



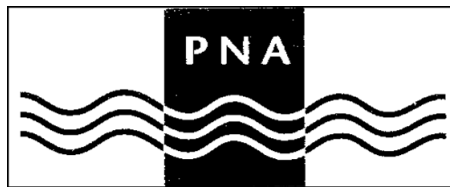
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President's Message

By Sally Dillon, PNA President

While it's been a hot and smoky summer, I hope you've still had the opportunity to get outside and enjoy the nice lake temperatures and some outdoor pools. PNA sanctioned five open water swims for USMS this summer and the last one is coming up on Saturday, September 15 at Angle Lake in SeaTac. 1-mile and 2-mile events are offered - go to www.lastgaspofsummer.com to register.



In a few weeks, United States Aquatic Sports will hold its annual convention in Jacksonville, FL. The event includes delegates from not only United States Masters Swimming but also from USA-Swimming, USA-Diving, USA-Synchro, and USA-Water Polo. PNA will be represented by eleven

members, nine of whom serve on the PNA board. Our LMSC has a long history of leadership at the national level. We will send four delegates who will specifically represent PNA: Linda Chapman, April Cheadle, Hugh Moore, and Walt Reid; all but April serve on USMS national committees. The seven others attending from PNA are delegates due to their leadership positions and/or membership on specific committees: Sarah Welch (USMS Board of Directors as the NW At-Large Director), Kathy Casey (Rules Committee), Jim Davidson (Long Distance Committee), Jane Moore and Steve Peterson (Legislation Committee), Teri White (USMS Officials Chair), and yours truly (NW Zone Chair).

We will have three days full of meetings, workshops, and special events. Likely the most exciting event of the weekend will be the International Masters Swimming Hall of Fame induction ceremony where our own Walt Reid will be inducted as an Honor Contributor. It is a very special event and for those of us in PNA who have known Walt, and appreciated his many, many years of service to our LMSC, USMS, and the international community, we are thrilled. More about this event in the next newsletter!



Pan American Championships

PSM at UANA Pan American Masters Championships, July 22 – August 10
By Steve Peterson

Eleven PSM swimmers flew cross country to brave a few thunderstorms in Orlando and compete with 1700 others from 39 countries in lieu of USMS Summer Nationals, suspended this year in deference to this UANA (Union Americana de Natacion) meet. All five aquatic sports were offered to the 2500+ athletes from 46 nations in this order: Diving, Artistic Swimming (aka Synchro), Swimming (July 28 – August 4), Open Water (August 5), and Water Polo.

Rowdy Gaines' home pool, the Central Florida YMCA Rosen Aquatic Center, was the primary venue, with the 1.5K and 5K open water events some 70 miles away at Daytona Beach.

The weather was hot and the humidity was high, but events were generally completed before the almost daily rainstorm – no pool closures for lightning! No Tropical Storm Andrea like 2013. The Aquatic Center is covered but open air – **one afternoon after events, the lifeguards didn't have keys to close the sliding roof so heavy rain came down on the few swimmers warming down.**

Meet event order is always contentious, and as usual those favoring distance events had to deal with the 800m and 400m on bookend Saturdays. But I did like the middle Wednesday very much – **nuttin' but relays all day! I flew the red-eye Monday night, got oriented Tuesday, got to swim on three relays, did my four events, and finished out with the 1.5K in Daytona on Sunday.** (In my case, I put 500 miles on the rental car driving back through Orlando across state to Tampa, into St. Pete to visit a family friend, and then Tarpon Springs to spend a couple days with my college buddy and best man, before flying home from Tampa.)

Relays? PSM did well! BAM Coach April Cheadle, who came primarily to support her open water swimmer Andrea Hunt but loves to watch pool competition, wrangled the nine of us available into five **relay teams before she arrived! Though PSM's Mixed Medley gave us the highest finish, our Men's Medley, the last relay of the day, was intriguing – I was told that my breaststroke brought us from sixth to second in the heat and we held on to that. But then we found out that The Olympic Club team had entered NT, had swum the heat before, and pushed us into 3rd by four seconds (sandbaggers!).** (Palm Beach Masters won with 2:20.) Even so, all three teams beat the existing UANA meet record!



Left-to-Right: Relay swimmers Tom Fritschen, Mike McColly, Steve Fogg, Charlotte Davis, Ellen Ella, Dan Kirkland, Zena Courtney, Sarah Welch, and Steve Peterson

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Pan American Championships (cont)

(Continued from page 2)

200m Relay (AG)	Swimmers	Place	Time
Mixed Medley (280-319)	Kirkland, Peterson, Welch, Davis	2nd of 18	2:31.64
Men's Medley (280-319)	Fogg, Peterson, McColly, Kirkland	3rd of 10	2:33.42
Women's Medley (200-239)	Courtney, Davis, Ella, Welch	6th of 11	2:34.14
Men's Free (240-279)	Kirkland, Fogg, Fritschen, Peterson	7th of 12	2:12.20
Mixed Free (200-239)	Courtney, Ella, Fogg, Fritschen	11th of 14	2:10.13

Among the ten of us pool swimmers, we swam 15 of the 16 individual events (no 200 Fly?!). Ellen Ella was our youngest (40-44), followed by Zena Courtney (55-59), Tom Fritschen (60-64), Charlotte Davis and Frank Warner (65-69), with five of us, Steve Fogg, Dan Kirkland, Mike McColly, Sarah Welch, and me, in (70-74). Hmm, being the oldest may explain why I did so well...

Frank did the 100 and 200 Back and left on Tuesday (he's recovering from back surgery and is currently at the Asia Pacific Masters Games, September 7-15, in Penang, Malaysia!). Zena packed in five races (50, 100, 200 Free and 100 and 200 Back) in three days and left Wednesday to oversee the 5th edition of Swim Defiance on August 5. Sarah, Mike, and Charlotte are all dealing with surgeries as well but are doing OK – **Mike's distance Frees and Backstrokes** are coming back, and he still beats me in the 200 IM (though I did turn for home first this time). Charlotte managed to score two golds and three silvers – setting meet and USMS records in the 100 Breast and just 0.4 sec off her world record in the 50 Fly. All of us, in fact, were top ten finishers **except Tom, but Tom's improving as a new swimmer after having to give up** being a velodrome champion because of a near-fatal auto collision.

I'll remember this meet as the one where our six-member (including Andrea) 70-74 age group was most impressive, if not just for comprising more than half the team. And surprisingly (to me), a hat trick – I won all three Breaststrokes! Even set the meet record in the 200 (missing the other two by 0.3 second). Perhaps, however, PSM's meet MVP award should go to Dan Kirkland – not only for tremendous performance but he got a great write-up in Swimmer magazine ("Grueling Stretch for Kirkland," July-August, page 37)!

"Dan ... didn't enjoy a restful taper going into the [meet] ..." so it starts. Dan earned national titles in the USMS 2-Mile Cable and Marathon-Distance swims mid-July, then swam Oregon Champs the weekend before. Still, he broke the World Records in the 200, 400, and 800 Free (claiming the latter two). What the article didn't mention was another of Dan's challenges. At the end of the week he joined me for dinner at the Drury, where he'd just checked in – because a water main broke at his hotel! Guests were using their wastecans to schlep water from the pool to flush their toilets, and management had instructed desk staff to direct guests to the lobby cooler where they could BUY bottles of water!



Left-to-Right: Rowdy Gaines, Karlyn Pipes, and Steve Peterson

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Pan American Championships (cont)

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Left-to-Right: Lucky Meisenheimer,
Steve Peterson, Rowdy Gaines

Also at dinner, Dan showed me the slip of paper on which he'd written his plan (estimated splits) for going after the 400 Free record that day. I brought up Meet Mobile, which he doesn't have on his Windows phone, and wrote his actual splits on the back. They were all within a half-second of Dan's plan! He seeded 5:11.67, a hundredth under Chris Dunn's (GBR) 2016 world record (and Graham Johnston's 2001 5:12 USMS and Jerry Clark's 2007 5:43 UANA records), to finish with 5:03.56!

