old School” Masters Meet
Sunday, March 6, 2016**

Warm-up: 11:00 AM Meet Starts: 12:00 Noon
Sanctioned by PNA for USMS Inc. #366-S004

LOCATION: William Shore Memorial Pool, 225 E 5th St, Port Angeles, WA 98362 **This meet is in Port Angeles, not Sequim.**
FACILITY: Competition 25 yard, 6 lanes. Temp 82°F. Continuous warmup in the dive tank. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1. Electronic Timing

MEET DIRECTORS: Dani Keller (dani Lynn57@juno.com)
Elizabeth Hogan (ehogan@wccg.net)

MEET REFEREE: Shellie Hunter (Shellie.hunter@yahoo.com)

MEET REFEREE: Shellie Hunter Shellie.hunter@yahoo.com

CONCESSIONS: Snacks for Sale at the PASC table.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2016 USMS or foreign registered swimmers 18 and above as of 03/06/2016. Age groups based on the swimmer's age as of 03/06/2016.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Thursday, February 25, 2016 or submitted online by 11:59 PM (Pacific) Monday, February 29, 2016. **NO Deck Entries.**

ENTRY FEES: \$16 (US or Canadian; includes LMSC and timing surcharges) PLUS \$3 per individual event (optional for seniors and needs-based swimmers). No charge for relays.

ONLINE ENTRIES: Enter online at: https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&mid=7086

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA Website or in *The WetSet* (JAN/FEB 2016). Make checks payable to Port Angeles Swim Club. Mail to: PASC/ PO Box 1056, Port Angeles, WA 98362.

ENTRY QUESTIONS: Dani Keller (dani Lynn57@juno.com)

SEEDING: All events slow to fast, age groups and sexes mixed. Pre-seeding except for 500 Free.

CHECK-IN: Positive check-in required for the 500 Free by end of break between Events 8 & 9. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women.

AWARDS: PNA medals for purchase.

ORDER OF EVENTS:

1	200 Medley Relay (M)	9	100 Free
2	200 Medley Relay (W)	10	50 Breast
3	200 Free	11	200 IM
4	50 Back	12	200 Free Relay (W)
5	100 IM	13	200 Free Relay (M)
6	100 Fly	14	100 Back
7	200 Med Relay (Mixed)	15	50 Fly
8	50 Free	16	100 Breast
BREAK (15 Min)		17	200 Free Relay (Mixed)
CHECK-IN Deadline for 500 Free		18	500 Free

DIRECTIONS:

- From Edmonds-Kingston Ferry: WA-104 to US-101 to Port Angeles (60 mi).
- From Bainbridge Ferry: N on WA-305 & WA-3 to WA-104 (at Hood Canal Bridge) to US-101 to Port Angeles (71 miles).
- In Port Angeles, follow US-101 to E 5th St, turn left. The pool is the second building on your left.

LODGING:

[Red Lion Hotel](#), 221 N Lincoln St, Port Angeles, (800) 733-5466) redlion.com, \$119.
[Quality Inn Uptown](#), 101 E 2nd St, Port Angeles, (360) 457-9434, \$90.



South Sound Masters

Beat the Clock X Masters Meet

Saturday, March 12, 2016

Warm-up: 8:30 AM Meet starts at 9:00 AM

Sanctioned by PNA for USMS Inc. #366-S003

LOCATION: Briggs YMCA, [1530 Yelm Hwy SE, Olympia, WA 98501](#), (360) 753-6576

FACILITY: 25yd pool, 6 lanes, separate warm-up pool. Temp 81.5°F

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1 Electronic timing.

MEET DIRECTOR: Mel Smith, melcomplynow@msn.com, 360-970-9466

MEET REFEREE: [Jim Davidson](#)

CONCESSIONS: Available

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2016 USMS or foreign registered swimmers 18 and above as of 03/12/2016. Age groups based on the swimmer's age as of 03/12/2016.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Friday, March 4th or online by 11:59 PM (Pacific) Wednesday, March 9th. NO race day entries accepted. 1650 is limited to the first 18 entries. See Note below.

