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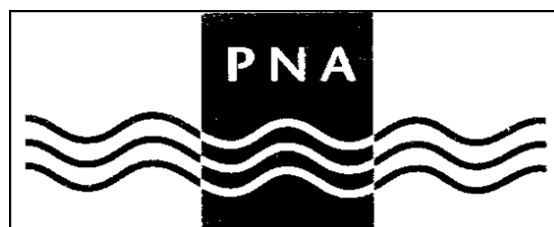
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President's Message

By Sally Dillon, PNA President

PNA Awards – A reminder that the deadline to nominate PNA members for the PNA Coach of the Year and Dawn Musselman Inspirational Swimmer awards is Saturday, March 21. Any member can submit a nomination. The Dawn Musselman award has been presented annually since 1986 and the Coach of the Year award since 2004. See the [January 2020 issue of The WetSet](#) for more complete info on criteria for these awards. The awards will be presented on Saturday, April 11 at the PNA Championships.



PNA Clinics for coaches and swimmers – PNA is offering two different clinics on Sunday, March 29. Both are being subsidized by your LMSC. The Forum for Coaches will **focus on the "dry side" of coaching** - team management. The Clinic for Swimmers will focus on starts, turns, and meet preparation (before and during the meet). Space is limited for each clinic so sign up soon to avoid being left out!

Both clinics will take place at the Stanwood-Camano YMCA. Thanks to Coach Brad Hering for helping with the pool arrangements and thanks in advance to the clinic coaches – April Cheadle, Kathleen Brooks, and Wade Praeger. Details for these clinics can be found in the article on page 2 and on the calendar on page .

PNA Summer LCM meet on Sunday, July 19: PNA will again host a one-day Long Course Meter meet at King County Aquatic Center in Federal Way. While registration is not yet open, I encourage you to put this on your summer calendar so you can plan on attending. **At last year's meet a number of World Records were set. I hope you'll take advantage of this opportunity to swim a Long Course meet without going out-of-state!**



Follow PNA on Facebook

Clinics Available

Mark your calendars for two PNA clinics to be held Sunday, March 29 at the Stanwood-Camano YMCA:

CLINIC 1 - Forum for Coaches, 10am-noon:

Focus of the forum will be on the “dry” part of coaching a Masters team. Topics to include season planning, workout creation, multi-sport athletes, team creation, retention of athletes, supplemental training, diplomacy with facilities, and team identity/mission.

This forum is limited to 32 participants and is fully sponsored by PNA, so there is no cost to 2020 PNA registered coaches. A complimentary lunch will be served following the forum. Register at [this link](#) (registration deadline is 3/25 or when filled, whichever comes first). Attending coaches are invited to volunteer to help with the same-day swim clinic.

CLINIC 2 - Clinic for PNA swimmers, 1-3pm:

The swim clinic is limited to 25 swimmers and will focus on meet preparation, starts, and turns in preparation for PNA Championships coming up April 11-12.

This clinic is subsidized by PNA, so cost to 2020 PNA registered swimmers is only \$20. Register at [this link](#) (deadline 3/25 or when filled, whichever comes first).

Clinic Leaders:

April Cheadle - 2018 USMS of the Year and Bainbridge Aquatic Masters Head Coach

Kathleen Brooks - PNA Coaches Chair and Seattle YMCA Sixgill Sharks Head Coach

Wade Praeger - PNA Fitness & Clinics Chair and Lake Washington Masters Head Coach

Stanwood-Camano YMCA is located at 7213 267th St NW in Stanwood, WA (360-629-9622). For any questions, contact Sally Dillon at salswmr@comcast.net or 425-961-0023.

Award Nominations Due

The deadline for nominations for the Dawn Musselman Inspirational Swimmer and Coach of the Year awards is fast approaching.

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913-1986). Each year PNA also honors a local coach with the PNA Coach of the Year Award for his/her service, dedication, and inspiration.

Submit your nominations by Sunday, March 21 to:

PNA Webmaster Steve Peterson, speterson@bandwagon.net (for Musselman Award)

PNA Coaches Chair Kathleen Brooks at kathleen.mary.brooks@gmail.com (for Coach award)

See the [January 2020 issue of The WetSet](#) for more complete info on criteria for these awards. Click [here](#) to check out past award recipients in many categories on PNA's website.

