

PACIFIC NORTHWEST
ASSOCIATION OF
MASTERS SWIMMERS

U.S. MASTERS
SWIMMING IN
WESTERN
WASHINGTON

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The WetSet

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President's Message

By Sally Dillon, PNA President

In a couple more months we'll be welcoming a new decade and in case you didn't realize it, USMS will be celebrating 50 years of existence in 2020. The first "National Masters Swimming Championship" meet was held in Amarillo, TX in May of 1970. It was sponsored by the American Swimming Coaches Association and attended by some very influential swimmers who went on to be leaders of the organization in the early years - including Capt. Ransom J. Arthur M.D., who is considered to be the "father" of USMS. Click [here](#) for results of this meet.



Swimmers from 10 teams participated that first year and in 1971, 32 teams were represented at the "2nd Annual U.S. Masters Swimming Championships", also held in Amarillo. The first sign of a participant that I recognize from PNA is Michael McColly, who attended the 3rd National Championship meet in 1972, which was held in San Mateo, CA. Mike represented the San Mateo Marlins at the time. In the 1973 meet, held in Santa Monica, CA, there are a couple more familiar names, which I associate with PNA. Pat Matthiesen and Bob Miller are listed in the results and two clubs – Port Townsend Swim Club and Red Shield Tigers are likely from PNA, according to PNA historian Walt Reid. Mike and I attended this meet, but he was still in San Mateo and I was living in Long Beach, CA. If you're interested in viewing results from any of the USMS national championship meets, you will find them listed here: <https://www.usms.org/content/nationals>.

What can you do to help celebrate USMS's 50th anniversary? Can you be more active in the organization? Will you participate in a meet (compete or be a volunteer) and reap the benefits of USMS? Will you work behind the scenes to serve your club or your LMSC? If you'd like to get involved at the organizational level, drop me a note at salswmr@comcast.net and we can discuss the possibilities!

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President's Message (cont)

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Potential New Year's Resolutions for 2020! Get to practice more regularly.....Focus on stroke technique.....Participate in more meets.....Get stronger in the water.....Lose 10 pounds.....Make new friends in the pool and on the deck.....Do more to help PNA.....

Maybe some of these resolution ideas will be on your list come January and hopefully, you will have others that involve Masters Swimming.

Eleven PNA members attended the annual convention, which was held September 11-15 in St Louis, MO. The event took place at the Hyatt Hotel, which afforded a terrific view of the historic Gateway Arch National Monument from most rooms. Most of us arrived early or stayed late so we could visit the Arch and the new museum that is located underneath it (underground). The city has recently enhanced an already beautiful **monument by developing a wonderful park in the area. You'll find an article written by Steve Peterson** regarding the business end of the annual meeting elsewhere in *The WetSet*.

Welcome New Swimmers

Amsberry, Jeff	Heywood, Madeline	Morlan, Heather	Shere, Sankalp
Atwood, Justin	Hinkley, Zack	Morris, Alfred Jason	Siegfried, Julie
Benevedes, Emily	Holod, Rosanna	Muia, Joseph	Smyth, Leah
Bernbaum, Laurie	Ivaldi, Evan	Myrick, Kymmberly	Solero, Betty
Bhagate, Madhura	Jaeger, Brian	Naughten, Patrick	Speirs, Felicity
Bigelow, Carla	James, Alisa	Ng, Vivien	Sroge, Collin
Bloom, Melissa	Jones, Carolyn	Nguyen, Quynh-Anh	Stevson, David S
Boemer, Jens	Joslin, Nora	Ni, Jake	Stewart, Tamirra
Bogdon, Tara	Jung, Barbara	O'Connor, Cort	Strang, Ginny
Borromeo, Raul	Keating, Christine	O'Connor, Karen	Thompson, Hilda
Brandt, Claire	Keough, Matthew	O'Dell, William	Tsang, Trista
Burrows, Matthew	Kimball, Hugh	Petereit, Kristi	Turek, Shanna
Carlson, Leanne	Kimball, Nate	Phelps, Dan	Tzou, Carrie
Coenen, Toby	Kjerulf, Justin	Puccio, Maria	Vana, Jennifer
Connelly, Ginny	Krauss, Taylor	Ralstin, Grace	Vazquez-Bryan, Jennifer
Corbitt, Holly	Larson, Dan	Ralstin, Madeline	Verkerk, Cees
Cossairt, Brandi	Legan, Jason	Raubitschek, Tony	Verlinde, Sarah
Crowder, Brooke	Levin, Mark	Robertson, Ed	Vilage, Serena
Davidson, Katelyn	Lin, Dannica	Rose, Susan	Walker, Scott
del Moral Gonzalez, Juan	Loftus, Cris	Rosen, Michael	Wintermute, Logan
Dozier, Becca	Longenecker, Brent	Rostov, Audrey	Wong, Austin
Eldred, Marcus	McLaughlin, Larin	Roth, Ali	Wood, Sarah Beth
Frey, Hillary	McNulty, Maureen	Salmi, Jenny	Zacharias, Reva
Graham, Haley	McPhee, Sarah	Sarrazin, Jason	Zahn, Robert
Harder, Jake	Minkel, George	Schroeder, Jessica	Zaro, Bridget

USMS Convention 2019

By Steve Peterson

Cleverly taking advantage of proximity just across the street from the Gateway Arch National Park in St. Louis, this year's USMS convention theme was "Gateway to Our Future." PNA was again well represented by its *eleven* delegates attending along with more than 230 others from the other 51 LMSCs around the country.

