

PACIFIC NORTHWEST  
ASSOCIATION OF  
MASTERS SWIMMERS

US MASTERS  
SWIMMING IN  
WESTERN  
WASHINGTON

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# The WetSet

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## PSM Shines at USMS Nationals!

US Masters swimmers from across the country came together for the USMS Spring National Championships, held April 28-May 1 in Greensboro, NC. Over 1700 swimmers from 234 clubs competed at the Greensboro Aquatic Center, a facility with two 10-lane, 25-yard competition pools that accommodates 2500 spectators.

Puget Sound Masters placed 5th in Combined Team and was well represented by 38 swimmers ranging in age from 19-75 years old.

"It was such a memorable experience," noted coach Heather Shields, who was attending her first Nationals.

PSM swimmers earned a slew of new records, led by Charlotte Davis (65-69), who won six events. Davis set new national marks in the 100 free, 100 fly, 100 IM, 200 IM, and 400 IM and added a zone record in the 50 fly.

Shannon McIntyre (50-54) placed first in the 200 breast with a new zone record. McIntyre also won the 200 IM and earned a second (100 breast) and two thirds (1000 free, 400 IM). Allison Cox (30-34) won the 1000 free and earned a second (200 back) and a third (50 back). Donald Graham (60-64) won the 50 fly in a new zone record time and placed second in the 100 fly. Also setting zone records were Linda Chapman (60-64, 50 breast) and the mixed 45+ 400 free relay team of Zena Courtney, Shannon McIntyre, David Kays, and Fred Ingham.

Other top three finishes included Lisa Dahl (50 breast), Zena Courtney (50 back, 100 back), Linda Chapman (50 breast, 100 breast), Josh Pehrson (200 breast), Nicholas Pederson (200 fly), David Kays (1650 free), Carl Haynie (100 back, 200 back), Alan Bell (500 free, 1000 free, 1650 free, 200 back, 200 fly), and Walt Reid (50 back, 50 breast).

Coach Shields noted that over 60 personal records were set by PSM swimmers at the meet.



Lisa Dahl, Coach Heather Shields, and Sarah Welch proudly display PSM's 5th place banner.

# Fun At Nationals In Greensboro!



Top: PSM swimmers at Greensboro Aquatic Center.

Bottom: Dave McCarty, Tom Fritschen, Carl Haynie, Sarah Welch, Zena Courtney, Tom Walker, Coach Heather Shields, and Lisa Dahl



*Don't forget the USMS LCM National Championships August 17-21 at Mt Hood Community College in Gresham, OR! Deadline to register is July 18th.*

*[Click here for meet info.](#)*

# Sink or Swim

By Greta Perales, SVMS

Well, it is official! I am closer to 50 than 40 as I write this column.

Today is my 46th birthday and I am ecstatic. Why am I ecstatic? I am roughly only 30 years from qualifying for *Ironman Kona*. I figure if I keep swimming, biking and running, I am almost guaranteed a spot. I already have my outfit picked out - super short shorts (to show off my future scrawny, wrinkling chicken legs) and a tank top with questionably large armholes. (Is armhole a thing?) Anyway, I am ready.

*Or will be in 30 years.*



I actually started pondering my road to Kona while counting laps at the PNA Championships. As you may recall, I was counting the 1650 and my mind began to wander after the first three laps. I had watched an older gentleman competing in his events and was blown away by how fit and fast he still was well into his 80's.

Now I am NOT fast, but I can grit it out with the best of them. My plan is to start racking up the medals once I hit 70. My signature stroke for Masters competition will be the fly. (I am hoping by then they will have a 25-yard fly, but if not I will do the 50.) I believe that you can grab the lane line as long as you don't make forward progress and I should be able to

do the 50 fly with only 4-6 stops, so it is basically a done deal.

They may also have the hot dogs and beer I am petitioning for in place, so I can have a snack at the midway point of the race.

In addition to my 30-year plan for gearing up for Kona, I am thinking of taking up coaching for our Masters swim team. Our team already has three wonderful coaches, but I think we need to add a little "good cop/bad cop" to the dynamic. My husband has assured me several times that I am getting crankier as I get older. I figure the three nice coaches can continue on as usual and then I will be the person randomly yelling at the swimmers throughout the workout. I will need to learn some specific coaching terms such as "move your feet with more flipping motion", but I don't think the learning curve will be too hard. I also have been told I have a very piercing voice. (My husband is very generous with his compliments.)