Bellevue Club Masters Mile

By Sally Dillon

The 3rd Annual Masters Mile, held January 19 at the Bellevue Club, sold out six days before the meet entry deadline. The event, limited to 60 swimmers due to time constraints at the pool, reached its maximum for the first time.

Offering an opportunity to swim 1500 SCM freestyle during the first month of the year can be especially appealing to those who will “age up” to a new age group during the year. There were no World Records set this year but plenty of swimmers posted times well under their entry times and went home happy.

Top five finishers included Scot Sullivan (OREG, 50-54, 18:08.51), Kirk Nelson (HMST, 50-54, 18:33.00), Casey Alex (PSM, 45-49, 18:53.80), Doug Winter (SARC, 50-54, 18:56.03), and Emily Arcuri (OREG, 25-29, 19:04.22).

Sincere thanks go to Dave Baer (Admin Referee), Lorraine Masse (Referee), Rachel Scherrer (Starter), Todd Doherty (computer and announcer), Sarah Welch (head timer) and the Bellevue Club Swim Team and Masters members who helped out with timing. Special thanks to BC Aquatics Director Michelle Streifel for her support and assistance!



Three “Zogs” (Zesty Older Gals Swimming)
L-to-R: Guila Muir, Carol Horowitz,
Carolyn Hewitt

Thorbeckes New Year’s Swim

This year’s Thorbeckes New Year’s 10K swim was another rousing success, with 31 swimmers – including nine new participants - taking on the challenge of distance swimming. The event, held January 1 at Thorbeckes Aquatic Center in Centralia, continues to grow each year.

“The Thorbeckes New Year’s Day swim is the only swimming event in Lewis County and I am very proud that the 10K is able to continue for its third year,” noted organizer Erin McPeak. “The success of the 10K is because of the swimmers that come back year after year, the new swimmers that join us, and also because of our local sponsors.” McPeak also thanked a collection of family and friends that volunteered at the event to cook food, provide music, and take pictures.

Click [here](#) and [here](#) for local news coverage of the event.

Thunderbird Masters Meet

By Steve Peterson

Some 110 swimmers swam about 80 heats in 22 events on this mostly sunny 37° Super Bowl Sunday in Anacortes. TACM swimmer Sonia Evans (50-54) sang the national anthems of both the U.S. and Canada to great applause to start the meet and swam three events as well **(200m Women's Free Relay, 100m IM, 50m Breast)**. **Sonia's daughter Hope (19-24) was there, too, to swim in TACM's Mixed Medley Relay (200-239).**

A meet treat was enthusiastic announcer Ashleigh Merrill, a junior at Anacortes High and member of the high school and TAC swim teams. Merrill kept everyone in line, on time, and entertained with riddles and jokes during the proceedings. Merrill also cheered the crowd for notable swims, particularly LWM swimmer Charlotte Davis, who succeeded in setting not one but three new short course meters world records!

Davis, having just aged up into the 70-74 bracket (three months before her actual birthday, as age for meters meets is as of December 31), chose to go after the 100, 200, and 400m Free titles. And dispatched them by 2 to 22 seconds, including the 400 that had stood for over a decade:



Ashleigh Merrill (announcer), with Noah Masten, Jacob Erickson, George Minkel, Sonia Hambleton, and Heather Huntington (hidden) working the Clerk of Course table.



SVMS Coach Shannon Singer (who swam 6 events!) confers with officials Deb Soper, Heather Brennan, and Heather Huntington

Event	Davis Time	FINA SCM Record (70-74)
100m Free	1:10.25	1:12.58 (D. Uustal, 2016)
200m Free	2:33.19	2:43.60 (D. Uustal, 2017)
400m Free	5:28.76	5:50.41 (Y. Osaki, 2009)

Host Thunderbird Aquatic Club Masters won the team scoring with 896 points, followed by Western Washington University (286 points), Bainbridge Aquatic Masters (197), and Snohomish Aquatic Masters (158). Swimmers winning six events to score a perfect 42 individual points were Kevin Dee (LOSC, 30-34), Michael Nordby (TACM, 75-79), and Dick Peterson (PSM, 80-84).

Besides being Super Bowl LIV Sunday (Chiefs 31 – 49ers 20), the **meet date itself was unique. It's the first "global" palindrome date in 909 years**, meaning that 02/02/2020 is the same forward or backward **whether formatted in Europe's DD/MM/YYYY, the U.S. standard MM/DD/YYYY, or even the Chinese YYYY/DD/MM!** February 2 also happened to be the 33rd day of 2020 with 333 days remaining.