Our membership size (1575) entitled us to four delegates: Linda Chapman, Hugh Moore, Stephanie Hiebert, and Walt Reid. Four others are granted "automatic" status for their committee memberships: Kathy Casey (*Rules Committee*); Jane Moore and Steve Peterson (*Legislation Committee*); and Jim Davidson (*Long Distance Committee*) and three by virtue of their positions: Sally Dillon (Chair, *NW Zone*); Sarah Welch (Chair, *Diversity and Inclusion Committee*); and Teri White (Chair, *Officials Committee*). Sally is also a member of *LMSC Development and Recognition and Awards*; Hugh also serves on *Governance and LMSC Development*; Jane also on *Sports Medicine and Science*; Linda on *LMSC Development*; and Walt's on *History and Archives* and serves as Liaison to the International Swimming Hall of Fame.

PNA's convention policies allow for each delegate to be reimbursed for registration, airfare, ground transport, and half the room expense. Fortunately, certain roles at the national level are funded entirely by USMS. Even so, this year's convention expense for PNA totaled approximately \$10,000, which is a budgeted expense. A proposal from the National Office, the "Unified USMS Membership Fee Concept," may bring a change to convention delegate funding in a couple years (see more details below).



Gateway Arch (the Space Needle would fit beneath it by 25 feet)



Northwest Zone delegates

Significant changes to convention procedures in recent years – like any good coaching – have concentrated on better streamlining of the body. Rule Book amendment proposals are no longer divided between "wet" and "dry" in alternate years. Of the 17 Rules ("wet") proposals this year, 13 were adopted. Of the 14 Legislation ("dry") proposals, 10 were adopted. Long Distance had the most proposed at 29; 1 was tabled and 27 were approved (including 23

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USMS Convention 2019 (cont)

(Continued from page 3)

“housekeeping” proposals). None of these proposals was as contentious as some in the past, but there was lively discussion on several. Minutes detailing all the meetings and proposals can be found at <https://www.usms.org/admin/minutes/index.php?GROUPID=&EVENTID=86>.

The annual budget setting process also has evolved, allowing the House of Delegates to conclude its business much earlier on Saturday afternoon in the last two years.

2019 was an election year, with 11 nominees for seven positions. Electronic voting has reduced this formerly time-consuming process as well. Delegates used their phones or laptops to respond to an election app, eliminating manual ballot submission and counting. The House of Delegates elected a new Board of Directors to be led by Peter Guadagni, as Patty Miller concluded her second two-year term and becomes the Immediate Past President. (See the new Board at <https://www.usms.org/admin/org.php>.)

Last year, the National Office was tasked to **“evaluate the benefits ... of moving ... toward unified membership fees nationally”** rather than continuing the current method of each LMSC adding separate local fees to the national fee. The primary upshot would be a simple answer across the country to **“What does it cost to join Masters?”** Also, some LMSCs **“spend the bulk of their budget on the costs associated with the USMS Annual Meeting, resources that could be better utilized and refocused at the local level.”** Many LMSCs collect very little from their members for operational funds; the Unified Fee would return \$12 per member to each LMSC. Note that PNA has collected \$13/member for a number of years, so the Unified Fee would reduce our income by \$1 but we would be relieved of the cost for hotel rooms at convention. If approved in 2020, possible benefits to the general membership might include multi-year memberships, segmented membership types, automatic renewals, and bulk USMS registration/renewal. The target date for implementation is 2021. Read the specifics at: https://www.usms.org/-/media/usms/pdfs/convention/2019%20convention/unified_fee_memo.pdf



Kathy Casey, Walt Reid, Linda Chapman, Rick Colella, Sally Dillon, Steve Peterson at MISHOF Induction Ceremony

Convention delegates do get time off from deliberations, workshops, and voting. We caught up with friends from around the country, enjoyed the sponsor-hosted Welcome Reception (free food!), the Ozark LMSC-

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USMS Convention 2019 (cont)

(Continued from page 4)

hosted Social (free food, including famous St. Louis toasted ravioli and Ted Drewes Frozen Custard!), and this author made all three early morning workouts at a local pool. More Masters delegates ought to attend the *Masters International Swimming Hall of Fame Honoree Induction Ceremony*, and not just for the ... free food! (MISHOF was renamed slightly to avoid confusion with the existing IMSHOF [*Marathon*] variant). This year many Northwest Zone delegates attended the event for the induction of **two "locals"** – Willard Lamb (OR) and Rick Colella (PNA). Willard is 97 years young, a former Husky swimmer, and has been smashing National and World records since joining Masters Swimming in **his early 80's!** Rick is well known as a 1972 and 1976 Olympian and long-time Masters Swimmer who has set uncountable National and World Records.