SEEDING: All events slow to fast, age group and sexes mixed. Pre-seeding except for 1650 free, 400 IM, and 500 free.

CHECK-IN: Positive check-in required for the 1650 Free by 8:45 AM, 500 Free by end of event #13 and the 400 IM by the conclusion of event #20. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

AWARDS: Available for purchase at meet

ENTRY FEES: \$16 (US or Canadian; includes LMSC and timing surcharges) PLUS \$3 per individual event (optional for seniors and needs-based swimmers). No charge for relays.

ONLINE ENTRIES: Enter online at: https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=7083

ORDER OF EVENTS:

1	1650 Free	13	50 Free
	15 minute warm-up		10 minute Break
2/3	200 W/M Free Relay	14/15	200 W/M Medley Relay
4	200 Fly	16	100 Fly
5	200 Back	17	50 Back
6	50 Breast	18	500 Free
7	100 Free	19	100 Breast
	10 minute Break	20	200 Free
8	200 Mixed Free Relay		10 minute Break
9	200 IM	21	100 IM
10	50 Fly	22	200 Mixed Medley Relay
11	100 Back	23	400 IM
12	200 Breast		

PAPER ENTRIES: Use the [PNA Generic Paper Entry Form](#) elsewhere in this WetSet or available for download from the PNA website. Make checks payable to **Aquatics Dept, Briggs YMCA** and mail to: **Mel Smith, Masters Coach; c/o Aquatics** see location (above) for address.

DIRECTIONS:

From the North-- take I-5 South to Exit 105. Stay to the right onto 105B and go left at first stop light (Henderson Blvd.). Stay to the left as the road makes a "Y" (do not take the Portland onramp), go through the roundabout and continue to the corner of Yelm Hwy and Henderson Blvd. (approx. 2 miles). The Briggs YMCA is on that corner.

From the South--take I-5 North to Exit 101, Tumwater Blvd. Turn Right onto Tumwater Blvd. and follow it until it dead-ends at Henderson Blvd. Turn left and down a long hill; back up the other side to a light at the Yelm Highway. The Briggs YMCA is on that corner.

NOTE: If there are open lanes for the 1650 after the positive check-in deadline, swimmers already in the meet may deck enter the 1650 and will be placed in open lanes in the first heat only. A first-come first-served sign-up sheet will be available at the meet for swimmers interested in deck entering the 1650. Only swimmers already entered in the meet may deck enter.



2016 PNA Championship Meet

Saturday April 9 & Sunday April 10, 2016

Hosted by Blue Wave Aquatics

Sanctioned by PNA for USMS Inc. #366-S002

LOCATION: Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023 206-296-4444

FACILITY: 50-meter championship pool set up as two 25-yd courses, each with 9-ft wide lanes and a water depth range of 9'-10.5' Continuous warm-up available in 7-lane, 25-yd dive tank. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. Electronic timing.

TIMES:

Saturday, Apr 9th: Warm-up 9:00-9:50am, meet starts 10 am

Sunday, Apr 10th: Warm-up 9:00-9:50am, meet starts 10 am

MEET DIRECTOR: Steve Freeborn, 206-940-7442

pnachamps@bluewave-aquatics.com

CONCESSIONS: Vendor contracted with KCAC, available in lobby.

RULES: Current USMS rules will govern the meet. Strictly forbidden: Using hand paddles, fins or kick boards in warm-up areas; Diving in warm-up areas unless in designated sprint lanes.

ELIGIBILITY: Open to all 2016 USMS or foreign registered swimmers 18 and above as of 04/10/2016. Age groups based on the swimmer's age as of 04/10/2016.

ENTRIES: Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be **received** by Sunday April 3rd, 2016 11:59 PM (Pacific Time).

PNA Champs- (continued)

ENTRY FEES: \$32.00 (US or Canadian) includes LMSC surcharges. PLUS \$3.00 per individual event (optional for seniors and needs-based swimmers). No charge for relays.