So if in 30 years you see a woman in embarrassingly short shorts racing in Kona, it is most likely me. Or if you see someone pounding a beer during the fly, just remember it is all part of the Master Plan, and that I am available to provide individual coaching for those who don't mind a little yelling, swearing and mental walkabouts.

Sincerely, Greta "Kona or Bust" Perales



# Swimmer Spotlight

With Tom Walker of TWIM

If you are a Masters swimmer locally, regionally or on a national level, you've probably by now heard of a guy named Richard Phillip Colella Jr., otherwise known to us with great affection as "Rick". This guy easily makes the "Nicest Guy In The World" category as those who know him will doubtlessly agree.

You also probably know that he is a legendary Masters swimmer and currently holds more records than any of us can count on one hand. And just to prove he's not a slacker, he captured the bronze medal in the 200-meter breaststroke at the 1976 Montreal Olympics. Just another day in the pool for Brother Rick. Currently he is generating a tidal wave at Lake Washington Masters.



Mr. Colella epitomizes everything that is great about Masters swimming and his lifelong commitment to our beloved "Aquatic Art" is inspiring. I sat down with Rick recently to find out where all this amazing stuff comes from.

**TW:** Rick, thanks for sitting down with me for this interview. Tell us about your initial encounter with swimming and how it became part of your life.

**RC:** When I was 5, we were on vacation in California and I nearly drowned in the motel pool. I was fished out by my dad's friend who realized I wasn't just swimming underwater. I wouldn't go in the water, or if I did, I clung to the side of the pool for the next couple of years. Then my parents put me in swimming lessons to get me over my fear of the water. When I was 8, they built a pool at Sand Point Country Club where my parents belonged. All the kids started hanging out at the pool all day in the summer, took swim lessons and joined the swim team. At the end of the summer, the coach suggested that we could try swimming year round with his friend, John Tallman at Cascade Swim Club. A bunch of us tried out and joined Cascade. The rest, as they say, is history.

**TW:** Speaking for the rest of us I can say I sure am glad they saved you! Who were your early influencers, aquatically speaking?

**RC:** Right away, I wanted to keep up with the older kids on the team, primarily my sister and Steve Krause. Early on, they started making Nationals and I was envious of their success. Steve set a world record in the 1500-meter free at age 15 in 1965 and made an international trip. This was a huge inspiration for me. I also started following the Olympic swimmers of that time in breaststroke like Don McKenzie and Chet Jastremski, names many will probably not remember, but I do.

**TW:** Rick, talk about the path that led you to the 1976 Montreal Olympics.

**RC:** I started having aspirations about the Olympics in 1969 when I placed 3rd at Nationals in the 200-meter breast. In 1970 and '71, I was ranked in the top two (with Brian Job) in the 200-meter breast. I made the team in 1972 but placed 4th. After ranking higher and swimming faster in '70 and '71, I was pretty disappointed in my time and place at the '72 Olympics. I had one more year of college so I decided I would keep swimming for that year, then just take it one year at a time and see how I did. After '73, I decided I try another year. By '75, I decided I would keep going and make another try at the Olympic team and a medal in 1976.

**TW:** My heavens but you are a persistent devil! What is it about the breaststroke that you like, as opposed to the other strokes?

**RC:** There's a funny story behind that. My sister was a breaststroker early on (later she also specialized in butterfly). I tried to do whatever she did. My coach back then told me to stop trying to copy Lynn - that I was never going to be good in breaststroke. Looking back I suspect he was trying a bit of reverse psychology on me, because I think that pushed me to try to prove that I really could do breaststroke. And naturally, as I got better at breaststroke, I liked it even more!

**TW:** I like the way that worked out! Tell us a bit about training practices back then and how they compare to today's.

**RC:** Our training back then was primarily focused on yardage in the pool. We even did three workouts per day in '72. We did very little dry land training or weights except in the early part of the short course season (Sept/Oct). Today, I think there is much more focus on weights and other dry land training, as well as swimming fast in workouts, not just long yardage.