The culminating U.S. Aquatics Awards Banquet offered not only a superb dinner to the 1400 delegates from all five disciplines, but inspiring comments from special guest Olympian and St. Louis native Jackie Joyner-Kersey and motivating awardee acceptance speeches and videos from **USA Water Polo, Diving, Synchro** ("Don't call us 'Artistic Swimming' just yet!"), and **Swimming**, featuring *Swimmer of the Year* Caeleb Dressel and *USA Swimming Awardee* Michael Phelps (both in absentia). Of course, the Masters presented a hilarious and well done (this year, anyway!) roast of *Capt. Ransom J. Arthur Award* winner Jeff Roddin (Maryland), which included *Coach of the Year* winner Rich Garza (Texas) in the skit.



MISHOF Inductees 2019 Rowdy Gaines, Rick Colella, Willard Lamb, Marjorie Anderson, Carolyn Krattli, Jim Miller, Asta Girdauskiene, Joao Meirelles (not shown Satoko Takeuji)

It's time to renew your USMS membership. Click [here](#).

BAMFest

The annual BAMFest SCY meet was held Saturday, October 12, at the Bainbridge Island Aquatic Center. The event featured 120 swimmers representing 20 teams registered for 380 individual events and combining for 31 relays.

Zena Courtney (BWAQ, 60-64) was the top individual finisher, winning all five of her events: the 100, 200, and 500 free and the 50 and 100 back. Heather Morlan (YPKC, 25-29) and Erik Petersen (SAM, 30-34) each earned four firsts and a second, while 10 others also took four firsts: Kristine Cox (BAM, 40-44), Rita Belserene (BAM, 65-69), Morena Calvo (PSM, 30-34), Kate Carruthers (BAM, 70-74), Chelsea Chan (BWAQ, 25-29), Erin Cyger (BAM, 45-49), Matthew Keough (UC36, 45-49), David Scott (YPKC, 50-54), Barney Voegtlen (BAM, 70-74), and Reva Zacharias (CGSM, 18-24).

Complete results can be found [here](#).



Board member Sarah Welch (left) gives out "goody bags" to new USMS members



Officials Dick Chapman and Mike Murphy

Last Gasp of Summer

The ninth annual Last Gasp of Summer open water swim took place September 14 at Angle Lake in SeaTac. There were 101 finishers in the eight categories: USMS 1-mile & 2-mile wetsuit; USMS 1-mile & 2-mile non-wetsuit; USA-S 500-meter, 1-mile, and 2-mile; and the Julie Montiel 1-mile. Participants ranged in age from 10-82 years.

Swimmers setting new event records in their categories included Kirby Schaufler (44 years old), Tammy Koppelberger (47), Sheryl Mohwinkel (47), Dan McGrath (54), Zena Courtney (60), Mike Nelson (61), Judy Williams (71), Richard Duringer (78), and Dick Peterson (82).

Full event results are available [here](#).



2019 PNA Open Water High Point Awards

Each year PNA presents special swim caps to our Open Water Series High Point winners, who are listed below. Special congratulations go to David Dahl (PSM, 30-34), who was the top overall finisher with 110 points, followed closely by Peter Gillis (UC36, 60-64), who scored 100.

Swimmers must be USMS and PNA registered to be eligible and must have swum in at least two events to qualify. Points were awarded by place as follows: 22 points (1st place); 18 (2nd); 16 (3rd); 14 (4th); 12 (5th); 10 (6th); 8 (7th); 6 (8th); 4 (9th); and 2 (10th).

Congratulations to all!

Name	Group	Club	Points	Name	Group	Club	Points
Daniels, Avery	F18-24	PSM	40	Dahl, David	M30-34	PSM	110
Anderson, Sydney	F25-29	UC36	44	McCurdy, Ian	M30-34	PSM	56
Gleixner, Amy	F30-34	PSM	88	Miles, Chad	M35-39	UC36	26
Schott-Bresler, Kayla	F30-34	PSM	56	White, Andrew	M40-44	UC36	62
Winans, Amanda	F35-39	PSM	38	Koppelberger, Jason	M45-59	PSM	48
VanOss, Ashley	F35-39	PSM	36	Brain, Oscar	M45-49	PSM	28
Ferries, Jenny	F35-39	PSM	36	D'Alessandro, Gianluca	M50-54	UC36	46
Williams, Karin	F40-44	PSM	36	Van Pelt, Darren	M50-54	PSM	40
Johnson, Catherine	F40-44	UC36	22	Smith, Daniel	M55-59	BWAQ	78
Koppelberger, Tamara	F45-49	PSM	66	Schaufler, Kirby	M55-59	PSM	44
Wolfe, Amy	F45-49	PSM	44	Gillis, Peter	M60-64	UC36	100
Skrzypek, Heidi	F50-54	ROCK	92	Freeborn, Stephen	M60-64	BWAQ	94
Clauson, Fiona	F50-54	PSM	40	Methner, Wayne	M65-69	PSM	66
Fertig, Tricia	F55-59	PSM	66	Peterson, Dick	M80-84	PSM	44
Harriss, Nancy	F55-59	UC36	24	Drawbaugh, Kirby	M80-84	BWAQ	44
Courtney, Zena	F60-64	BWAQ	44				

Looking For New Meet Hosts

PNA has lost two of its regular spring meets - the Lake Washington Masters Invitational (Kirkland) and Port Angeles Swim Club Masters will not be held in 2020.

Can your team host a meet at your local pool? PNA will mentor any team wishing to become a Meet Host.

Contact Meets Chair Linda Chapman at chapman_family@comcast.net for more information.