Typical of major meets, vendors were there aplenty along with famous people. I was happy to get a selfie with the gracious Rowdy Gaines (VP of Aquatics at this Y), both at the pool and beach. And his autograph in the meet program and in his book, "Rowdy Rising" (proceeds to the Y). Clinician and world record holder Karlyn Pipes (she and I were on the same plane leaving Seattle) was there offering videoed swim lessons in the Endless Pool, so coach-less me got some good breast and freestyle tips. And I reintroduced myself to Lucky Meisenheimer, whom I'd met years ago when Convention was in Orlando and he invited us to his

home. Lucky is Chief of Dermatology, an author, actor, Level 5 ASCA coach, and enthusiastic open water swimmer. He was featured in Ripley's Believe It Or Not for swimming a half mile with his foot in his mouth, and he still holds the Guinness World Record for largest yo-yo collection. (Check out his amazing Wikipedia entry!)

I'm glad I had a rental car. The bus ride to the Daytona Beach open water venue early Sunday morning might have been easier, but afterwards I was able to leave an hour before that bus to head back toward Orlando (and eventually Tarpon Springs). Entrants included 436 swimmers from 26+ countries. The swim itself was one of my most pleasant ever! Bright sun, warm sand, gentle surf, strong swim. If I hadn't aimed for the wrong buoy I might have even shaved off a minute or two. Interestingly, we three PSM'ers (Dan, Andrea, and me) had chosen the 1.5K over the 5K, we're all in the 70-74 age group, and Dan and Andrea finished first in that age group while I managed third. PSM rocks!

So now I ask myself, "Do I want to try for those other two UANA breaststroke records, especially since USMS and World marks are well beyond my grasp?" I'll be two years older, the meet is in Medellin, Colombia (2020), and what if the fast guys in USMS decide to go? As with meets and life in general, it's all in just showing up!



Frank Warner starting the 200 backstroke

Swimmers Hall of Fame

By Steve Peterson

The International Masters Swimming Hall of Fame has announced its 2018 Class of Inductees, who will be feted at the IMSHOF's annual ceremony on September 28 at the Jacksonville Riverfront Hyatt Regency in conjunction with the 2018 United States Aquatic Sports Convention. This group of nine – from five different countries (the USA, Austria, Germany, Brazil, and Japan) – includes four swimmers, two divers, one synchronized swimmer, one water polo player, and one contributor. The contributor is our own Walt Reid!

“When Walt Reid began attending USMS conventions in 1984, he volunteered to help tabulate USMS national records. Three years later he became chair of the Records and Tabulation committee. His initiation of officially recording the Short Course Meters Top Ten Times and Short Course Meters National Records led to his writing a computer program for LMSCs to compile Top Ten Times that interfaced with his National Top Ten database.

Keeping the national records quickly evolved into Walt's expanded interest in international performances.



2018 IMSHOF Honor Contributor Walt Reid

“The formation of Masters Swimming International (MSI) in 1983 led to keeping data for swims around the world. In 1987, Walt began compiling and publishing the MSI World Masters Top Ten. Walt's commitment to chronicling the performances of Masters Swimmers globally was instrumental in making Masters a truly international endeavor and provided an invaluable resource for federations, national organizations, and individual athletes.”

Under FINA direction in 1992, “Reid became the first (and only to date) “FINA Masters Recorder,” taking on responsibility for developing procedures and forms for processing Masters World Record Applications and World Top Ten Tabulations. From this, Walt provides ISHOF/IMSHOF a list of “Honor Swimmer” candidates each year for consideration for selection, based on a FINA-approved point system and database for calculating points based on World Record and Top Ten performance. Reid has been Chairman of IMSHOF's Selection Committee and USMS Liaison to ISHOF from 2010 - present.”

In addition to honoring the IMSHOF Honorees, the International Swimming Hall of Fame will be recognizing Swimming World Magazine's Top Twelve Masters Swimmers from 2017, six men and six women from three countries: USA, France, and Russia. Among those elites are Rick Colella (Lake Washington Masters) and Willard Lamb (Oregon).

About IMSHOF (a division of ISHOF, Fort Lauderdale): To promote a healthy lifestyle, lifelong fitness, and participation in adult aquatic programs by recognizing individuals whose achievements serve as an example for others. Honorees have participated in Masters programs through at least four different Masters age groups and are qualified by an objective point system based on world records, world Top Ten rankings and World Championship performances.

About ISHOF: To preserve the history of swimming, celebrate the heroes, promote the benefits and importance of swimming as a key to fitness, good health, quality of life, and the water safety of all children and adults, and connect older generations of swimmers to youth. Established as a not-for-profit educational organization in 1965 and recognized by FINA in 1968, ISHOF is merging with *Swimming World Magazine*. The merger will be completed now that the City of Fort Lauderdale has approved a \$27 million renovation of the Aquatic Complex and signed a 30-year lease for ISHOF to remain in Fort Lauderdale.

Adventures in the Strait of Gibraltar

By Zena Courtney with Eric Durban, Blue Wave Aquatics

Have you ever heard about the 8-mile Strait of Gibraltar Crossing, which is conducted by the Asociacion Cruce a Nado del Estrecho de Gibraltar (ACNEG)/Strait of Gibraltar Swimming Association? Or the Oceans Seven series - a marathon swimming challenge consisting of seven open water channel swims proposed in 2008 as the swimming equivalent of the [Seven Summits](#) mountaineering challenge? It consists of the [North Channel](#), [Cook Strait](#), [Molokai Channel](#), [English Channel](#), [Catalina Channel](#), [Tsugaru Strait](#) and [Strait of Gibraltar](#) swims. I for one, heard about **these swims in passing with Scott Lautman's multiple open water successes, never figuring myself to be a marathon swimmer. I swim the 200 backstroke for Pete's sake!**

It was BWAQ teammate Eric Durban, who in a 2014 conversation with Scott Lautman had been encouraged to enter and swim the Strait of Gibraltar, something Scott had done in 2003 (before it was a thing to do!). From that conversation, Eric decided to enter to swim the Strait in 2015 with Jack Connelly and brother Lars Durban. Little did he realize it wouldn't work quite so easily. Since Scott's swim in 2003, swimming Gibraltar had become a lot more popular and waitlists had developed. Three years later, the wait was finally over! I agreed on a whim to join the boys and the next thing you know, we were in Spain. And three days later, we were swimming the Strait of Gibraltar! (Without Jack who had to spend his training time in another high profile trial.)

We successfully crossed the Strait on Thursday, June 14, in a time of 3:31:46 – a 26 minute/mile pace for 3.5 hours, thanks to an excellent current assist.

Through the end of last year's channel swimming season (October) there were 1,298 people who had completed the crossing, of which 610, like us, did so without a wetsuit. Of those 610, only 48 were faster than us and only one of them was older than 55 (59). In fact, that one person was the only person, wetsuit or not, that was faster than our time for swimmers over 55. (At the time of our swim, Eric was 62, Lars 60, and I was 58). Ahhh, but of course, records are meant to be broken, so who is next? We had been expecting a 4.5-to-5 hour swim so we were very pleased with our time.



Gooped up and ready to go!

Race day morning we arrived at the dock in

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Tarifa, from where we were to leave, and met two of the last swimmers to complete the swim and the two swimmers that would be next. The Englishman and Australian that had just done it had anticipated doing it in 4.5 hours and it took them just under 6 hours - a sobering thought for our upcoming attempt.