ONLINE ENTRIES: Enter online at:

www.clubassistant.com/club/meet_information.cfm?c=1449&smid=7126

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA website or in the WetSet. Non USMS entrants must include a copy of their current registration card. Make checks payable to BWAQ and mail to: Blue Wave Aquatics P. O. Box 24083 Federal Way, WA 98093

NO ENTRIES ACCEPTED AFTER

SUNDAY APRIL 3rd, 2016 11:59 PM (PACIFIC TIME)

SEEDING: Two courses will be used for the 500 Free, 1000 Free and 1650 Free, depending on entries the 400 IM may be swum in two courses. A single course will be used for all other events. All events slow to fast. Pre-seeding except for asterisked events, below.

CHECK-IN: Saturday: 1000 Free – end of Event #6; Sunday: 500 Free – 9:30am, 1650 Free – end of Event #18. Swimmers missing the check-in deadline will be scratched from the event.

RELAYS: 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group. Mixed relays require two men and two women. Relay entries due by noon each day of the meet.

AWARDS: Ribbons for individual places 1 – 6. Medals may be purchased at meet. Plaques will be awarded for PNA team awards.

SCORING: Scoring will be 9-7-6-5-4-3-2-1 for Individual Events and 18-14-12-10-8-6-4-2 for Relay Events

ORDER OF EVENTS:

Saturday, April 9th	Sunday, April 10th
1 400 Individual Medley	13 500 Free *
2 50 Free	14 200 Back
3 200 Fly	15 50 Breast
4 100 Back	16 100 Fly
Break (10 Minute)	Special Awards Presentation
5 200 Individual Medley	17 100 Individual Medley
6 100 Free	18 200 Free
7 50 Back	19 100 Breast
8 200 Breast	20 50 Fly
9 Women's 200 Medley Relay	21 Women's 200 Free Relay
10 Men's 200 Medley Relay	22 Men's 200 Free Relay
11 200 Mixed Free Relay	23 Mixed 200 Medley Relay
12 1000 Free *	24 1650 Free *
	PNA Team Awards

Coaches Spotlight - continued from page 8

athletes' individual interests -- triathletes, open water swimmers, competitive swimmers and those who swim for fitness?

PI: I try to accommodate the different needs of the swimmers, so the practices will vary. In addition, if there is space, I may have people doing different

T-SHIRTS: Championship T-shirts are for sale during registration, we will have a limited number of t-shirts at the meet. Guarantee you get the right size by ordering your Championship t-shirt when you register today!

•\$20.00 - Unisex sizing X-small, Small, Medium, Large, X-Large
\$22.00 - Unisex sizing XXL, XXXL, XXXXL



DIRECTIONS: From North or South Bound I-5 take exit 142 B. Proceed west on South 348th St for 2 miles. South 348th changes to SW Campus Dr. at 1st Ave. The pool is on the right.

QUESTIONS:

Steve Freeborn, Meet Director 206-940-7442

pnachamps@bluewave-aquatics.com

Rick Cox, Meet Referee

nauticalrick@yahoo.com

Angela Turley, Registrar 253-797-4920

registrar@bluewave-aquatics.com



things. For example, if I have some triathletes who are interested in getting in yardage, but it is a meet prep night, I'll set up a distance lane so they can meet their goal.

TW: And what do you feel is important for a Masters coach to understand about working with adults?

PI: If you aren't meeting the needs of the swimmer, they won't stay. This isn't an age group where people attend because they are told to.

TW: Lastly Paul, what surprises you about working with adults?

PI: What amazes me over and over is how determined and successful people can be. I had one person who came to practice and could barely swim and told me that he was going to do an Ironman. Several months later he completed the Swim section of the event!

TW: Determined and successful! That sounds like your own recipe for success! Thank you Paul for sharing all of this with us! And thank you for the huge contribution you have made to the success of PNA!!!

Special thanks to Becca Watson, Head Coach of Lake Washington Masters, for her suggestions regarding our questions.