Swimmer Spotlight

The Joy of Flying - an interview with Erin McPeak
by Tom Walker of TWIM

If you're reading this you are probably moved by the beauty of a skilled swimmer gracefully powering through the water like a flawless, streamlined arrow. You probably also marvel at the efficiency and power of such a champion, as though there is no water, no swimmer, but rather the two as one in a magnificent aquatic vision.

Yes, I must confess, Dear Reader, that I have been moved to tears when I have watched such a one glide through the water like a Turbo-Jet in the 400 IM. I have thought to myself, "My God, so that's how you swim!"

Our own Erin McPeak is now the reigning 200 Meter Fly 35-39 Age Group Champion in USMS, having delivered a stellar swim at the USMS Summer Nationals down in lovely Southern California a few months back. **Yes, that's right; this young lady loves the Fly!**

The event that justifiably strikes terror in the hearts of mere mortals is **Erin's favorite pastime!**

And I'm guessing that you are also driven by a wild passion and determination for this sport of swimming and that you are unquenchably persistent in your pursuit of it.

Take all that and multiply times 10, for Erin exemplifies all of those qualities to the highest degree, bringing an undying commitment to our sport and a perseverance born of an unstoppable desire to swim, in spite of the adversities and challenges that we all face on our aquatic journey.

Her determination is inspirational!

I sat down with Erin recently to talk about how she managed to be so good!

TW: So how did it all get started, swimming that is?

EM: Well both of my two older brothers, Sean and Kevin, were already in swim team. I would go to their swim practices each day with my mom and watch. One day, when I was five years old, my Mom said that it was time for me to get wet and join my brothers. I grew to love swimming, because I was able to swim with my brothers and their friends. My first coach (Mara) wanted me to start off with backstroke, but very quickly Mara learned that my best stroke that came natural for me was butterfly. Once we found out that I had the natural feel, hip undulation, and upper body strength for butterfly was when my swimming really began. I loved how when I swam butterfly, I felt strong and powerful!

TW: Who were your early influences and sources of inspiration?



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Swimmer Spotlight (cont)

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EM: The two most important influences for me in my swimming career are Misty Hyman and Mel Goldstein. Misty won the gold medal in the 200 meter butterfly at the 2000 Summer Olympics in Sydney, Australia. Misty has been a personal friend for about 20 years and we met when I went to a swimming camp at Desert Fox Swim Club in Arizona, **which was Misty's home swim team. I admired Misty for her work ethic, under water kicking technique, butterfly workouts, respecting having balance between life and training, and her positive attitude.** Mel Goldstein has been a long-term friend for about 25 years. Mel is a past President of USMS and is the Founder of Indy Aquatics Masters in Indianapolis, IN. I swam for Mel after collegiate swimming when I joined Indy Aquatics Masters. Mel is also a fellow 200 butterflyer and he still currently competes. Mel has been a source of inspiration because of his passion for the sport of swimming, endless knowledge on butterfly training/racing, and his beliefs in quality yardage not garbage yardage.

TW: Tell us about your history as a swimmer.

EM: I swam on USA-S Club Team in Illinois, New Jersey, and then in Indiana when my parents relocated to the Midwest. I then swam at the NCAA Division II collegiate level at Butler University in Indianapolis. Following college, I continued to train with my USA-S Club team (FINS with Ed Merkling in Indianapolis) for many years while I completed my pre-requisite courses for my Physician Assistant Program and worked full-time. When I started the Physician Assistant Program at Butler, I joined Indy Aquatics Masters. I quickly learned to love Masters Swimming!

TW: How did you find out about Masters Swimming?

EM: I joined Indy Aquatics Masters and swam for Mel Goldstein. Since I had already known Mel since I was 14 years old, I got recruited at a very young age. I wanted to swim for Indy Aquatics Masters and be coached by my long-term friend/role model Mel when I transitioned from USA-S to Masters Swimming. I quickly **learned to love Masters Swimming. Master's Swimming is much different than USA-S swimming.** With Masters Swimming, I learned the true personal value of swimming and how to swim only for myself.

TW: So when did you start as a Masters swimmer?

EM: When I started the Physician Assistant Program at Butler.

TW: What is it that keeps you swimming?

EM: I love swimming because I enjoy the process and feeling of accomplishment by completing the daily practices. I enjoy training and the feeling of success when I am able to push my body to the limit in both practices and a race. Swimming has taught me the true value in life which is having the support of family and friends at both workouts and races. The friends that I made in the



At summer nationals.

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Swimmer Spotlight (cont)

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swimming family around the country, the love for racing, and the continued drive to push my body to the limit in each 200 butterfly race are what keeps me coming back day after day to the daily grind!

TW: Why is swimming important to you at this point?

EM: Swimming helps me to manage the daily stress of work, life, refuels my mind and body, and keeps me grounded. Swimming is truly both a great workout and has kept me in shape, but more importantly being in the water is the one area that I feel the most at home and where I feel comfortable with myself. The positive impact that swimming has on my mental health is huge and has become even more important as the stresses and demands of my career have increased.

TW: What are your goals now as a swimmer, as you train toward the future?