We had a pit crew of my children Khaila and Hunter, as well as Marlene and Cathy Roth, who applied zinc oxide and then a body grease of petroleum jelly and lanolin that we had mixed up the night before (for warmth). We jumped on the boat Columba and Captain Antonio and his daughter Christina took us out to the southernmost point of Europe, called Punta de Tarifa.



Feeding with a net off the Zodiac

We jumped in at 10:30am and swam in washing machine-like turbulence to touch the southernmost rocks. Before getting on the boat, we were advised that there would be one tall large white boat and a

smaller gray Zodiac to escort us across. We were always to keep the tall white pilot boat in front of us and meet up at the Zodiac for food stops. We would swim south as the current pushed us east throughout the next 3.5 hours. For the first hour (the coldest hour, with water temperatures at ~60°F) it was choppy, and we were told we could not stop or the current would push us too far east. After an hour, we stopped for a feeding of "GU" - a small packet containing amino acids, caffeine, and other stuff used by marathoners and triathletes to keep energy levels up. Hunter was on the trailing rib boat (Zodiac), handing out the GU. We also got a welcome drink of hot chocolate that I had thought to include.

We were not allowed to touch the boat at all, so the handoffs involved a stretch from Hunter out over the water, and a pickup of our trash and water bottles via a stick with a net at the end by Fernando (who was running the Zodiac).

Thereafter, we were doing 45-minute swims between feedings and the water gradually started to warm up. With no sense of how fast or slow we were going, we were only too happy to hear during the second feeding, 1 hour 45 minutes in, that we were five minutes from the halfway point! That meant we were *way* ahead of schedule!

While the waters never flattened out, they were calmer in the middle than on either shore (and warmer!). We saw a total of two ships pass us, neither too terribly close, while Hunter counted 13-15. Some pilot whales swam by a couple of times, but we swimmers didn't see them.

About halfway through the swim, Eric's left shoulder started to feel uncomfortable and would remain that way throughout. Not a problem he usually has, he attributed it to the choppiness of the water and not getting a consistent entry into the water of his non-breathing side. My right shoulder was instantly challenged trying to touch the first rock, but the cold water

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Strait of Gibraltar (cont)

kept the aching manageable.

As requested, we stayed close together for safety and so feedings could be limited to one-minute stops so as not to drift too far east during any break. Eric was wearing a Garmin watch tracking the course of the swim. He could see the elapsed time and guessed that since we were not signaled for a fourth feeding at 3:15, we were going to be pushed to finish the swim without a last feeding (which turned out to be the case). I tried hard not to get excited by the approaching land as we were told the land would look close for a while before we finished.

Suddenly we were there! It was over way sooner than expected. We were directed, at 150 meters from the shore of Puente Ceres, to stop following the big boat and start following the Zodiac as they could guide us in closer to shore. We swam, or perhaps more accurately, got tossed onto the rocks at Puente Ceres, before swimming back out to the big boat for the 45-minute ride back across the Strait.

We returned to our Airbnb and took well deserved showers. It seemed the body grease we had applied lasted only about 3.5 hours! We had a celebratory dinner and picked up our certificates of completion at 9:30 that night. **Everything starts late in Tarifa; dinner's not usually until 8 pm. The hardest part was waiting until 7:30pm for dinner without falling asleep!**

Now about those other six open water channel swims.....Hmmm.....



Happy finishers with their certificates!

SAVE THE DATE! 2018 LAST GASP OF SUMMER

**SATURDAY
September 15, 2018**

WATCH OUR WEBSITE
WWW.LASTGASPOFSUMMER.COM
FOR REGISTRATION
AND DETAILS




- 1 & 2 mile events
in beautiful Angle Lake
SeaTac, Washington
- Wetsuit & non-wetsuit
divisions



WWW.LASTGASPOFSUMMER.COM

Fat Salmon Open Water Swim

By Meg Meinerz

The 19th annual Fat Salmon was another successful event with nearly 350 swimmers braving the windy chop and bright sunshine to complete the 3.2-mile race. Over 100 volunteers and spectators watched all five waves kick off on time from Day Street Park and were ready to cheer swimmers on through the finish line at Madison Park Beach.

Guards, boats and kayaks escorted everyone safely to shore. Despite the chop and breeze, impressive times were turned in by top finishers; first place for both men's and women's, wetsuit and non-wetsuit divisions were awarded a full Sockeye salmon with other salmon related prizes for other award top finishers.

Matthew Dixon (Kailua Kona, HI; 1:13:22.63) and Shannon McIntyre (Issaquah, WA; 1:17:41.36) were the top male and female finishers in the wetsuit division. Kevin Jackson (Tacoma, WA; 1:16:35.66) and Angela Nepa (Kailua, HI; 1:21:16.91) were the top male and female finishers in the non-wetsuit division.



Local restaurants, bakeries, fruit stands, and markets donated refreshments and coffee which were enjoyed in the sunshine as swimmers completed the race and watched the awards ceremony. The Fat Salmon crew is grateful for all the volunteer time, the partnership of our sponsors, and the generosity of the open water community for continuing to make this event a success. The Orca Swim Team looks forward to bringing you another great event next summer!



Age group winners, wetsuit division: Daniel Perlovsky (M19-24); Amelia Urry (F25-29); Tim Tan (M25-29); Anna Grant (F30-34); David Dahl (M30-34); Lyset Cadena (F35-39); Brendan Lang (M35-39); Courtney Barmack (F40-44); Cam Gravrock (M40-44); Jennifer Farinas (F45-49); Tim Carver (M45-49); Shannon McIntyre (F50-54); Bradford Axel (M50-54); Robin Pelton (F55-59); Matthew Dixon (M55-59); Jan Acuff (F60-64); Curtis Troupe (M60-64); Peggy Kent (F65-69); Carl Engelhardt (M65-69); Andrea Hunt (F70-74); Jack Nyweide (M70-74).

Age group winners, non-wetsuit division: Kristin Hoffman (F19-24); Kevin Jackson (M19-24); Angela Nepa (F25-29); Brad Perfect (M25-29); Jacqueline Ward (F30-34); Jeff Morrison (M30-34); Jenny Ferries (F35-39); Aaron Wilson (M35-39); Pamela Kalas (F40-44); Nolan Wood (M40-44); Kathy Pelham (F45-49); Kirk Nelson (M45-49); Annelle Harmer (F50-54); Mab Nygrew (M50-54); Zena Courtney (F55-59); Paul Glezen (M55-59); Lucy Shaw (F60-64); Frank Anderson (M60-64); Alan Bell (M65-69); Steve Peterson (M70-74).

See full results [here](#).

Swim Defiance 2018

By Tom Walker, TWIM

It was a truly stellar summer morning at Owen Beach in Tacoma on Sunday, August 5th and spirits were as high as Mt. Rainer looming off in the hazy distance as Swim Defiance 2018 exploded into the waters of the Puget Sound! Nineteen indomitable aquatic warriors plunged into the brisk currents and set off toward Vashon Island in the 5K competition, trailing their fluorescent balloons behind them. Meanwhile, 35 stalwart aqua-gladiators started on the Island itself and swam toward Victory on Owen Beach.

The water temperature varied from 55-59 degrees Fahrenheit, but the current mid-channel was measured at 1.5 knots and moving in a westerly direction. It was so challenging that nine of the 5K swimmers were pulled from the water after the 2-hour cutoff point, and it was not from a lack of valor!

Major Kudos go forth to all of these majestic competitors who put everything on the line and swam this day in an outpouring of bravery, determination, and truth be told, a bit of that healthy insanity we all know so well! Every swim was an act of heroism, large and small.