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Thunderbird Masters Meet (cont)

(Continued from page 4)

And, coincidentally, this was the 33rd Anacortes meet held over the years since **1977 per results posted on PNA's website! The Anacortes pool can accommodate** either 25-yard or 25-meter courses, with SCM prevailing since 2011 (SCY 14 times; SCM 19).

Meet Director Calvin Milbach has been TACM/TAC Coach since late 2014, preceded by Jason Hunter since 2010 and Jeff Morrison and John Baca before that. Jenny Claridge (40-44), who swam four events and two relays, is taking over as **TACM coach: "My wife and I are expecting our second child in June," says Cal, "so** after assisting Jenny and some time off, Champs and Spring Nationals will be the last meets I coach as I transition to a stay-at-home dad. The Thunderbird Aquatic Masters have doubled in size each year since I started coaching here; Jenny will provide that pillar and continuity to keep growing this team. I was fortunate to be a **part of this special swim community the last five years."**

Thanks to the swim team and other volunteers who timed and counted and, of course, to our officials for running the meet so well. Heather Brennan was Referee; Dick Chapman served as Starter; at Stroke and Turn were Jeri Rimat, Deb Soper, Steve Ciatti, Beth Ray, and Heather Huntington.



TACM swimmer Sonia Evans wowed the crowd by singing The Star-Spangled Banner and O Canada to start the meet.

Sunday
June 28
10 am

Sponsored by South Whidbey Parks and Aquatics Foundation

Whidbey Adventure Swim

10TH ANNIVERSARY

2020

1.2 and 2.4 mile distances

Located in the charming seaside city of Langley on Whidbey Island

Amazing post swim raffle and snacks

All proceeds go toward a community pool on South Whidbey

Details and registration at www.whidbeyadventureswim.org

Viking Invitational

By Sally Dillon

The “youngsters” belonging to Western Washington University Masters are well known for their enthusiasm at meets. This past month, they saw a problem and stepped up to resolve it. Since two of PNA’s regular meets were not on the calendar this year, meet director Marysia Smith and the WWU workout group organized a SCY meet within a very short amount of time. The Viking Invitational SCY Meet was held Sunday, February 23, at Arne Hanna Aquatics Center in Bellingham.

“Running this meet, the first in our team’s history, was definitely a learning experience,” noted meet director Smith. “It was a challenge, but a very rewarding one. I can’t wait to do it again next year! I certainly could not have pulled this off without the help of Linda Chapman of PNA, my fellow captains – Nate Jo, Nathan Bock, and Emily Deardorff, and all of the volunteer timers who were mostly other student athletes from WWU.”

The event featured 72 swimmers registered for 244 individual events and nine relays. The pool was only available until 1pm, but all scheduled events were held with time to spare. While there was no electronic timing, and a lack of instant

gratification (no Meet Mobile or a scoreboard), it didn’t seem to dampen the attendees’ enthusiasm! Volunteers from WWU, most of whom were not swimmers, manned the timing chairs to ensure that every swimmer had three watch times. The timers were very willing to let us know our finish times and would jot down splits for those of us who asked.

Bainbridge Aquatic Masters came out ahead in the team scoring with 314 points. Western Washington University placed second with 196 points, followed by Puget Sound Masters (179), Thunderbird Aquatic Club Masters (136) and Team Walker International Masters (127).

Swimmers winning all four of their individual events included Barbara Belt (BAM, 60-64); Kate Carruthers (BAM, 70-74); Kevin Dee (LOSC, 30-34); Debbie Glassman (PSM, 65-69); Thomas Hutchison (CGSM, 18-24); Jeremiah O’Donnell (UC36, 25-29); Dick Peterson (PSM, 80-84); Ashley Reid (HYCO, 30-34); James Stretch



Meet Director Marysia Smith kept things running smoothly and on time.



WWU swimmers L-to-R: Maddie Amans, Nathan Bock, Megan Shomake, Connor DeMarco, Avery Madril, and Kait Schultz

Viking Invitational (cont)

(BAM, 65-69); Dan Underbrink (TWIM, 60-64); Suzanne Welbourn (MOST, 50-54).