EM: I am revamping my training to include more sprinting, 200 butterfly pace work, and underwater kicking. I am also changing my training outside of the pool to include biking, boxing, and improving my running pace/technique. I have also learned the importance that both sleep and nutrition play in supporting consistent training. I find that having a variety in my training helps keep it interesting and fun! So I will be starting my 2019/2020 swim season with swim meets in November both at the Snohomish Masters Meet and the PSM SCM Championships. Over the next several months I will be focusing on my pace work for the 200 butterfly so that when I get to race day my muscles have the memory of the pace that I need to swim in order to reach my goal time. My goal is to focus on the 200 butterfly at the next USMS Spring Nationals in Texas!

TW: What is your vision moving forward as an athlete?

EM: Well, this coming year I will be moving up to the 40-44 age group and there are some very fast fellow 200 butterflyers. So my vision would be to rank in the Top 3 in the 200 butterfly at the 2020 USMS Spring Nationals in Texas.

TW: Tell us about the annual 10K New Year's Swim that you have founded.

EM: When I was younger back in Indiana, my USA-S and USMS swim teams would swim 100 x 100s on New Year's Eve to celebrate the New Year. I always looked forward to this practice because it was challenging to complete, but more importantly was doing the practice with my swimming family. So when I moved out to Centralia, WA to be closer to my family, I wanted to bring this tradition to Thorbeckes Aquatic Center in Centralia. The past two years, my family and close friends have helped me to organize and put on the Thorbeckes New Year's 100 x 100s. The swimmers have the choice to swim 50s, 75s, 100s, or 125s. The New Year's 10K Swim is a way to bring the Puget Sound swimming family together, meet new swimmers, enjoy the camaraderie of your fellow lane mates, and accomplish a challenging practice!



With TWIM teammates.

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Swimmer Spotlight (cont)

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TW: Tell us about your weekly training regimen.

EM: My training consists of 10-12 hours of swimming/week and each practice is between 6000-8000 meters. About 30% of my workouts are butterfly and the remainder is freestyle and IM work. I very rarely do straight 200 butterfly sets. I have learned that breaking up a butterfly set with freestyle helps me to maintain my technique. I also do a substantial amount of kicking with a majority of it working the underwater. I lift 2 days a week, run 25-30 miles/week, dryland 3-4 days/week, and a great deal of stretching. I am also adding biking and boxing to my workouts in order to improve strength. I love training and the feeling of accomplishment by completing the daily grind!

TW: So, Erin, you are now the reigning 200 meter butterfly champion. Tell us how you got here and how it feels.

EM: I had a fantastic time at the USMS 2019 Summer Nationals in Mission Viejo! It was my first USMS Nationals in many years. I swam the 400 IM first as a warm-up event to help calm my nerves which I feel was a smart decision for myself. I was able to swim in a fast pool and race a great 200 butterfly. I felt strong during the 200 fly and was proud of how I finished the race. I negative split the race which more importantly has fueled my goal to work on pacing for this upcoming season. I was able to have my closest friend be at the meet with me and share this experience with him which was truly special and memorable. I have learned that having the support of family and friends is what inspires me and gives me the drive to continue to train and compete. It was truly very special for me to break the PNA 35-39 age group 200 butterfly record. I am looking forward and will challenge myself to break the 200 butterfly 40-44 age group record this coming season!

Registration is open!



BELLEVUE CLUB MASTERS MILE

Sunday, January 19

PNA distance swimmers, here's an event just for you!

Entries are limited to 60 swimmers & entry deadline is Jan 14.

The BC pool is a fast one and the entire 9-lane pool is 9' deep.

Heats will be seeded fast to slow.

Numerous world records were set in 2018 & 2019.

HOW CAN YOU RESIST A POOL THAT LOOKS LIKE THIS?

Click [HERE](#) to register.

Board Meeting Highlights

September 8, 2019

President Sally Dillon reported that Wade Praeger (LWM) has **volunteered to be PNA's Fitness Coordinator and has been appointed to the position.**

PNA submitted a bid to host the 2021 Spring National Championship **meet, but lost out to Greensboro. Two "key reasons": the SCY meet has been "in the west" recently** – notably Riverside in 2017 and Mesa in 2019; and 2) Greensboro has up to 20 competition lanes and up to 31 warm-up/warm-down lanes.

2019 income through August is \$24,036 of which \$1,598 is from donations. Net income to August 31 is \$9,307. PNA had a positive income for the new LCM meet of \$1,436.

Membership: Stephanie reported that we have 1715 members (865 men and 850 women).

2020 meets currently scheduled are the Bellevue Club mile (1/19) and Thunderbird (2/2). PNA champs is on Easter weekend this year, so **Friday/Saturday might be an option. LWM won't be held this year and PASC is having their pool refurbished.**

Historian: Walt has been working on Top 10 postings of late. The information has been moved on the website to a better location. There is a writeup in the current newsletter with details.

The board discussed various issues that will come up at the convention in St. Louis the coming week. The objective was to give non-attending members a chance to provide input, and to discuss issues that are likely to be controversial.