The air was alive with an exuberance that radiated from these gallant swimmers and matched the heady swirl of the morning sky and sea.

It was still very early that morning as Zena's Army began to assemble once again on the shores of the Puget Sound and to prepare for this year's edition of Swim Defiance. We are referring here of course to General Zena Courtney, Race Director, who is the driving force behind what has become a signature open water event in the PNW and beyond. She is really a one-woman army herself! **Let's put it this way, had she been in the Allied command, WWII would have ended much earlier!**

And now for the Army! She was capably assisted by husband Steve and an armada of 80 Volunteers! Safety boats from the Tacoma Maritime, Tacoma Police, and Tacoma Fire Department combed the waters to protect the swimmers from speeding boaters and other hazards on their journey of conquest. Matt Stuffer, Jeff Spencer and Steve Colella donated the use of their personal boats to complete the naval portion of the support crew. And of course, the horizon was alive with a seeming legion of kayakers who were everywhere making it safe for the swimmers. When asked if the U.S. Navy was also present, General Courtney quipped that husband Steve was retired Navy, so life was good!



Aside from all the good old-fashioned swimming, there were some lighter aspects to this extravaganza. The Julie Monteil Wave was the Friends and Family Wave where the swimmers could wear fins, masks, snorkels, or whatever they needed to finish. This wave is both for memorializing Julie and the simple joy of completing the swim - and was great fun! For example, young Dianna McCandless pulled her dog on a kayak part of the way!

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3K male winner Chad Hagedorn

Swim Defiance 2018 (cont)

(Continued from page 10)

Two other notable swims were offered up by 81-year-old Kirby Drawbaugh and Sam Breuer of the Active Duty Coast Guard, who was crazy enough to swim without a wetsuit!

And now for the moment you've all been waiting for, the roll call of Honors for this incredible swim! Top three finishers in each category:

5K Swim Wetsuit (Men)

1	Andy Iyall	52	1:39:36.8	BWAQ
2	Eric Durban	63	1:45:24.4	BWAQ
3	Daniel Smith	56	1:45:46.8	BWAQ

5K Swim Wetsuit (Women)

1	Jayette Pettit	51	1:53:56.7	OREG
2	Ellyce Shulman	41	2:56:23.4	PSM

3K Swim Wetsuit (Men)

1	Chad Hagedorn	46	0:44:46.2	PSM
2	Nicholas Duprey	39	0:48:39.3	EBSC
3	Andrew White	41	0:49:56.6	UC36

3K Swim Wetsuit (Women)

1	Maura Carroll	41	0:55:34.2	OEVT
2	Sarah Lane	41	0:59:52.6	UC36
3	Fiona Clauson	53	1:00:15.6	PSM

3K Swim No Wetsuit (All results)

1	Sam Breuer	32	1:06:56.9	OREG
2	Kirby Drawbaugh	81	1:55:14.3	BWAQ

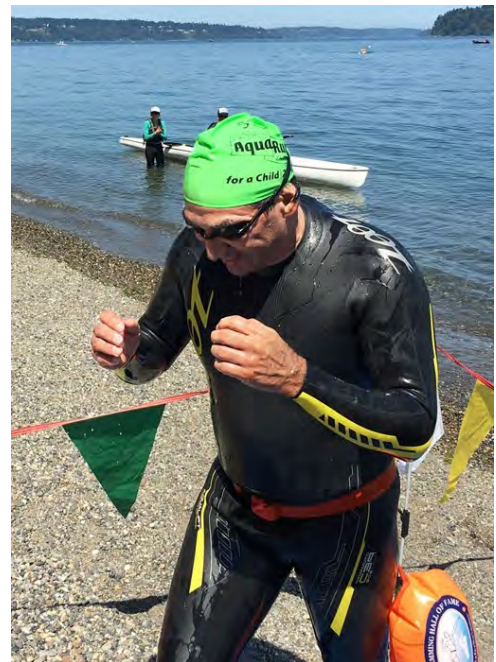
Julie Montiel Friends & Family (All results)

1	Mike Murphy	58	1:01:31.3	BWAQ
2	Megan Holt	48	1:04:32.8	BWAQ
3	D McCandless	48	1:18:14.5	OEVT
4	Michelle Garred	49	1:45:43.3	ROCK
5	Elizabeth Landry	54	1:47:06.8	PSM

Complete results are available [here](#).

Yes, Swim Defiance lived up to its legendary status and created some new legends moving forward! Congratulations again to all you courageous swimmers and thanks to Zena and the multitude of volunteers and support crews who made this event such a resounding success.

See you there next year!



5K male winner Andy Iyall

Aly Fell Memorial Open Water Swim

By Suzanne Loeffelholz

The smoke cleared and the air quality improved just in time for the 5th Aly Fell Memorial Open water Swim on Saturday 25th August. Even though the sun failed to make an appearance, the swimmers were not deterred, and braved the drizzle and the increasing wind to complete the four events - 10K, 5K, 2.5K and 800m - in great times.

Top finishers included Barry Berg (Vancouver BC, 10K wetsuit), Johnny Van Velthuyzen (Kirkland, WA, 10K non-wetsuit), Jan Acuff (Seattle, WA, 5K wetsuit), Michelle McRae (Redmond, WA, 5K non-wetsuit), Andrew Winqvist (Marysville, WA, USA 5K), Susan Dawson-Cook (Tucson, AZ, 2.5K wetsuit), Ian McCurdy (Bellingham, WA, 2.5K non-wetsuit), Gavin Jones (Bellingham, WA, USA 2.5K), and A Fuhrman (USA 800M).



12-year-old Ariel Fuhrman won the 800-meter event, edging out 12-year-old Leylah Dominguez by four seconds



Lynda Fell with 10K winner Barry Berg

Along with the many veteran Masters swimmers, the event featured a number of youngsters taking their first steps to becoming open water swimmers - competitors Helen Buetow and Ruby Barrett were just nine years old! The oldest competitor, Steve Harrell (aged 71 from Bellingham), deserves a special mention, as he beat out many younger swimmers to take 3rd place in the non-wetsuit division of the 2.5K!

Whatcom County Search and Rescue, Lifeguards, and many volunteers on kayaks and SUP's kept a close eye on our swimmers, ensuring that everyone made it safely back to shore. Local Bellingham businesses donated a wide range of drinks, baked goods and refreshments that were enjoyed by the swimmers after the race.

The Aly Fell Team is extremely grateful for all of the volunteers who gave countless hours of their time as well as the generosity of the sponsors, the open water swimming community, and the Fell Family. Thank you all and we look forward to seeing you next year!

Full results are available [here](#).

Editor's note: *Aly Fell was a top student and gifted athlete who transitioned from gymnastics to swimming at age 10. A member of the Bellingham Bay Swim Team as well as her high school squad, Aly competed in her first open water race at 15 years old and was the first female to finish. Tragically, she died in a car accident later that year. The Aly Fell Memorial Open Water Swim encourages participants to "Swim Felly Fierce" in Aly's honor.*

Washington State Senior Games

By Steve Peterson

Like USMS, the National Senior Games Association is dedicated to motivating active adults to lead a healthy lifestyle. Unlike USMS, more than 20 sports are offered, participation is limited to those 50 and older, 25-yard swimming events are included, and member organizations (states) hold annual games with qualifying competitions in the even years preceding the biennial national games.

In 1985, the founding group, initially known as the National Senior Olympics Organization, planned its first National Senior Olympic Games which were held in 1987 and again in 1989 in St. Louis with great success. In 1990, under agreement with the USOC based on objection to use of the term "Olympic," it became the NSGA, with the re-named Senior Games remaining the largest multi-sport event in the world for seniors.