While high levels of technology have become the norm at meets across the country – **this “old school” style meet** provided lots of fun, very competitive races, and SCY times for those anticipating a trip to the USMS Nationals in San Antonio come April. **It’s been a long time since a PNA Masters meet** has been held at this excellent facility and it was fun to be back! Thanks to Marysia and the WWU swimmers and volunteers. Thanks, as well, to the officials who ran the meet: Morris and Debbie Arthur (BBST), Heather Brennen (TAC), and Deborah Soper (USMS).



Bainbridge Aquatic Masters Barbara Belt, Andrea Hunt, Jim Stretch, Heather Adkins-Narte, Kate Carruthers, Bill Galvani, Mary Tuffley, Chris Kemper, Paul Webber, Coach April Cheadle, Peter Nimb, Barry Voegtlen, Karl Kirchhofer, and Denise Dumouchel.

Save the dates - April 10 & 11!

*Friday's events include the 400 IM, 1000 Free, and 1650 Free.
Saturday will include all the remaining events including the 500 Free and relays.
PNA Annual Membership Meeting, Social and Award presentation
will be held at the conclusion of Saturday's events.*

PNA Champs & NW Zones
U.S. MASTERS SWIMMING
HOSTED BY BLUE WAVE AQUATICS

Guila Muir Completes Ice Swim!

Cold and Dark: My Adventures in the Scandinavian Winter Swimming Championships
By Guila Muir

Early in 2020, I decided it was time to fulfill a dream. Having followed the International Winter Swimming Association (IWSA) since 2012, I decided this was the year to compete in one of their events.

What is it?

Each year, IWSA holds a World Cup, a championship divided into multiple stages that occur around the world. In 2019-2020, the World Cup events took place in Latvia, Russia, China, Slovenia, and Sweden.

Swimmers from 15 countries registered to participate in the Scandinavian Winter Swimming Championships, which took place February 15, 2020, in Skelleftea, Northern Sweden. There were approximately 400 starts. I signed up for the 50-meter freestyle and the 25-meter breaststroke wearing my (award-winning, as it turned out!) hat.

What Happened?

For a couple of days before the competition, the screech of chainsaws could be heard in Skelleftea. This is the sound of workmen cutting out a four-lane, 25-meter pool in the thick ice of the coldest river in Sweden.

Dark & Cold, a non-profit organization that finds ways to embrace Northern Sweden's long winter months, hosts the event. In a unique twist, they hold a poetry competition "in the wake" the night before the swim. Poets compete by reading their work as they stand in in shoulder-high, freezing water. This year, a fiddler also stood in the water and played for our large audience. The entire city was involved!



On the podium at the Scandinavian Winter Swimming Championships



The "pool" was created by workers using chainsaws to cut through the thick ice.



A musician plays his fiddle while standing in 32°F water.

Continued on page 9)

Guila Muir Completes Ice Swim! (cont)

(Continued from page 8)

On the day of the races, swimmers wore only their suits, terry cloth robes, and flip flops to walk nearly a quarter mile from the changing rooms to the "pool". **Because of recent rains, the walkway was** incredibly icy and slick, but no swimmers fell. Air temp was in the low 20s (°F). The water temp was 0.3 °C (32.54 °F).

I Did It!

As a decades-long and year-round Alki swimmer, I know what cold water feels like. **I also knew that this water would be 10 degrees colder than anything I'd experienced.** However, Scott Lautman, our local treasure and an experienced Winter Swimming competitor, assured me that the water might not feel that much colder than Puget Sound. **And with my rush of adrenalin and joy, it actually didn't!**

So I will be the first to say, if you can swim in Puget Sound, you can compete in the Winter Swimming Championships - with some practice in colder water beforehand.



Muir won an award in the funny hat contest.

As the only swimmer in my age group for the 50-meter swim, I won a gorgeous gold medal and lots of kudos. I felt exhilarated and happy to be in Sweden with swimmers from all over the world. The fragrant, wood-fired hot tub was one of the best things I've felt in my life. **Many other swimmers went for the cute mobile saunas.**

What's Next?

I ended up wishing I had registered for the 100-meter freestyle swim, the longest available at this event. However, after crossing ten time zones, paying my carbon offsets for the trip, and taking almost ten days to regulate my jet lag upon return, I'm not 100% convinced there will be a next time for me in Skelleftea. We'll just have to see. Meanwhile, back to the Salish Sea!