PNA Voting Board Members

President - Sally Dillon
 Vice President - Linda Chapman
 Secretary - Jay Pearson
 Treasurer - Arni Litt
 At-Large Director - Kathy Casey
 At-Large Director - Todd Doherty
 Bylaws - Hugh Moore
 Meets - Linda Chapman
 Membership - Stephanie Hiebert
 Open Water - Jim Davidson
 Appointed Director - April Cheadle
 Appointed Director - Bob DeWard
 Club Director - Kim Boggs
 Club Director - Doug Jelen
 Club/Coach Coordinator - Steve Peterson

Coordinators/ Standing Committees

Awards - Kerry Ness
 Coaches - Kathleen Brooks
 Fitness - Wade Praeger
 Newsletter - Lucianne Pugh
 Officiating - David Baer
 Postal - Sally Dillon
 Records/Top Ten - Doug Jelen
 Social Media - Isaac Contreras Sandoval
 Webmaster - Steve Peterson

Follow us online!



USMS 5K/10K ePostal

In order to complete and enter the USMS 5K ePostal event, four PNA swimmers took advantage of pool time that was secured at the King County Aquatic Center in July. PSM swimmers Allison Cox (35-39), Michelle McRae (40-44), and Andrea Hunt (70-74) combined to take first place in the women's 3x5K relay.

McRae was the only PNA swimmer to compete in both the 5K and 10K and placed second in each event. Cox and Dan Phillips (55-59) also placed second in their divisions in the 5K while Hunt took third.



5K results

Name	Group	Place	Time
Allison Cox	35-39	2nd	1:11:26.46
Michelle McRae	40-44	2nd	1:16:04.09
Andrea Hunt	70-74	3rd	1:37:10.54
Dan Phillips	55-59	2nd	1:10:10.40

10K results

Name	Group	Place	Time
Michelle McRae	40-44	2nd	2:36:55.18
3x5K Relay			
Cox, McRae, Hunt	35+	1st	4:04:41.99

USMS 3000/6000 ePostal

The final National Championship of the year runs through November 15. The 3000 & 6000 swims can take place in 25-yard or 25-meter pools, making pool time much easier than the **summer's events**. Click [here](#) for complete instructions. As with all postal swims, participants do NOT register for the event until AFTER they have completed the swim, but it is important to review the rules before getting started.

The 3000 event can be a good warmup for USMS's largest National Championship postal event, the USMS 1-Hour ePostal National Championship. Look for more information in the January issue of *The WetSet*. The ePostal event will run from January 1 through the month of February.



Alcatraz Sharkfest Swim

by Carl Haynie via TWIM Blog

Earlier this year, TWIM Coach Tammy Koppelberger and her die-hard husband and fellow TWIMmer, Jason Koppelberger, traveled south to partake in the 27th running of the Alcatraz Sharkfest Swim.

Their mission? To brave the shark-infested waters off San Francisco... er wait no ... they tell me sharks have never been a problem. Okay, they braved 58-62 degree water and a 1.5-mile crossing from Alcatraz to Aquatic Park. How's that?!

The Koppelbergers, along with friends Doug and Jerry Brooks, jumped from the ferries shortly after 9am and successfully traversed the infamous crossing with 593 other finishers on July 27th. That may sound like a lot of swimmers until you read there were over a thousand participants entered...SHARKS! I knew it!

So, how did our dynamic duo do, you ask? They excelled, of course!

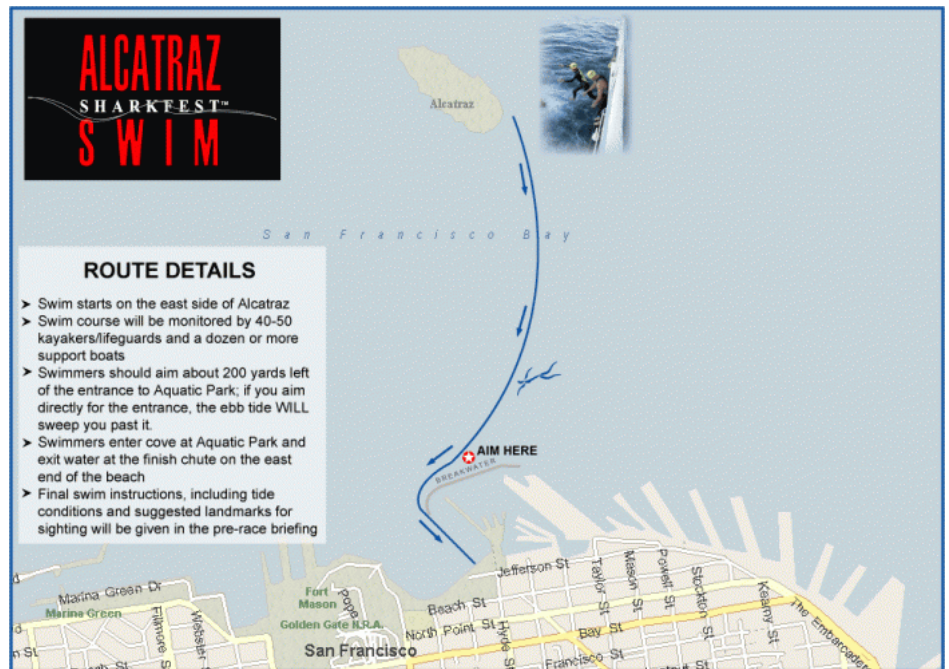
Tammy smashed her competition by finishing first in her age group in 29:55, roughly six minutes faster than the second place winner! Appropriately enough, they awarded her with a bottle of "Bloody Red." Congratulations, Coach!!!

Jason had a fantastic swim as well finishing in 37:55. Asked about the race, he explained that "It was actually easier than Swim Defiance a week earlier!"