**TW:** Indeed. What are the major changes you've seen occur in swimming over the course of your career?

**RC:** Besides the training changes mentioned above, the big changes have been in the rules. First, there's the backstroke with the underwater dolphin and no touch flip turns. It's funny though because when I started swimming, you had to touch the wall with your hand in the freestyle turn also. Many didn't do flip turns because they weren't that much faster when you had to touch with your hand. Once that rule changed, freestyle flip turns became commonplace. Also, the breaststroke has changed a lot. Initially, we couldn't put our head underwater, and even the plane of the surface of the pool couldn't break over your head. If you watch breaststrokers from my day, we all swam very flat with our heads up, eyes looking forward. And there was no dolphin off the turns! Watching the old technique looks pretty funny today.



**TW:** How did you find out about Masters swimming and how did you become involved?

**RC:** I actually went to my first Masters Nationals in 1977. They were in Spokane that summer and a few of us went. After that, I kept swimming for exercise and knew that Masters swimming was out there, but didn't go to many meets until 1990 when [King County Aquatic Center] opened and they had a Masters meet there before the Goodwill Games. I still only attended meets sparingly after that because of family and work commitments. As the kids got older and I had more time, I started attending more meets.

**TW:** You never give up, do you? Rick, what is it about Masters swimming that is important to you?

**RC:** Three things: fun, friends and fitness. I've always kept swimming because I've always found it to be fun. It's also a great way to maintain fitness for life and I have such good friends from swimming. Most of my good friends are swimmers, and we have a really great time both in and out of the water. A funny story I like to share: About 10 years ago someone said to me, "I don't know how you do it. Swimming seems so boring, just going back and forth over and over again in the pool." I shared this conversation with another swimmer at morning workout (who I still swim with every day) and he said, "Boring? I've never thought of swimming as boring." I said, "Me neither, but that's why you and I have been here every morning, year after year, for 20 or 30 years." (Now it's been more like 30 or 40 years!)

**TW:** Yes! Addictive, isn't it? And I love the three F's- fun, friends and fitness! Sounds like a perfect recipe for living life to the fullest! So what motivates you to keep on swimming?

**RC:** Staying healthy, active and maintaining the friendships are my biggest motivations. Oh, and did I mention I love food and being able to eat more is another great motivator!

**TW:** You hold an abundance of Masters records across a variety of events, Mr. Colella. What do your goals look like at this point in your career?

Continued on page 6

# Speedo 5K & 10K ePostal Championships

Pool time has once again been reserved at Colman Pool in West Seattle for PNA swimmers who want to compete in this summer's National Postal Championship events. These two national championships must be swum in a 50-meter pool . . . no exceptions! Lake Washington Masters coach Becca Watson will be on hand to provide the required credentialed supervision that we must have to use the pool.

## DETAILS:

Location: Colman Pool, 8603 Fautleroy Way SW in Seattle

Date/Time: Saturday, August 27, 8:30-11:30am

Cost: \$15 per swimmer to defray pool rental costs, payable to PNA.

5K and 10K swimmers will start together at 8:30am unless there is a need to run a second 5K heat. In that case, the second heat will start when the first 5K heat swimmers finish.

Swimmers will most likely need to share a lane. If participation is such that more than two swimmers need to share a lane, plans to avoid drafting will be made; drafting is not allowed.

All swimmers must provide someone to count and time

their swim. Official split times per 100 meters must be recorded. A split sheet will be distributed to those who sign up. All entries into the event must be completed online, after the swim has been completed. The swimmer or person counting/timing should bring a clipboard and pen or pencil. PNA now has stopwatches available to use during the event.

RSVP – You must reserve your space to participate in this event – NO last minute drop-ins will be allowed.

To reserve, send emails to Sally Dillon at [salswmr@comcast.net](mailto:salswmr@comcast.net) AND Becca Watson at [beccawatson@waveaquatics.org](mailto:beccawatson@waveaquatics.org). Please indicate the distance you wish to swim and your expected time. You will receive a reply and confirmation of other details.

RELAYS – PSM, BWAQ and other participating clubs can form relays after the swims are completed. The times of the swimmers can be combined to form relays: 3 men or 3 women or 4 swimmers (2 of each gender). The relay configurations will depend on the number and combination of swimmers who participate. Sally is the relay coordinator for PSM; Wendy Neely will coordinate relays for BWAQ. Other PNA clubs will coordinate their own relays, assuming they have enough eligible swimmers.

For further information, contact Sally Dillon via email or at 425-961-0023.

## Swimmer Spotlight (cont)

**RC:** While I'd love to continue to set records, my real goal is to stay healthy enough to keep working out and attending meets because it's a lot of fun and I really enjoy the camaraderie as well as the competition of Masters swimming.