Left-to-Right: PNA's Val Thompson, Mary Underbrink, Dan Underbrink*, Tom Fritschen*, Betsey Kassen*, Carl Haynie*, Andrea Hunt, Scott Neuhaus, Jim Mange*, and Steve Peterson. Not shown are Frank Powell*, Don Rehfeldt, Kirby Schaufler, Charlotte Snow, and Tom Walker*. (*TWIM members)*

More than 60 swimmers turned out for this year's

Washington state meet at Briggs Y in Lacey, including 15 PNA members, all of whom qualified for the 2019 Senior Games meet, June 16-19 in Albuquerque, NM.



Betsey Kassen won everything she swam in a grueling line-up, posting two state records along the way

PSM team TWIM was well represented, with eight members participating. From their online blog (<https://twimteam.wordpress.com/2018/07/24/twim-shines-at-state-senior-games/>), "With most of us keeping an eye on Albuquerque next year, TWIM swimmers did a whole lot more than just qualify in every event under the sun. Six [meet] Records were either broken or established, and absolutely every swim was a National qualifier (or came in a 25-yard race). Eight swimmers earned a combined 46 medals, with 23 of them gold."

TWIM's "Dan, James, and Carl along with Father Tom Fritschen and Frank "The Rocket" Powell made up an entire heat of the 200 Back. Not only was it the first time a full heat has been TWIM in a major meet, it was the fastest heat."

Other than a minor equipment glitch at the start, the meet was well run.

"Fellow TWIMmers Jason and Tammy Koppelberger were both on duty with Jason providing his golden tones as meet announcer." Many thanks to Y Coach and Meet Director Mel Smith and his army of volunteers and officials! Meet results can be found [here](#).

Swimmer Spotlight

By Tom Walker, TWIM

A Will to Win - An Interview with Dan Kirkland

At the time of our interview, Mr. Kirkland had just returned from the UANA 2018 Pan American Masters Championships in sunny Florida. It was there that he set USMS and FINA Masters World LC Records in the 400 free with a time of 5:03:56 (nine seconds faster than the previous record) and in the 800-meter free with a time of 10:37:71.



Kirkland with Charlotte Davis and April Cheadle at the Pan American Championships

And he came within a second of a sweep by almost clinching the 200 free as well.

These are spectacular times for a Masters Swimmer of any age, let alone this 70-year-old World Champion! All this for a man who just for good measure swam to national titles in the USMS 2-Mile Cable Open Water National Champs and the USMS Marathon Distance Open Water National Champs, both of them in July!

I first got to know Dan a few years back as we made the regional meet circuit in the PNW, and I was struck not only by his humility and honesty but by his single-minded determination to accomplish his goal of ever faster times in his beloved distance freestyle events, especially the 1650 and the 1500. I recall many a time when I watched him fight it out with this invisible mandate and it was always a matter of a mere second or two either way. Each race only seems to increase this unstoppable determination of his.

The good news for Dan and the bad news for his competition is that after mandatory retirement at age 65 as a commercial airline pilot, he has had time for more training than ever!

And what a Will to Win! He is an inspiration to all of us who strive to reach our goals every time we get in the water. **What drives this Champion ever onward? I decided to find out.....and he graciously consented to step into the Spotlight.**

TW: Dan, you're just back from Pan Ams. How did it feel to set two world records there?

DK: It was a goal since last year, so it was nice to accomplish a goal I set a year ago.

TW: How do you think you got it done?

DK: That is a complicated question. First, I started swimming Masters nine years ago. I had been doing running and triathlons for 40 years and enjoyed the runner's high/endorphins. I sustained an ankle injury and could not run anymore so I went back to what I did in college - swimming. I started in Senior Olympics, thinking that was "Olympics" so it must be where the best swimmers are. My naiveté. I was still flying as a commercial pilot so I had very little con-

(Continued on page 15)

Swimmer Spotlight (cont)

(Continued from page 14)

sistency for training. I was retired at 65 and had time to train. When I was able to train my times indicated I could compete with those "faster swimmers" and I might be able to achieve a record. The second part is my coaching history. In college I coached an age group team for five years. In the Air Force I was an assistant coach at the US Air Force Academy. Later I coached my daughters HS team for one year. I understand stroke technique, training methods and competition. I know myself better than anyone else so coaching myself was natural for me. Finally, training partners and encouragement/mentors. I have been blessed by the people who I have trained with. Doug Winters, in Lynden and now Jim Joshberger and especially Jeff Piette. Encouragement from Matt Miller and Scott Sullivan in Oregon. Dan Phillips who asked me to join LWM and helped me feel I was a part of a team. Finally, David Radcliff who told me I needed to swim distance and e-postals. He has been an encouragement every time I have been to a meet. That is why it is a complicated question. It is not just about swimming, but past experience, people, and training.

TW: Indeed it is. What is it you enjoy about swimming?

DK: First, the people I have met and friendships. I feel blessed I am healthy and swimming keeps me healthy. I don't necessarily enjoy training. I like the challenge of doing a good set, but I am tired each day after I train. I do feel accomplishment when I achieve a goal time at the finish of a race/meet.

TW: As a senior athlete, what is it that keeps you competing?

DK: I was not ready, nor did I want to retire. It was federal government age discrimination, age 65 rule. Swimming is an area where I appear to excel and therefore I have focused on swimming the past five years. I also coach high school girls & boys. I enjoy helping them and seeing their improvement.

I want to make good lifestyle choices. I want to stay healthy. I like the competition and as I said before, I enjoy the people.

TW: Why are you so drawn by distance swimming?

DK: I am a distance swimmer by choice. I am best at it and not many like to swim distance. I have never minded hard physical work. From bucking bales as a 12- to 17-year old, to marathons and half-ironman competition, the concept that I could compete and complete these was a great mental and physical challenge I enjoyed.

TW: What obstacles and challenges have you faced during your swimming career?

DK: We all have unexpected obstacles in life. My biggest so far was shoulder separation from a bicycle accident in 1985. I was advised not to have surgery, which was good advice, but a bone spur eventually grew into my rotator cuff and was causing significant pain, especially during backstroke. In March 2016 I had surgery to correct the problem. I was out for three months and it took nine months (approx 1 for 3) to get back to competition ability. I feel very grateful for a healthy recovery. I have had some basal cell skin cancer, non-fatal. It was three weeks out and nine weeks to get back to being ready for competition.

TW: What are your current goals and objectives in the water?



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Swimmer Spotlight (cont)

(Continued from page 15)

DK: I aged up this year, so there are more opportunities to excel at this point. My goals for the year were to be pool and distance All-Star and try for as many distance records, national and world, as possible. At Pan Ams I was beaten by the other top individual in my age group in the 200 back and free. So the pool All-Star appears out of reach. The distance All-Star is obtainable.

TW: Wow, I think you invented the concept of Raising the Bar! So how did it all start? Your swimming, that is.

DK: My father was a college swimming coach. I have three older brothers and I wanted to do what they were doing. At four, I swam across the pool to be able to play in the deep end. I swam AAU until college. I swam in the Big Sky conference for the University of Idaho. There were high school freshmen who were swimming faster than I was as a senior in college. In my best event, the 500 free, I was about 40 seconds slower than the NCAA qualifying time. Not the winning time.

TW: Seems like you've more than made up for it though! What do you do when you're not swimming?

DK: I coach high school swimming. My wife and I enjoy fly fishing. We live on five acres so I have two large gardens. I have about 400 dahlias as well as fruits and vegetables for about six months of the year. Everything is organic!

TW: You still flying airplanes?

DK: The only flying I do is in the back of a commercial airliner.



PNA's 1.5K winners at Pan Ams - Andrea Hunt, Kirkland, and Steve Peterson

5K/10K & 3000/6000 Postal Swims



It's not too late to participate in the USMS 5K/10K ePostal swim! Registration is open until Saturday, September 15. Please remember that you register AFTER you complete the swim. (More info [here](#).)