Since we know that many Seattle swimmers would like to learn more about the IWSA Winter Swimming Championship World Cup events, Scott Lautman and I plan to provide an informal presentation about them in 2020. Keep your ears out if you are interested in attending.

Scandinavian Winter Swimming Championship

2020

International
Winter
Swimming
Association

DARK & COLD

SKELLEFTEA

Swimmer Spotlight

*An Interview with Coach Pete Colella of the North End Otters
With Tom Walker of TWIM*

As I look back now over my nearly forty years of United States Masters Swimming, I think I am struck most of all by the hundreds of swimmers and coaches that I have met along the way. To a person they have all been truly outstanding and inspirational individuals.

These are the people I have met in the seemingly countless workouts and meets in many different places and many different times. We have shared friendship, laughter, and determination.

There has always been a trust between us, in the way you trust your teammates and share their values. I have always admired their courage and their spirit. They have all served as models for what I want to be.

In short, they are Masters Swimmers, and they bring an awe-inspiring passion and a love to this sport of ours.

One such individual is Coach Pete Colella of the North End Otters, who steps into the Spotlight for this issue of *The WetSet*.

TW: So, Pete, tell us how this all began for you, swimming that is!

PC: I started competitive swimming at the age of seven after breaking my elbow and ending up in a cast. It **didn't heal correctly, and my doctor told me they could re-break it or I could start swimming!** I chose swimming and won summer league All-Cities as a 7-year-old. Then I joined Cascade Swim Club, competing for Cascade for 10 years before swimming for the late University of Washington Swim Team.

TW: I think "late" is the operative word here, but I digress. When did you start coaching and how did it come about?

PC: I was the youngest of my siblings by a considerable amount and became an uncle at 12. So, I started babysitting, followed by teaching preschool and swimming lessons at 16. I coached summer league swimming **all the way through college and did a very short stint with Cascade before getting a "real" job.**

TW: I hate it when that happens! How did your coaching history unfold from that point on?

PC: After that I had a family and my coaching career suddenly restarted in the form of basketball, baseball, and **soccer! I coached multiple teams for over 10 years. When my kids started swimming summer league I couldn't** just stay on the sidelines and jumped back into the swimming world. After spending nine years on the board of Cascade in 2014, Mike McCloskey and I had this **hare-brained** idea of keeping our summer club pool open through the winter. Cascade decided to take a chance that we could swim outdoors through the winter months and partnered with us. Six years later we have grown to be one of the largest sites of the seven that Cascade operates.



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Swimmer Spotlight (cont)

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TW: Awesome! What is your coaching philosophy?

PC: I believe in training swimmers to race. I like fast swimming! I believe that swimming teaches life skills to young and old alike, and I like being part of the swimmer's development. I also like to make training fun and try to make my swimmers laugh every day. If they don't enjoy practice they won't show up and I won't have a job!

TW: Job security at its finest! What tools do you use to help your swimmers get the best out of themselves?

PC: Laughter and fun are very important to my coaching. But I also love to try out new equipment and the latest training techniques. Some work, some don't. We keep the good things and "86" the bad ones. Sometimes my age groupers are the guinea pigs for new ideas and sometimes my Masters Swimmers are my test subjects.

TW: How and when then did you become involved in USMS?

PC: The North End Otters were looking for a coach and Mary Lippold approached me about the job. At the time I was coaching Aqua Club in the summers and Cascade in the winters. My wife and I have a graphic design business and we manage rentals of the Aqua Club clubhouse, so I felt like I didn't need another job. So, I said "maybe". My wife Katy swam with the Otters and after a few months of convincing me to try it out, I said OK, I'll try it for a couple of weeks. That was 2016, and this group of swimmers is such a great group of people that they make it fun to get up and show up at the pool every morning!

TW: So what were the other key formative experiences along your aquatic path?

PC: What drew me to coaching were the great coaches I swam for or met along my own swimming journey, starting

(Continued on page 12)



With the North End Otters team

Swimmer Spotlight (cont)

with Bob Miller, Jim Hansen, and Earl Ellis. Bob taught me to swim at the age of six months, and I watched him coach at a very young age while he was training athletes for the Olympics. Jim and Earl are the two people I **would consider “my coaches” during my swimming career and have had a great influence over my coaching style.**

TW: What difference is there between Masters Swimmers and Age Group Swimmers?