The tides were not nearly as bad as Defiance and, as Tammy put it, the "weather and sea state in the Alcatraz Swim were marvelous with flocks of pelicans flying overhead as you swam."

While Tammy and Jason both competed in this race last year, the Coast Guard had deemed the tides too unsafe to make the crossing and had folks swim along the shore. This year was the first time our duo actually got to swim from the Rock.

All in all, fun times and success were had by all in the City by the Bay!



2019 Puget Sound Masters SCM Championship Meet
 Sunday, November 24, 2019
 Hosted by Puget Sound Masters
 Sanctioned by PNA for USMS Inc. #369-S009
 Observed for USA Swimming

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

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 106.2.1, 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.



POSITIVE CHECK-IN DEADLINES: 400 Free: 9:20am, 400 IM: end of event #8, 800 Free: end of event #22. Swimmers missing the check-in deadline may 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:
 - #4-#6: by 10am.
 - #15-#17: by the end of event #7.

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

AWARDS:

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

SCHEDULE: Warm-up 9-9:50am, meet starts 10am.

ENTRY FEES: \$32 includes LMSC surcharges. PLUS \$4 per individual event. PNA Swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#). No charge for relays. Relay only swimmers pay \$32 surcharge.

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

ONLINE ENTRIES: Click [here](#).

MEET REFEREE: Lisa Vetterlein lisa.vetterlein@gmail.com

ENTRY QUESTIONS: Linda Chapman chapman_family@comcast.net.

CONCESSIONS: KCAC vendor, 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 2019 USMS or foreign registered swimmers 18 and above as of 11/24/2019. Foreign registered swimmers must provide a copy of their current registration card. Age groups based on the swimmer's age as of 12/31/2019. 18-24, 25-29... and up in 5-yr increments.

ENTRIES: Swimmers may enter up to 4 individual events.

- Individual entries and Relay-Only Swimmers: Entries must be submitted online by 11:59pm (Pacific) Sunday, November 17, 2019 OR postmarked by Wednesday, November 13, 2019.
- Relay teams may be entered from 9am Monday, November 18th to 11:59pm Wednesday, Nov 20th
- 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)
- The 800 Free is limited to 32 entrants - NO INDIVIDUAL ENTRIES ACCEPTED AFTER SUNDAY NOV 17TH, 2019 11:59pm (PACIFIC TIME).

2019 PSM SCM Order of Events-Sun, Nov 24			
50m, 100m and 200m events: Order W then M			
1	400 M Free-Mixed*	18	400 IM*
2/3	200 M IM	19/20	50 M Free
--- 5 Minute Break ---		--- 5 Minute Break ---	
4/5	W/M 200 M Fr Rly	21/22	100 M Fly
6	Mixed 200 M Mdly Rly	23/24	200 M Breast
7/8	200 M Free	25/26	100 M Free
9/10	100 M Breast	27/28	50 M Back
11/12	50 M Fly	--- 5 Minute Break ---	
13/14	200 M Back	29/30	100 M IM
--- 5 Minute Break ---		31/32	200 M Fly
15/16	W/M 200 M Mdly Rly	33/34	100 M Back
17	Mixed 200 M Fr Rly	35/36	50 M Breast
*	Positive Check-In Required	37	800 M Free*

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.

Bellevue Club Masters Mile
1500 – Short Course Meters
Sunday, January 19, 2020

Warm-ups: 12 noon; meet starts at 1pm
Sanctioned by PNA for USMS Inc #360-S001

LOCATION: Bellevue Club, 11200 SE 6th St, Bellevue,
WA 98004

The Bellevue Club is a private facility. After parking, enter at the athletic entrance and check in at the reception desk (your name will be on a list). Day-use lockers are available in the locker rooms at no cost. Please be respectful of the membership facilities. A block of hotel rooms at the Bellevue Club have been reserved under **“Masters Mile Swim Meet”** – call 425-454-44224 to secure a room.

FACILITY: 25-meter pool, 9 lanes, at least 7 lanes for competition. Temp 81°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. Seating is limited; bring deck chairs.

TIMING SYSTEM: Electronic touch pads with button and watch backup.

MEET DIRECTOR: Sally Dillon, 425-961-0023,
salswmr@comcast.net

MEET REFEREE: Dave Baer,
mailto:dlbaer53@gmail.com

CONCESSIONS: Many delicious choices available at athletic entrance

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2020 USMS or foreign registered swimmers 18 and above as of 1/19/2020.
Age groups based on the swimmer's age as of 12/31/2020 (must be 18 on or before meet date).

ENTRIES: Swimmers may enter only the 1500-meter freestyle. All entries must have an entry time. Use an estimated time if you don't have a time from a previous competition. See conversion chart on registration page.

Entries must be received or online by 11:59pm (Pacific) Tuesday, 1/14/2020. NO race day entries will be accepted. Meet entry cap is 60 swimmers.

SEEDING: The event will be deck seeded fast to slow with age groups and sexes mixed.