**TW:** Amen to that, Brother! So how has Masters swimming improved your life?

**RC:** Masters swimming has helped me maintain my health, which is becoming even more important to me as I get older. And it's not just physical fitness, but mental fitness as well. Swimming has been a great stress reliever for me over the years. I can go to the pool, put my head underwater and clear my mind of other worries and stress for an hour or so each day.

**TW:** Sounds like you are on to something great here Mr. Colella! Thanks for sitting down with me!

**Coaches Spotlight will return next issue with a feature on coach Heather Shields.**

# PNA Board Meeting Highlights

## March 8, 2016 Board Meeting

PNA President Mike Grimm led the evening meeting, which was held via teleconference. PNA membership on 3/8 totaled 1309 - 661 men and 648 women. There are 7 registered clubs and 95-self-identified coaches. The 2016 USMS membership total was 49,500.

With the PNA Championships coming up in April, a 3-person committee was selected to establish the division cut-offs for team point groupings. The Spring Nationals will be held in Greensboro, NC at the end of April. The board approved a proposal to provide financial support for three PNS officials who will be working the meet. These were officials who regularly work our PNA meets. Also approved were financial scholarships for two PNA coaches to attend a USMS Adult Learn to Swim Clinic (ALTS).

## April 16, 2016 Board Meeting

PNA Vice President Zena Courtney conducted the meeting, which was held in Issaquah on a Saturday afternoon. This being the "annual meeting", the board was joined by three coaches from Skagit Valley Masters: Chris Foster, Kerry Ness, and Shannon Singer. PNA's membership has increased to 1388 members - 701 men and 687 women. At the same time in 2015 there were 1460 members so, like most of USMS, the membership rates are down a bit.

The PNA Championship meet was well run and well attended. Members of a local Boy Scout Troop served as timers and they were very engaged with the swimmers. Annual awards were presented. April Cheadle of Bainbridge Aquatic Masters (BAM) received the Coach of the Year Award. Steve Peterson, who swims for YMCA of Pierce and Kitsap Counties (YPKC), received the Dawn Musselman Inspirational Award.

The board discussed board vacancies and ways to encourage board participation. It was agreed that the vacant Club and Coach Services position is not an entry-level position and it needs the support of a committee to be successful. A small group will further explore the ideas expressed. PNA's newsletter, *The WetSet*, was discussed and there was a concern that many members do not read it and some were not even aware that we have a bi-monthly newsletter. A message pointing out the various methods of communication that we provide will be prepared, and will go out to all PNA members when they register each year.

The USMS annual convention takes place September 21-25 in Atlanta, GA. Six board members are automatic delegates due to their positions on certain committees or leadership roles. PNA is entitled to four LMSC delegates and at least five members were interested in those positions. Applications were sent to all interested board members with a submission deadline prior to the May meeting.

Complete minutes for Board meetings can be found at <http://www.swimpna.org/w/PNA/more/?artid=3471>



## CONTACT US

### PNA Voting Board Members

*President - Mike Grimm*  
*Vice President - Zena Courtney*  
*Secretary - Sally Dillon*  
*Treasurer - Arni Litt*  
*Past President - Lisa Dahl*  
*At-Large Director - Kathy Casey*  
*Bylaws - Jane Moore*  
*Meets - Linda Chapman*  
*Membership - Stephanie Hiebert*  
*Open Water - Jim Davidson*  
*Appointed Director - Hugh Moore*  
*Appointed Director - Steve Peterson*  
*Club Director - Kim Boggs*  
*Club Director - Sarah Welch*  
*Club/Coach Coordinator - vacant*

### Coordinators/Standing Committees

*Awards - Kerry Ness*  
*Coaches - Matthew Edde*  
*Fitness - Sarah Welch*  
*Newsletter - Lucianne Pugh*  
*Officiating - Teri White*  
*Postal - Sally Dillon*  
*Records/Top Ten - Doug Jelen*  
*Webmaster - Steve Peterson*

# 2016 PNA Open Water Series



June 11 - The series starts with the Whidbey Island Adventure Swim. The race includes a 1.2- and 2.4-mile race off the shores of Langley, WA. The course follows a rectangular path beginning and ending at Seawall Park. Both distances follow the same course, with the 1.2-milers swimming one lap and the 2.4-milers swimming two laps. <http://ow.swhidbey.org>