Registration for the USMS 3000/6000-yard ePostal opens September 15. (More info [here](#).)



Marathon & Ultramarathon Nationals

Puget Sound Masters was represented by six swimmers at the USMS Marathon Distance Open Water National Championship at Applegate Lake in Oregon on July 14-15. Shannon Singer, Michelle McRae, Mark Loftis, Johnny Van Velthuyzen, and Dan Kirkland all participated in the 10K National Championship event while Belinda Rotton completed the 2.5K swim.

PSM boasted three 10K National Champions as McRae (W40-44, 2:45:25.8), Loftis (M55-59, 2:25:00.1), and Kirkland (M70-74, 2:50:55.5) all won their divisions. Singer (F45-49, 3:46:59.9) placed third in her age group while Van Velthuyzen (M35-39, 2:39:36.3) was fourth in his.

Rotton (W50-54) placed third in her age group and 18th overall in the 2.5K competition.

McRae, Van Velthuyzen, and Loftis also competed in the USMS Ultramarathon Distance Open Water National Championship on July 8 at Willamette River, OR, along with PSM members Dan Robinson and Wendy VanDeSompele. The event, also known as The Portland Bridge Swim, featured an 11-mile, with-the-current river course that runs under all 12 of Portland's Willamette River bridges.

McRae (W40-44, 4:45:17.70), Loftis (M55-59, 4:46:03.90) and Robinson (60-64, 4:47:32.40) all earned champion status in their age groups while Van Velthuyzen (M35-39, 4:42:33.20) placed second in his division and VanDeSompele (W50-54, 6:01:58.60) placed 8th in hers. Van Velthuyzen posted the top overall finish among the PSM group by placing 12th among the 71 individual participants.

Complete marathon results are available [here](#) and ultramarathon results are available [here](#).



Shannon Singer and Belinda Rotton
at Applegate Lake

USMS Dues Increase

The annual USMS dues for 2019 will increase from \$56 to \$58. This reflects a \$2 increase in USMS's annual fee. (PNA is not raising its portion of the dues.)

Board Highlights

July 24, 2018: PNA president Sally Dillon presided over the meeting, which took place via conference call.

April Cheadle was selected as PNA's fourth delegate to the USAS National Convention.

Sally Dillon reported on a conference call with members of USMS regarding PNA's bid to host the 2020 Spring Nationals. San Antonio is the other site that submitted a bid.

Arni Litt provided a financial report and PNA's assets total \$60,773.81. There are 1,631 PNA members to date (814 men, 817 women).

Linda Chapman sent out the date reservation requests from January to June 2019 for meets. They are due back to Linda by Sept 3.

Jim Davidson reported all remaining 2018 open water swims are now sanctioned.

An ad hoc committee met by teleconference on July 17. Bob DeWard, Dave Baer, Doug Jelen, Sarah Welch, Hugh Moore, and Linda Chapman were on the call. Several recommendations were made to the Board, including non-PNA swimmers being allowed to score at PNA Champs, non-PNA teams to be included in the Team Scores, and treating swimmers registered as club PSM/ no workout group as a team to be included in the Team Scores report as opposed to excluding them from the Team Scores report. Changes were made to the meet policy reflecting these recommendations.

USMS announced a \$2 increase in fees for 2019. PNA will raise dues by \$2 to match so we do not lose income. However, there would be no other increase in the PNA 2019 fees.

Board meeting schedule and minutes are available [here](#).



PNA Voting Board Members

President - Sally Dillon
Vice President - Zena Courtney
Secretary - Jay Pearson
Treasurer - Arni Litt
At-Large Director - Kathy Casey
At-Large Director - Isaac Contreras Sandoval
Bylaws - Hugh Moore
Meets - Linda Chapman
Membership - Stephanie Hiebert
Open Water - Jim Davidson
Appointed Director - Sarah Welch
Appointed Director - Bob DeWard
Club Director - Kim Boggs
Club Director - Doug Jelen
Club/Coach Coordinator - Steve Peterson

Coordinators/Standing Committees

Awards - Kerry Ness
Coaches - Wendy Neely
Fitness - Sarah Welch
Newsletter - Lucianne Pugh
Officiating - David Baer
Postal - Sally Dillon
Records/Top Ten - Doug Jelen
Social Media - Isaac Contreras Sandoval
Webmaster - Steve Peterson

Gil Young Memorial Meet

Via TWIM Blog

As the main TWIM army was duking it out at the Washington State Senior Games on Sunday, July 22, the two newest TWIM members, Holly Lickwala and Brent Barnes, carried the TWIM Banner to Mt. Hood Community College in the quaint little hamlet of Gresham, Oregon and scored a spectacular and sizzling success with a mighty armada of two!

The venue was the time honored Gil Young Memorial Meet which occurs every year down there and offers an opportunity for great Long Course swimming. Holly and Brent took full advantage of this moment and swam a jaw-dropping schedule of events that would kill most normal people, but they're not normal, they're TWIM!

Holly took on the 400 Meter IM on her first day, which is usually a near-death experience for most of us, but if you see the photo of her butterfly in that race you will be swept away by the beauty of it! It looks so easy, doesn't it? She went on to burn up the water in the 100 Breast, 100 Free and 50 Fly!

Brent turned out to be the real slacker here. He only swam the 400 Free, the 800 Free, the 200 Breast and then the 100 Breast, the 100 Free and the 50 Fly for good measure, just in case he hadn't suffered enough already!

And we're talking all very fast swims here and lots of medals for both TWIM Warriors! Congratulations to Holly and Brent! They did it the TWIM Way!



Holly Lickwala shows off her butterfly form

BAINBRIDGE AQUATIC MASTERS *present*



BAMfest 2018

Saturday, October 13th
Bainbridge Aquatic Center

Register online at www.swimpna.org or
www.bainbridgeaquaticmasters.com.

For more information
Please visit
www.bainbridgeaquaticsmasters.com.

USMS Records at Foreign Meets

By Walt Reid, FINA world record keeper

When competing in meets held outside the USA, it is the swimmer's responsibility to obtain the required documentation for USMS records. The meet host is responsible for documenting any FINA Masters World Records but will have no knowledge of USMS Records. However, they are usually very helpful, especially if done during the meet.

Here are some helpful suggestions:

Before the meet:

- Check with the USMS Records person, Mary Beth Windrath, to see that the foreign pool measurement is on file with FINA. The pool length must be confirmed before any swims can count for USMS Top 10 or USMS Records.
- Look up the current USMS records for the events you are going to swim to see if you might break any records. Remember to include records for possible splits.
- Get copies of the USMS Record Application from the USMS Website and take them with you to the meet.

During the meet:

- After the race, immediately check the results for your race including the splits.
- If you broke the USMS records, fill out a USMS Record Application for each potential record and take it to the meet referee.
- Ask him/her to sign the application and get you a copy of the timing system sheet.

After the meet:

- Submit the results of your swims to your LMSC Records/Top10 person for USMS Top10. Include the meet location, date and name of the pool.
- Also submit any USMS Record Applications with required documentation.