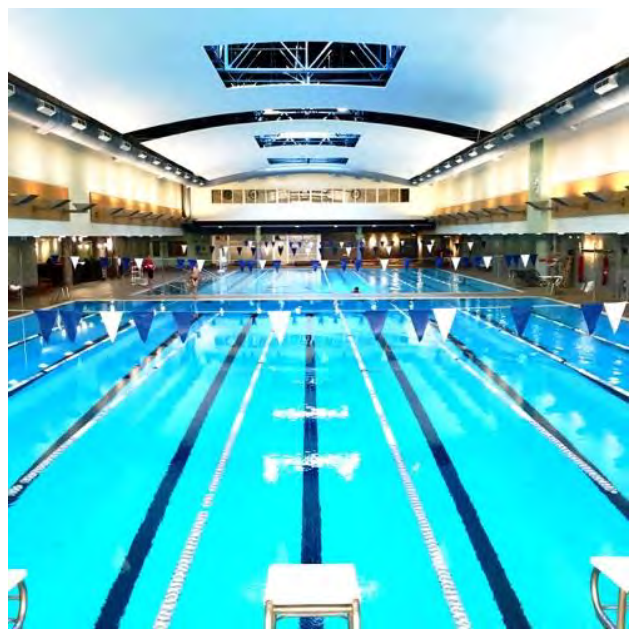
CHECK-IN: In-person positive check-in required by 12:20pm. Online check-in will be available the day of the meet from 6am-noon. Swimmers missing the check-in deadline may be scratched from the event. Online check-in link is [here](#).

AWARDS: PNA medals may be available for purchase at meet.

ENTRY FEES: Flat fee of \$20 US; includes LMSC and timing surcharges.

ONLINE ENTRIES ONLY: Enter online at [this link](#).

DIRECTIONS: From I-405, exit at SE 8th St in Bellevue, WA. Go west on SE 8th, turn right at 114th, and left at SE 6th. The Bellevue Club will be on your right.



Thunderbird Aquatic Club Masters
2020 TAC SCM Masters Meet
Sunday, February 2, 2020
Warm-up: 9am - Meet starts at 10am
Sanctioned by PNA for USMS Inc. #360-TBD

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

FACILITY: 25m pool, six lanes, two side warm-up area. Temp
83°F. The length of the competition course without a
bulkhead is in compliance and on file with USMS in
accordance with articles 105.1.7 and 106.2.1.

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

MEET DIRECTOR: Calvin Milbach cmilbachfpfc@gmail.com

MEET REFEREE: Heather
Brennan brennan@wavecable.com

CONCESSIONS: None.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2020 USMS or foreign registered
swimmers 18 and above as of February 2, 2020. Age groups
based on age of swimmer as of Dec 31, 2020. Foreign
registered swimmers must provide proof of current
registration in their country's federation.

ENTRIES: Swimmers may enter up to 6 individual events.
Online entry deadline: 11:59 PM (PST) Monday, January
27th. Paper entry deadline: postmarked by Wednesday,
January 22nd. NO race day entries accepted.

RELAY ONLY SWIMMERS: Swimmers wishing to swim only
relays at the meet may do so. Same entry deadlines as
above, same surcharge as below.

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

CHECK-IN: Positive check-in required for 400 IM by 9:20am
and 400 Free by the end of Event #14. Swimmers missing
the check-in deadline may be scratched from the event.

BREAKS: Each of the breaks are 5 minutes.

SPLIT REQUESTS: Split requests for an initial distance within
a longer race must be made, in writing, before the event for
backstroke and relay leadoffs OR before the conclusion of
the meet for non-backstroke. See the Clerk of Course.

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

AWARDS: PNA medals may be available for purchase at
meet.

ENTRY FEES: \$16.00; includes LMSC and timing surcharges)
PLUS \$3.00 per individual event. No charge for relays. PNA
Swimmers who need financial assistance for entry fees may
request same from the [PNA Wiggins Fund](#).

Order of Events

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

ONLINE ENTRIES: Click [here](#).

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

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

ENTRY QUESTIONS: Calvin Milbach, 360-293-0673,
cmilbachfpfc@gmail.com.

POST THUNDERBIRD MEET SOCIAL: 2-5pm, Upstairs at
Village Pizza, [807 Commercial Ave, Anacortes 98221](#).
Family Friendly! All swimmers, families, and friends are
welcome to join us at Village Pizza to tell swim stories.

LODGING:
[The Marina Inn](#), 3300 Commercial, 360-293-1100
[Anaco Bay Inn](#), 916 33rd (kitchens), 360-299-3320
[Islands Inn](#), 3401 Commercial (complimentary Dutch
breakfast), 360-293-4644



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 POOL EVENTS:

- 11/3 - [Snohomish Aquatic Masters Meet](#)
Snohomish, WA
- 11/8-9 - [NW Zone SCM Meet](#)
Bountiful, UT
- 11/24 - [PSM SCM](#)
Federal Way, WA
- 1/19 - [Bellevue Club Masters Mile](#)
Bellevue, WA
- 2/2 - [Thunderbird Aquatic Masters Meet](#)
Anacortes, WA

CLINICS:

- 11/10 - [TWIM Freestyle Clinic](#)
Sammamish, WA
- 6/11-14 - [Off Piste Aquatics' Master Swim Camp](#)
Vail, CO

[Search USMS Calendar of Events](#)

13TH ANNUAL
SOUTH DAVIS
MASTERS SWIM MEET
IS PROUD TO HOST THE



Short Course Meters Meet!
November 8 & 9, 2019