June 26 - The second event is Swim Defiance, which re-enacts the 1926 Dalco Passage crossing. The race location is Owen Beach in Point Defiance Park in Tacoma, WA. There is a clockwise 5k triangular course swim beginning and ending at Owens Beach and one-way 3k linear course swim from Vashon Is to Owens Beach. <http://www.swimdefiance.com>



July 16 - Next is the Fat Salmon Open Water Swim. It's a 3.2-mile race along the Seattle shoreline of Lake Washington. The course runs South-to-North, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 and finishes at Madison Park. [www.fatsalmonswim.com/](http://www.fatsalmonswim.com/)

August 6 - Next is the Aly Fell Memorial Open Water Invitational held at Lake Padden in Bellingham, WA. Four distances will be offered over a 2.5k course - 10k, 5k, 2.5k, and .5 mile. <http://alyfellmemorialopenwaterswim.com/wp/>



September 17 - The series finishes with the Last Gasp of Summer. This race takes place at Angle Lake in Seatac, Washington and includes 1- and 2-mile races on a rectangular course. One-milers swim one lap, two-milers swim two laps. [www.lastgaspofsummer.com/](http://www.lastgaspofsummer.com/)

## Enter more than one event and compete for The Open Water Series High Point Awards!

We will be tracking finishes again this year for the Open Water High Point awards. The awards honor the top two male and female swimmers in each age group. To be eligible, each swimmer must swim at least two of the PNA-sanctioned events. The more events swum, the more points accumulated. Points will be awarded to the top 10 PNA registered finishers in each event. Wetsuit swimmers score points separately from those not wearing wetsuits. At the end of the season, points will be tallied and awards will be sent to the winners. See the PNA website for rules.

## Win a **blueseventy** Reaction Wet Suit

Each race entry will earn you one ticket into the drawing for a **blueseventy** Reaction Wetsuit (either full or sleeveless at the winner's preference).

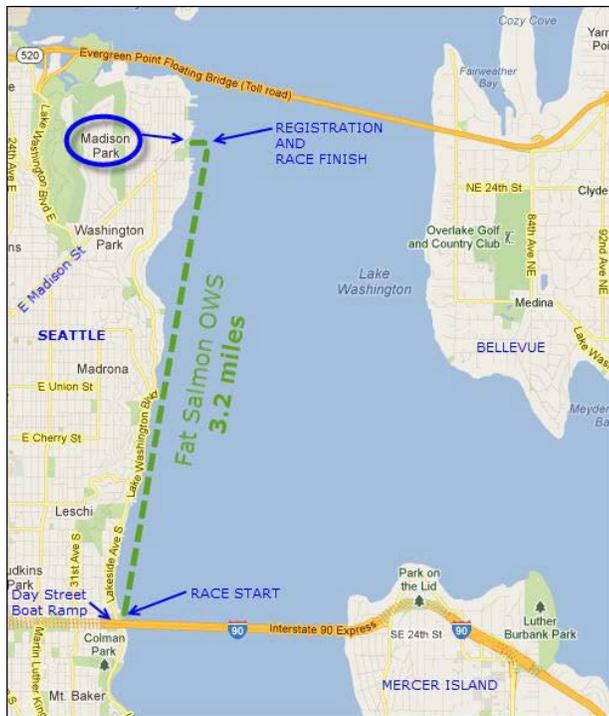




**Fat Salmon Open Water Swim**  
**SWIM DISTANCES: 3.2 miles**  
**DATE: Saturday July 16<sup>th</sup> 2016**  
**SANCTIONED BY PNA for USMS**  
**Inc. #TBD**  
**HOSTED BY: Orca Swim Team**

**LOCATION:** Lake Washington from Day Street Park to Madison Park along the western shore of the lake.

**COURSE:** In water start immediately offshore from Day Street boat launch, finish across timing mats on shore at Madison Park; participants will need to ascend 4 stairs at the completion of this race. Water temperatures are typically in the high 60s or low 70s during the summer but can vary significantly; be prepared for a cold swim. Course will follow the western shore of the lake in a straight line marked with buoys approximately every 1/2 mile.



**TIME:**

- 6:15am Swimmer check in opens
- 7:15am Swimmer check in closes
- 7:30am Mandatory swimmer safety briefing
- 7:45am Swimmers depart for Day Street via carpools
- 8:15am Race start; swimmers will be sent off in 5 separate waves scheduled every 3 minutes.