PC: They are surprisingly similar in many ways in that they both laugh at my dumb jokes yet neither listens well when I describe new drills and sets! And they both whine about the hard sets! I think the biggest difference is the motivation they have for swimming. With Age Group Swimmers, they are developing and setting goals for competition; Masters Swimmers are much more likely to be there to stay fit or train for special events, like open water swims or triathlons. Another big difference is that sometimes age groupers swim because mom and dad make them and drive them to practice! Masters swimmers show up because THEY want to be there, and they drive themselves!

TW: What is your vision for your Masters coaching moving forward?

PC: **I would love to have more people compete. I've always felt like meets are the reward for the hard work and early mornings. I also think swimming in meets gives swimmers a chance to set goals and that, in turn, gives more purpose to their workouts. It's always been a goal of mine to have everyone try out a meet or two every year. I think most Masters would surprise themselves if they could get past the anxiety they get when it comes time to enter a meet. Two years ago, one of our Otters swimming at her first meet, PNA Champs, said after her race “I realized when it started hurting that I was a Masters swimmer and it was OK to ‘shut it down’.” I said “exactly”, and she said, “I love Masters Swimming!”**

TW: So, Coach Pete, What keeps you coming back?

PC: The swimmers both at Cascade and the Otters! **enjoy seeing them every day and I feel like it's important to pass along the things that swimming gave me to the next generation. Or, in the case of the Otters, to all generations to come.**

TW: What else do you do for kicks?

PC: I enjoy traveling to meets and reading swimming books or searching for swimming stuff online.

Although I don't do enough of it, I enjoy camping, skiing, and spending time with family. Running became a passion of mine and it's what I do to keep shape. I enjoy getting on the road or trail and just having time to be by myself and come up with my next crazy idea for a swim set or crazy new drill. Go Otters!



With PNA President Sally Dillon after being named 2018 PNA Coach of the Year.

PNA in Swimmer Magazine!

PNA was well represented in the Jan-Feb issue of Swimmer Magazine.

Bainbridge Aquatic Masters coach April Cheadle appeared in the “Ask the Coach” section of the January-February issue of Swimmer magazine, Lake Washington Masters member Rick Colella was the featured breaststroke demonstrator for the article The Path of Least Resistance, and there was a featured quote from PNA President Sally Dillon on the back of the foldout.

Go to [USMS.org](https://usms.org) and sign into your “My USMS” account to read Swimmer magazine online.

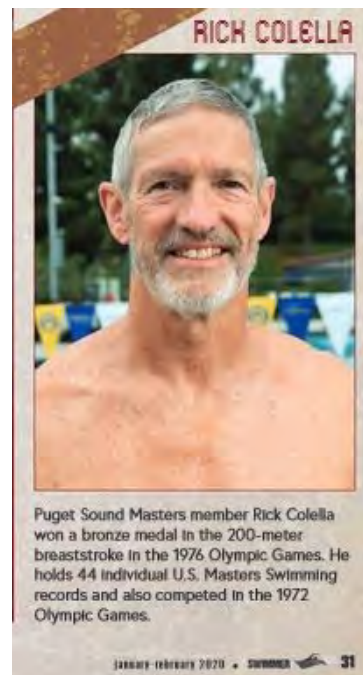
ASK THE COACH

There's More to it Than Water

What you do outside the pool matters

Bainbridge Aquatic Masters workout group members are more than just lane-mates; they are a community, which Head Coach April Cheadle attributes to them working together both in and out of the pool.

Cheadle, the 2018 U.S. Masters Swimming Coach of the Year and a USMS Level 4 coach, shares how Masters swimmers can maximize their results with a mindset that extends beyond repeating laps.



Board Meeting Summary

The first PNA board meeting of 2020 was held on Jan 12 via conference call.

Bob DeWard was approved for another term as an Appointed Director. Maddie Sibilia was approved to replace April Cheadle for the second Appointed Director position.

Treasurer Arni Litt led the review of the 2020 budget, which was finalized and approved at a loss of \$2,802.

Three Open Water events have been confirmed for 2020:

- Whidbey Adventure Swim on June 28 (sanctioned)
- Fat Salmon on July 11 (sanctioned)
- Aly Fell on August 29 (not yet sanctioned)
- Swim Defiance is hoping for June 27 but did not yet have a Safety Director as of the board meeting

There has not yet been a date request for Last Gasp

King County Aquatic Center has been reserved for a one-day Long Course Meet on Sunday, July 19.