NEVER TOO EARLY TO PLAN

2016 Nationwide Spring National Championship Greensboro, North Carolina April 28 - May 1, 2016

The 2016 U.S. Masters Swimming Spring National Championship will be held April 28 - May 1 at the Greensboro Aquatic Complex in Greensboro, North Carolina. This facility boasts two 10-lane 25-yard competition courses plus 12 warm-up lanes.

Meet Information and Entries

The full meet information will be available in the January-February 2016 issue of [*SWIMMER*](#) magazine and will also be posted at www.usms.org in January. Online entry will be available by February 1, 2016.

Order of Events

Below is the tentative order of events for the meet. The order of events will be finalized when the full meet information and entry form are available.

Thursday, April 28, 2016

- | | |
|-------------------------|-----------------------|
| 1. Women 1000 Freestyle | 2. Men 1000 Freestyle |
| 3. Women 1650 Freestyle | 4. Men 1650 Freestyle |

Friday, April 29, 2016

- | | |
|--------------------------------|------------------------------|
| 5. Women 500 Freestyle | 8. Men 100 Individual Medley |
| 7. Women 100 Individual Medley | 10. Men 200 Breaststroke |
| 9. Women 200 Breaststroke | 12. Men 50 Backstroke |
| 11. Women 50 Backstroke | 14. Men 100 Freestyle |
| 13. Women 100 Freestyle | 16. Men 200 Butterfly |
| 15. Women 200 Butterfly | |
| 17. Mixed 200 Freestyle Relay | |
| 19. Mixed 400 Freestyle Relay | |

Saturday, April 30, 2016

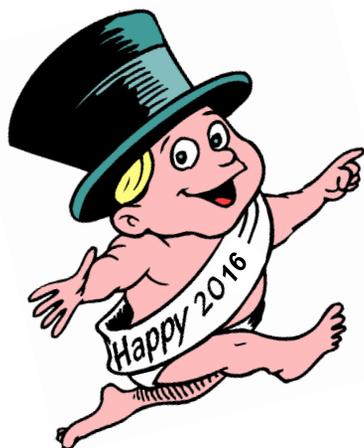
- | | |
|---------------------------------|-------------------------------|
| 22. Men 500 Freestyle | 24. Men 100 Butterfly |
| 23. Women 100 Butterfly | 26. Men 50 Breaststroke |
| 25. Women 50 Breaststroke | 28. Men 200 Individual Medley |
| 27. Women 200 Individual Medley | 30. Men 50 Freestyle |
| 29. Women 50 Freestyle | 32. Men 100 Backstroke |
| 31. Women 100 Backstroke | 34. Men 200 Freestyle Relay |
| 33. Women 200 Freestyle Relay | |
| 35. Mixed 200 Medley Relay | |

Sunday, May 1, 2016

- | | |
|---------------------------------|-------------------------------|
| 37. Women 400 Individual Medley | 38. Men 400 Individual Medley |
| 39. Women 200 Medley Relay | 40. Men 200 Medley Relay |
| 41. Women 200 Freestyle | 42. Men 200 Freestyle |
| 43. Women 50 Butterfly | 44. Men 50 Butterfly |
| 45. Women 200 Backstroke | 46. Men 200 Backstroke |
| 47. Women 100 Breaststroke | 48. Men 100 Breaststroke |