(Paid advertisement)



<http://say-yes-to-life-swims.com/>

9/8 - [The Fresh Water Frolic: Wilderness Adventure Swim](#)

9/15 - [Seattle's Annual 10K Invitational Open Water Swim](#)

10/6 - [Seventh Annual Awesome Alki Bash](#)

2018 PNA Open Water Series



COMPLETED: June 9 - The series starts with the Whidbey Island Adventure Swim. The race includes 1.2- and 2.4-mile races off the shore of Langley, WA, beginning and ending at Seawall Park. Both distances follow a rectangular course with the 1.2-milers turning halfway down the course and the 2.4-milers swimming the full rectangle. <http://www.whidbeyadventureswim.org/>

COMPLETED: July 14 - The second swim 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.org/



COMPLETED: August 5 - Next is Swim Defiance, which re-enacts the 1926 Dalco Passage crossing. The race location is Owen Beach in Point Defiance Park on Commencement Bay in Tacoma, WA. There is a clockwise 5K triangular course swim beginning and ending at Owen Beach and a one-way 3K linear course swim from Vashon Island (after a 15-min ferry ride) to Owen Beach with competitive and non-competitive divisions. <http://www.swimdefiance.com>

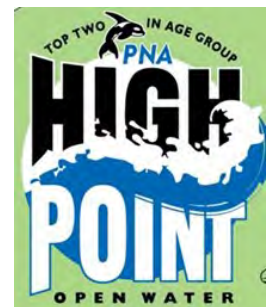
COMPLETED: August 25 - The fourth event is the Aly Fell Memorial Open water Invitational held at Lake Padden in Bellingham, WA. Four distances will be offered (10K, 5K, 2.5K, and 1/2 mile) swum over a 1.25K course. <http://www.alyfellmemorialopenwaterswim.com/index.html>



September 15 - The series finishes with the Last Gasp of Summer. This race takes place at Angle Lake in Seatac, WA and includes 1- and 2-mile races on a rectangular course. One-milers swim one lap, two-milers swim two laps. 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 swum. One Event registrants are not eligible. 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).



PNA Open Water Series sponsor



2018 Last Gasp of Summer Open Water Swim

One and Two Mile Events
Saturday September 15th, 2018

Sanctioned by PNA for USMS Inc.
Hosted by: Blue Wave Aquatics

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

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

EVENTS: 1-mile wetsuit / non-wetsuit, 2-mile wetsuit / non-wetsuit

CHECK-IN: Check-in will open at 8:30am. No late check-ins will be
allowed.

TIME: 1 and 2 Mile Swims

8:30am	Registration opens
9:30am	MANDATORY Safety Meeting
9:40am	Chip check-in and warmups
10:00am	Start USA 2 Mile Swim
10:05am	Start USMS 2 Mile Swim
10:10am	Start USA 1 Mile Swim
10:15am	Start USMS 1 Mile Swim
10:20am	Start Julie Montiel Fun Swim
11:00am	Start USA 500 Meter swim at the conclusion of the 2 Mile Swim

ELIGIBILITY: Open to all 2018 registered Masters swimmers
(USMS or MSC). The eligibility of a swimmer shall be determined
by the age of the swimmer on Dec 31st of the year of competition,
except for 18-year-olds, who must be 18 on the day they swim.
Competitors not registered may either register for USMS or pay the
USMS one-day membership fee of \$22.

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.).

JULIE MONTIEL FUN SWIM:

Fins, snorkels, masks, and safety buoys are allowed. Hand
paddles are NOT allowed. This swim is not an official USMS timed
swim and your times will not be eligible for submission.

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:

\$60 – Early entry before Sept 1
\$70 – Sept 2 thru Sept 13
\$80 – Day of race entry
\$22 – One-Event USMS registration (see eligibility)

*There will be NO refunds if the race must be cancelled due to
adverse conditions, dangerous waters, or other safety
decision or act of God. Online entries are non-refundable and
non-transferable.*

ENTRY DEADLINE: Online registration opens on Sunday, July
15th and closes at 11:59pm PDT on Thursday, 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=10807](https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=10807)

PAPER ENTRIES: Day of the race only.

RESULTS: Posted onsite after the race. Available online within a
few hours on website at
<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
Sea-Tac 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: Eric Durban
lastgaspofsummer@BlueWave-Aquatics.com or call
206 423-8043

REGISTRAR: Angela Turley, 253-797-4920
Registrar@BlueWave-Aquatics.com

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

Bainbridge Aquatic Masters BAMFest 2018
Saturday, October 13th, 2018

Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanctioned by PNA for USMS Inc. #368-S008

LOCATION: Bainbridge Island Aquatic Center, 8521 Madison Ave, Bainbridge Island WA 98110

FACILITY: 25yd pool, 6 lanes, separate warm-up area. Temp 82°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.

TIMING SYSTEM: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

MEET DIRECTOR: Greg Cole - Text: (206) 387-2153 or email: BAMFest2018@gmail.com.

MEET REFEREE: Mike Murphy, swimoff1@gmail.com.

CONCESSIONS: Free, donations accepted.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2018 USMS or foreign registered swimmers 18 and above as of 10/13/2018. Age groups based on the swimmer's age as of 10/13/2018.

ENTRY DEADLINES: Swimmers may enter up to 6 individual events and 2 relays.

Individual Entries and Relay Only swimmers:

Online Entry Deadline: Tuesday, Oct 9, 11:59 PM
Paper Entry Deadline: Postmarked by Friday, Oct 5
NO race day individual entries accepted.

Relay Entries:

Online relay entry available Wednesday, Oct 10, 9:00 AM to 11:59 PM (One day). Relay entry also available at meet.

ORDER OF EVENTS

Modified "High School" Format

1/2	Womens/Mens	9	100 Free
	200 Medley Relay	10	500 Free
3	200 Free	11	100 IM
4	50 Back	12/13	Womens/Mens
5	200 IM		200 Free Relay
6	50 Free	14	100 Back
	-- 15 min break --	15	50 Fly
7	100 Fly	16	100 Breast
8	50 Breast		

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



CHECK-IN: Positive check-in required for the 500 Free by the conclusion of event #6. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Enter Relays online on Oct 11th or deck-enter relays at the meet at no charge. Mark your relay entry card carefully to ensure correct intent and results.

AWARDS: Ribbons will be awarded for 1st, 2nd and 3rd place finishers in each age and gender group.

ENTRY FEES: \$16 U.S. (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=10820

PAPER ENTRIES: Use the PNA Generic Entry Form available on the PNA Website or in the WetSet. Make checks payable to *BAM* and mail to: *BAM, PO Box 10934, Bainbridge Island, WA 98110.*

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

From West Sound: Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool entrance on the right.

LODGING:

- Eagle Harbor Inn, 291 Madison Ave. S., Bainbridge Island, (206) 842-1446 (www.theeagleharborinn.com)
- BEST WESTERN INN PLUS, 350 NE High School Road, Bainbridge Island, (206) 855-9666
- Island Country Inn, 920 Hildebrand Lane, Bainbridge Island, (206) 842-6861
- Suquamish Clearwater Casino Resort 15347 Suquamish Way, NE, Suquamish (866) 609-8700
- Airbnb www.airbnb.com



Snohomish Aquatics Masters Meet

Sunday, November 4, 2018

Warm-up: 8 AM - Meet starts at 9 AM to NLT 1 PM

Sanctioned by PNA for USMS Inc. 368-SXXX

LOCATION: Snohomish Aquatic Center 516 Maple Ave,
Snohomish, WA 98290 (360) 568-8030

FACILITY: Competition 25 yard, 10 lanes. Temp 79-81°F.
Continuous warmup in the extra lanes not being used for competition. Electronic timing. The number of lanes used for competition will range from 6 to 8, depending on size of meet. At least one lane will be available for continuous warm-up. 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. **7'-12.5' deep.**

TIMING SYSTEM: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

DIRECTOR: Rob Serviss – robert.serviss@snohomishaquatic.com

REFEREE: Dave Baer - dlbaer53@gmail.com

CONCESSIONS: Available.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2018 USMS or foreign registered swimmers 18 and above as of 11/4/2018. Age groups based on **the swimmer's age as of 11/4/2018.**

ENTRIES: Individual entries and Relay-Only Swimmers:
Swimmers may enter up to 6 individual events. Entries must be submitted online by 11:59 PM (Pacific) Sunday, October 28th, 2018 OR postmarked by Thursday, October 25th, 2018.