**RACE DIRECTOR:**

Meg Meinerz  
919.672.8542  
<mailto:racedirector@fatsalmonswim.com>

**ELIGIBILITY:** Open to all 2016 registered Masters swimmers (USMS or MSC) 18 and above as of 7/16/16. Competitors not registered may sign up for a \$22 one-event USMS registration.

Non-PNA registered swimmers must provide proof of their Masters membership card at check-in.

**RULES:** Current USMS rules will govern this event. Wetsuits and full-body swimsuits are allowed in the wetsuit division. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.). Swimmers will have 2 hours to complete this event; any swimmer more than 250 yards from shore at 1:40 minutes will be pulled from the course.

**SAFETY:** Lifeguards and safety boats will monitor the entire course. All participants MUST attend the safety meeting. Kayaks will assist with escorting swimmers along course and provide assistance in event of an emergency.

**AWARDS:** All participants will receive a t-shirt as participation award; age group awards will be provided with ribbons and top finishers from each gender and age division will be provided. Top finishers will be awarded a full salmon with 2nd and 3rd place receiving salmon-associated prizes.

**ENTRY FEES:**

- \$65 early – May 1st to May 31st
- \$75 on time – June 1st to June 30th
- \$85 late – July 1st to July 12th

**ENTRY DEADLINE:** Online entry only! It opens May 1<sup>st</sup> at 12:00 (midnight) PST; closes on July 10<sup>th</sup> at 11:59PST.

**ONLINE ENTRY:**

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1726&smid=7381](https://www.clubassistant.com/club/meet_information.cfm?c=1726&smid=7381)

**PAPER ENTRIES:** Not accepted

**RESULTS:** Posted in person at race site; will be electronically posted to [www.fatsalmonswim.com/results](http://www.fatsalmonswim.com/results) as they are collated.

**DIRECTIONS:** Check in and safety meeting at Madison Park Beach (43<sup>rd</sup> and Madison; from I-5 exit at Madison Ave and continue east until it terminates at 43<sup>rd</sup>. Beware parking is limited in this area due to residential congestion; we recommend carpooling when possible. Swim start is accessible via carpool, located at Day Street Park (1400 Lakeside Ave) and can be found from the start by following Lake Washington Blvd south to the I-90 bridge; the park is located immediately underneath this bridge. Parking will be limited in this area as well, please carpool when possible.

**ADDITIONAL INFORMATION:** Please stay after the event and support the great Madison Park businesses that help sponsor this event! Sponsoring organizations can be found on our website at <http://www.fatsalmonswim.com>

**LINK:** <http://www.fatsalmonswim.com>



**The 4th Annual Aly Fell Memorial  
Open Water Invitational**

**10K, 5K, 2.5K and 800 Meters  
Saturday, August 13th, 2016**

**Hosted by the Bellingham Bay Swim Team**

USA Swimming Sanction#

USMS Sanction#

**LOCATION:** Lake Padden, 2115 N 128<sup>th</sup> St, Bellingham, WA,  
98133

**COURSE:** The course is a 1.25 kilometer rectangle, starting and ending at the appropriate lines. The water temperature will be approximately 65-67 degrees.

**TIME:**

8:00am: Registration / meet package pickup

**8:45am: Mandatory safety / race briefing**

9:00am: 800m race start

9:10am: 10K race start

9:20am: 5K race start

9:30am: 2.5K race start

**TIME LIMIT:** Swimmers who cannot finish the 2.5K in under 50 minutes (3:20 pace for the 10K) cannot enter the 5k and 10k distances. Race will end at 12:30.

**ELIGIBILITY:** Open to current USA Swimming and USMS registered athletes. There are no qualifying times for this event. Coaches are asked to enter swimmers in the appropriate distance according to their age and experience. Swimmers must be registered under USA Swimming and/or USMS. Proof of registration must be sent with entry.

**RULES:** Current USA swimming rules will govern this event for USA Swimming participants and USMS rules will govern USMS participants. Use of a neoprene swimsuit, wetsuit or other non-porous attire is allowed in the Masters wetsuit division only. Pacers, fins, pull buoys, snorkels, and MP3 players are NOT allowed. 10K swimmers must identify their food and drink for ease of dispersal at the feeding station.