LOCAL POOL EVENTS

January 24, 2016
[Thunderbird Masters Meet](#)
Anacortes, WA



February 21, 2016
[LWM Invitational](#)
Kirkland, WA

March 6, 2016
[SARC Old School](#)
Port Angeles, WA

March 12, 2016
[SSMS Beat the Clock Meet](#)
Olympia, WA

April 9-10, 2016
[PNA Champs \(BWAQ host\)](#)
Federal Way, WA

Nov 19-20, 2016
[SCM Meet \(PSM host\)](#)
Federal Way, WA

POSTAL EVENTS

Jan 1 - 31, 2016
[1-Hour ePostal Nat'l Champs](#)
Hosted by Tamalpais Masters

**PNA SANCTIONED
OPEN WATER**

June 11, 2016
[Whidbey Island Adventure Swim](#)
Seawall Park, Langley, WA

June 26, 2016
[Swim Defiance](#)
Tacoma, WA

July 16, 2016
[Fat Salmon](#)
Seattle, WA

August 20, 2016
[Aly Fell Memorial OW Invite](#)
Lake Padden, Bellingham, WA

September 17, 2016
[Last Gasp of Summer](#)
Angle Lake Park, Seatac, WA

**LOCAL
NON-PNA SANCTIONED
OPEN WATER***

*PNA has not sanctioned
or recognized these events

June 10, 2016
July 15, 2016
*The [blueseventy Friday Night Swim Races by RTB](#)
Lake Meridian Park, Kent, WA

September 10, 2016
*[Swim Across America](#)
Luther Burbank, Mercer Island, WA

Links to nearby LMSCs ([Oregon](#) and [Idaho](#)) for their pool and OW swims.

INTERNATIONAL EVENTS

NATIONAL CHAMPIONSHIPS

April 28 - May 1, 2016
[USMS SCY National Championships](#)
Greensboro, NC

August 17 - 21, 2016
[USMS LCM National Championships](#)
Mt Hood CC, Gresham, OR

USMS FITNES EVENTS

All Year
[USMS Go the Distance](#)



[USMS Check-off Challenge](#)



USMS Calendar of Events

Pool, OW, Postal:
[Basic Search](#)
[Advanced Search](#)

PNA BOARD MEETINGS

January 26, 2016
[Conference Call](#)
06:30 pm - 08:30 pm

COMPETITION ENTRY INSTRUCTIONS

Pacific Northwest Association (PNA) Sanctioned Swimming Competitions

AGE GROUPS

Entrants must be at least 18 years old to compete.

Individual Events: 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 72-99, 100-119, 120-159, 160-199, and 40 year increments as high as necessary. The aggregate age of the four relay members shall determine the age group.

ONLINE ENTRIES – EASIEST and BEST Method!

PNA encourages online entries for all of its sanctioned competitions via Club Assistant. The link for each meet's online entry can be found within the description of the meet found elsewhere in this newsletter and also via the Calendar section at www.swimpna.org.

PAPER ENTRIES

Read the following instructions before using the Consolidated Entry Form at the bottom of the page to "paper" enter PNA sanctioned meets. For specific information on each competition, see elsewhere in this newsletter. The link for online entries will be located with the meet specifics found elsewhere in the WetSet. Current USMS and PNA rules govern all swim meets.

ALL COMPETITIONS

Entry Procedures: Read the specific info for each competition. Swimmers not registered with PNA must include a photocopy of their Masters Swimming registration card. Individual event information must be completed in the designated area on the form.

Check-in Requirements: Swimmers may need to check in at meets and in accordance with meet specifics.

POOL COMPETITIONS

Relays shall be entered at the meet using cards provided by the meet host.

Strictly forbidden: **Entering more than five individual events per day;** Using hand paddles in warm-up areas; Diving in warm-up areas unless in designated sprint lanes; Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS (OW)

Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of using soft hand paddles or fins for prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing a highly visible cap is mandatory. Each course is patrolled by safety craft and unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced. If awards are given, swimmers using non-porous neoprene swimsuits, wetsuits, or other non-porous attire will compete in separate divisions from those wearing traditional swimsuits.

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GENERIC ENTRY FORM • PACIFIC NORTHWEST ASSOCIATION

Name: _____ Sex: M F Birthday: __/__/____ Age: _____
 Address: _____ City: _____ State: ____ Zip: _____
 Email: _____ Phone: _____ USMS #: _____
 Local team: _____ or UNAT: _____ USMS Club: _____ Club abbr: _____
 Emergency Contact: _____ Phone: _____ T-shirt size: _____

Event #	Distance/Stroke	Entry time	Event #	Distance/Stroke	Entry time
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Name of Meet _____ Date of Meet _____

This is my first Masters meet

USMS Waiver form on next page MUST be completed and signed in order to compete. Read form, complete and include with your entry.



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Revised 07/01/2014