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 6 individual events.

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. Check in for the 500 Free by the conclusion of event #5. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: At the Meet: Deck-enter relays may be entered at the meet. Mixed relays require two men and two women. Deck entries due by 8:30am for Event #1, Mixed Medley Relay. Deck entries due by end of event #5 for Event #9, Mixed Free Relay. No charge for relays.

AWARDS: Available for purchase at meet.

ENTRY FEES: \$16 (US; includes LMSC and timing surcharges) PLUS \$3 per individual event (optional for seniors and needs-based swimmers). Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet. No charge for relays.

ORDER OF EVENTS

1	Mixed 200 Medley Relay	8	Mixed 100 free
2	Mixed 200 Free	9	Mixed 200 Free Relay
3	Mixed 50 Back	10	Mixed 100 Back
4	Mixed 200 IM	11	Mixed 50 Fly
5	Mixed 50 Free	12	Mixed 100 Breast
---10 minute BREAK -----		13	Mixed 100 IM
6	Mixed 100 Fly	---10 minute BREAK -----	
7	Mixed 50 breast	14	Mixed 500 Free
500 Free limited to 32 entrants			

ONLINE ENTRIES: Enter online at:
https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=10821. 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 Snohomish Aquatic Center, and mail to: Snohomish Aquatic Center c/o – Rob Serviss, 516 Maple Ave, Snohomish, WA 98290.

DIRECTIONS:
North - I-5S, Take exit 194 for US-2 E toward Wenatchee, Continue onto US-2 E, Take the 88th St SE exit, Turn right onto 88th St SE, Continue onto 92nd St SE, take a right onto Maple Ave.
South – I-5N, Take exit 194 for US-2 E toward Wenatchee, Continue onto US-2 E, Take the 88th St SE exit, Turn right onto 88th St SE, Continue onto 92nd St SE, take a right onto Maple Ave

ENTRY QUESTIONS: Rob Serviss -
robert.serviss@snohomishaquatic.com

LODGING: Snohomish Inn, 323 2nd St, Snohomish, WA 98290
Phone: (360) 568-2208



2018 Puget Sound Masters SCM Championship Meet
 Saturday – Sunday, November 17-18, 2018
 Hosted by Puget Sound Masters
 Sanctioned by PNA for USMS Inc. #368-xxxx
 Observed for USA Swimming

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 25m
 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.



TIMING SYSTEM: The primary timing system will be automatic timing.
 Times may be submitted for USMS records and USMS Top 10
 consideration.

SCHEDULE: Saturday, Nov 17 and Sunday Nov 18, warm-up 9-
 9:50am, meet starts 10am.

MEET DIRECTOR: Lisa Dahl, waterpolo890@hotmail.com 206-337-
 2204

MEET REFEREE: Teri White, teriwhite53@gmail.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 2018 USMS or foreign registered swimmers
 18 and above as of 11/18/2018. Foreign registered swimmers must
 provide a copy of their current registration card. Age groups based
on the swimmer's age as of 12/31/2018. 18-24, 25-29... and up in
 5-yr increments.

ENTRIES: Swimmers may enter up to 6 individual events, 6 individual
 events/day max.

- Individual entries and Relay-Only Swimmers: Entries must be submitted online by 11:59 PM (Pacific) Sunday, November 11, 2018 OR postmarked by Wednesday, November 7, 2017.
- Relay teams may be entered from 9:00 AM Monday, November 12th to 11:59 PM Wednesday, November 14th.
- Deck entry for relays will also be available at the meet. See 'Relays', below.
- Swimmers will register by CLUB (i.e. PSM, BWAQ) rather than workout group (i.e. LWM, GLAD).

**NO INDIVIDUAL ENTRIES ACCEPTED AFTER SUNDAY NOV 11TH,
 2018 11:59 PM (PACIFIC TIME)**

SEEDING: At the discretion of the Meet Referee and Meet Director,
 two courses may be used for the 800 Free, 400 Free, and 1500
 Free. A single course will be used for all other events. All events
 slow to fast. Pre-seeding except for asterisked events in chart.

POSITIVE CHECK-IN DEADLINES: Saturday: 800 Free – 9:30am;
 400 IM – 9:30am; Sunday: 400 Free – 9:30am, 1500 Free – end of
 Event #34. Swimmers missing the check-in deadline will be
 scratched from the event.

RELAYS: Age groups (sum of ages): 72- 99, 100-119, 120-159, 160-
 199, 200-239, 240-279, ... (40-year increments as high as
 necessary). The aggregate age of the four relay team
 members determines the relay age group. Mixed relays
 require two men and two women. Relays may be entered
 online before the meet or deck-entered at the meet. Deck
 Entry Relay entries due as follows:

- #9-#11: by the end of event #2
- #20-#22: by the end of event #13
- #31-#33: by the end of event #23
- #40-#41: by the end of event #34

AWARDS:

- Medals may be purchased at meet.
- High point awards for each gender and age-group combination

ENTRY FEES: \$38.00 includes LMSC surcharges. PLUS \$4 per
 individual event (optional for seniors and needs-based swimmers).
 No charge for relays. Relay only swimmers pay \$38.00 surcharge.

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=10826

ENTRY QUESTIONS: Linda.Chapman@comcast.net

2018 PSM SCM Order of Events			
Saturday, Nov 17		Sunday, Nov 18	
50m, 100m and 200m events: Order W then M			
	Warm Up 9am		Warm Up 9am
1	800 Free - Mixed *	23	400 Free - Mixed *
2/3	200 IM - W/M	24/25	100 Breast - W/M
4/5	50 Back - W/M	26/27	50 Fly - W/M
6/7	200 Fly - W/M	28/29	200 Free - W/M
8/9	100 Free - W/M	30/31	100 IM - W/M
	Break 5 minutes		Break 5 minutes
10/11	W/M 200 Free Relay	32/33	W/M 400 Free Relay
12	Mixed 400 Medley Relay	34	Mixed 200 Medley Relay
13	400 IM - Mixed *	35/36	50 Breast - W/M
14/15	100 Back - W/M	37/38	200 Back - W/M
16/17	50 Free - W/M	39/40	100 Fly - W/M
18/19	200 Breast - W/M		Break 5 minutes
	Break 5 minutes	41/42	W/M 200 Medley Relay
20/21	W/M 800 Free Relay	43	1500 free - Mixed *
22	Mixed 200 Free	*	Positive Check-In Required

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.

PNA GENERIC ENTRY FORM

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.

----- Cut Here -----

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.

Table with 5 columns: Last Name, First Name, MI, Sex (circle) M F, Date of Birth (mm/dd/yy). Includes rows for Street Address, City, State, Zip; Signature of Participant; Date Signed.

PNA Calendar

PNA-SANCTIONED OPEN WATER EVENTS:

9/23 - [Last Gasp of Summer](#)
Angle Lake Park, Seatac, WA

2018 USMS EDUCATION CLASSES:

9/15 - Coach Certification Levels 1-2
Portland, OR
9/15 to 9/16 - [Clinic Course for Coaches](#) Portland, OR
9/16 - [Stroke Development Clinic](#)
Portland, OR

PNA-SANCTIONED POOL EVENTS:

10/13 - [BAMfest](#)
Bainbridge Island, WA

11/4 - [Snohomish Aquatic Masters Meet](#)
Snohomish, WA

11/17-18 - [PNA SCM meet](#)
Federal Way, WA

[Search USMS Calendar of Events](#)

(Paid advertisement)



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