**SAFETY:** The course will be monitored by safety boats and paddlers. Swim caps will be given to all participants and are mandatory to wear for the swim. All swimmers will be body marked. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results.

**TIMING:** Timing will be conducted with chip timing and backed up manually with stop watches. Timers will be stationed at the finish line and will be started near the starting line. Race will be started via air horn and flag.

**AWARDS:** 1<sup>st</sup> thru 3<sup>rd</sup> place awards will be given in the Men's and Women's categories for each distance and event.

**ENTRY FEES:**

\$30 meet fee for 800 Meters

\$40 for 2.5 K

\$50 for 5K and 10K

\$22 for one-event USMS registration

Event day registration will be available at the race 8:00 – 8:40am for an additional \$25.

Swimmers must wear the caps provided at check in. Event t-shirt and post race athlete breakfast are included in the meet fees. Canadian swimmers will be charged according to the CAD/USD exchange rate.

Aly Fell Open Water  
Attention: Sean Muncie  
PO Box 5821  
Bellingham, WA 98227

*Make checks payable to BBST.*

**REGISTRATION:**

Online registration will be available at the event website

<http://alyfellmemorialopenwaterswim.com/wp/>

**This event is limited to the first 199 entries.** USA Swimming Registration will not be available on site.

Masters Swimmers must complete the Masters Liability and Release Form and turn it into race officials on check in.

For more information contact the Event Director.

**EVENT DIRECTOR:** Sean Muncie, [coachmuncie@yahoo.com](mailto:coachmuncie@yahoo.com),  
575-496-8259

**DIRECTIONS:**

**From North or South on I-5:** Take Exit 246 to N. Lake Samish. Go approximately 2.4 miles then take a left on Samish Way.

**PARKING:** All participants can park in the Lake Padden parking area.

**NO TRANSFERS. NO DEFERRALS. NO REFUNDS.**

Event may be delayed or cancelled due to extreme weather, other emergency, and/or as determined by the Aly Fell Open Water Event Director, Facility/Venue Host, Safety Officials, and/or Event Referee.



## 2016 Last Gasp of Summer Open Water Swim

One and Two Mile Events  
Saturday Sept 17<sup>th</sup>, 2016

Sanctioned by PNA for USMS Inc. # 366-W004  
Hosted by: Blue Wave Aquatics

Blue Wave Aquatics is hosting next year's 2017 USMS Open Water Nationals 1 Mile Swim! As a preview and dry run for this swim, we will be offering the 'Elite 1 Mile Swim' at this year's LAST GASP OF SUMMER!

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

**COURSE:** The course is a rectangular course. One-mile swimmers swim one lap, two-mile swimmers swim two laps. The lake temperature averages in the high 60's in mid-September.

**CHECK-IN:** Elite Mile check-in will open at 8:00am. One- and two-mile check-in will open at 8:30am. No late check-ins allowed.

### TIME:

#### ELITE 1 MILE SWIM

8:00 am	Registration opens
8:30 am	MANDATORY safety meeting
8:45 am	Chip check-in and warmups
9:00 am	START Elite Mile swim

#### 1 and 2 Mile Swims

8:30 am	Registration opens
9:45 am	MANDATORY safety meeting
10:10 am	Chip check-in and warmups
10:30 am	START USA 2 Mile Swim
10:35 am	START USMS 2 Mile Swim
10:40 am	START USA 1 Mile Swim
10:45 am	START USMS 1 Mile Swim
11:30 am	START USA 500 Meter swim at the Conclusion of the 2 Mile Swim

**TIME LIMIT:** Swimmers who cannot swim 1 mile in 30 minutes should not sign up for the 'Elite Mile' Swim.

**ELIGIBILITY:** Open to all 2016 registered Masters swimmers (USMS or MSC) 18 and above as of Sept 17<sup>th</sup>, 2016. Competitors not registered may sign up for a \$22 one-event USMS registration. Non-PNA USMS registered swimmers **must** submit a copy of their 2016 registration card to the race registrar. ELITE 1 MILE SWIM – no day of race entries allowed.

**RULES:** Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire is allowed. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.). ELITE 1 MILE SWIM – no wetsuits allowed.

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

**TIMING:** Timing for this event will be provided by BUDU Racing.

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

### ENTRY FEES:

\$65 – Early entry before Sept 1
\$70 – Sept 1 thru Sept 13th
\$80 – Sept 17 (Day of Race) – 1 and 2 Mile Swims ONLY
\$22 – One-Event USMS registration (see eligibility)

If you swim one event, pay regular price. If you swim two events (Elite 1 Mile and either the 1 or 2 Mile), \$20.00 extra.

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

**ENTRY DEADLINE:** Online registration opens on Wednesday, June 22nd and closes at 11:59 pm PDT on Tuesday, September 13th or SOONER if race has sold out. Maximum 300 swimmers

**ONLINE ENTRY:** To register online go to [https://www.clubassistant.com/club/meet\\_information.cfm?c=1449&smid=8086](https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=8086)

**PAPER ENTRIES:** 1 and 2 Mile Swims day of the race only. No Elite 1 Mile Swim day of race entries allowed.

**RESULTS:** Posted onsite after the race. Available online within a few hours on website

<http://www.LastGaspofSummer.com/results.aspx>

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

**ADDITIONAL INFORMATION:** Angle Lake is an L shaped community lake in the heart of Seatac, about 1 mile south of Seatac Airport. The park has a large beach and picnic area. Restrooms and changing areas are available. Picnic lunch will be free to all swimmers after the race. Family members and friends are welcome, donations accepted.

**RACE DIRECTOR:** Mike Murphy  
[MeetDirector@BlueWave-Aquatics.com](mailto:MeetDirector@BlueWave-Aquatics.com) or call 205-316-0234

**REGISTRAR:** Angela Turley, 253-797-492  
[Registrar@BlueWave-Aquatics.com](mailto:Registrar@BlueWave-Aquatics.com)

**LINKS:** More information available at <http://www.LastGaspofSummer.com>

# PNA Calendar

## PNA SANCTIONED OPEN WATER

- 7/16 – [Fat Salmon](#), Seattle, WA
- 7/30 – [NW Zone OW Championship](#),  
Elk Lake, OR (near Bend, OR)
- 8/13 – [Aly Fell Memorial OW Invite](#),  
Lake Padden, Bellingham, WA
- 9/17 – [Last Gasp of Summer](#),  
Angle Lake Park, Seatac, WA

## NON-PNA SANCTIONED OPEN WATER

- 7/4 – [Martha Lake OW Swim](#), Martha Lake,  
Lynnwood, WA
- 7/9 – [Tubby Trout Open Water 5K](#),  
Lake Washington, Seattle, WA
- 7/15 – [Friday Night Swim Races #2](#),  
Lake Meridian Park, Seattle, WA
- 7/17 – [Island Adventure Open Water Swim](#),  
Lake Washington, Seattle, WA
- 8/20 – [33rd Annual Emerald City OW Swim](#),  
Andrews Bay, Seward Park,  
Lake Washington, Seattle, WA
- 8/21 – [Park to Park Swim](#), Matthews Beach,  
Seattle, WA
- 8/27 – [YMCA Wildcat Lake OW Swim](#),  
Wildcat Lake Park, Bremerton, WA
- 9/10 – [Swim Across America](#),  
Luther Burbank Park, Mercer Island, WA
- 9/18 – [Saltwater Open Water Swim Series NW](#),  
outside Seattle WA
- 9/25 – [Mercer Island Open Water 6K](#),  
Mercer Island, WA
- 10/2 – [Agua Fresca Open Water Challenge](#),  
Lake Washington, Seattle, WA
- 10/15 – [Awesome Alki Open Water Ocean Swim](#),  
Seattle WA

[Search USMS Calendar of Events](#)

## POOL EVENTS:

- 7/7 to 7/9 - [Seattle Senior Open](#), Seattle, WA
- 7/24 – [Washington State Senior Games](#),  
Olympia, WA
- 8/17 to 8/21 – [USMS LCM National Championships](#),  
Mt Hood CC, Gresham, OR
- 10/8 – [BAMFest 16](#), Bainbridge Island, WA
- 10/30 – Snohomish Masters Meet, Snohomish, WA
- 11/12 to 11/13 – NW Zone SCM Championship,  
Coeur D’Alene, ID
- 11/19 to 11/20 SCM Meet (PSM host),  
Federal Way, WA

## USMS FITNESS EVENTS (all year)

USMS [Go the Distance](#), [Check-Off Challenge](#)

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**PNA Board meeting**  
7/12 - Zena Courtney's house,  
Tacoma, 6:30-8:30pm