Our current membership numbers are 1,125 with 573 male and 552 female. Our current assets are \$70,903. Our total income for 2019 was \$26,614 with a net income of \$2,492.

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 - Bob DeWard
 Appointed Director - Maddie Sibilia
 Club Director - Kim Boggs
 Club Director - Doug Jelen
 Club/Coach Coordinator - Steve Peterson

Coordinators/ Standing Committees

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



Meeting Schedule

March 8, 7:30pm
 Conference call

April 11, time TBD
 KCAC Banquet Hall

May 9, time TBD
Sally Dillon's, Issaquah

July 12, 7:30pm
 Conference call

September 20, 7:30pm
 Conference call

November 7, time TBD
Sally Dillon's, Issaquah

Instagram Famous

This picture of PNA Board Member Steve Peterson was featured on the U.S. Masters Swimming Instagram account with an invitation to “Caption this.” Followers added fun suggestions, such as:

- “Did coach just really say 10x100’s fly?”
- “I really shouldn’t have lied about my entry time.”
- “The 200 fly or the 400 IM?”
- “This event seemed like a good idea when I signed up.”
- “My race starts in about two minutes. Do I have time to go to the bathroom again?”



Welcome New Swimmers!

Anderson, Carol	Fuangfu, Saridha	Landers, Eoin	Phillips, Johanna	Townliand, David
Andron, Stephen	Gable, Tynan	Lee, Andrew	Poprozhuk, Vitaliy	Tung-Edelman, Ming-Ming
Baker, Jason	Ganesh, Jenny	Lee, Elif	Reed, Chip	Turville, Katy
Baum, Spencer	Goldbeck, Amber	Levan, Andre	Renschler, Jack	VanWormer, Jessa
Becker, Rachel	Goodman, Jonathan	Levine, Ben	Reveley, Thomas	Veith, Patrick
Berg, Kali	Grable, Jennifer	Lovett, Dax	Richardson, Emily	Villarroel, Tomasita
Bragg, Jonathan	Graf, Darby	Mackay, Isaac	Rodgers, Benjamin	Viveros, Marco
Brewer, Gwen	Greene, Antoinette	Malo, Pamela	Ryden, Eric	Walker, Benjamin
Brocksmith, Amanda	Grutas, Amanda	Martin, Kira	Sanford, Elizabeth	Walker, Derrik
Brown, Lauren	Hambleton, Jeffrey	Maxim, Thea	Schmidgall, Emma	Walling, Heather
Burke, Shannon	Hansen, Chris	McTeague, Brianna	Schroeder, Michael	Walsh, David
Cabilao, Ricky	Harmon, Caroline	Meyn, Stephanie	Schultz, Kait	Wardlow, Brooke
Cejudo, Antonio	Higginson, Jim-Ray	Miller, Jennifer	Shipes, Cody	Wesley, Vanessa
Champagne, Eli	Hodel, Joshua	Moore, Aubrey	Shultz, Mike	Williams, Laurie
Chisolm, Brandon	Hutchison, Thomas	Morales Blanco, Alan	Smith, Holly	Wilson, Brad
Claridge, Jennifer	Itti, Jasmine	Rene	Sterling, William	Wood, Jason
Costa, Brenda	Jaback, William	Morgan, Susan	Stone, Sarah	Wood, Philip
DeMarco, Connor	Jackson, Dave	Nagorski, Schuyller	Sutherland, Douglas	Wu, Martin
Dembrow, Nikolai	Jordan, Shannon	Norman, Mark	Swain, Luke	Yoon, Jonathan
Dryfoos, Sarah	Kasraee, Naseem	O'Donnell, Jeremiah	Tam, Eleanor	
Enriquez-Ortiz, Lizzie	Kemper, Chris	Olynyk, Craig	Tian, Ye	
Essig, Laura	Kezer, Quinlan	Patterson, Catherine	Todd, Rachel	
Evans, Jennifer	Kim, Nicole	Paxton, Karriann	Toro, Laura	
Freeman, Keith	Kingsbury, Caleb	Perillo, Alan	Toss, Alex	

PNA Volunteers at Pac-12 Championships

A handful of PNA volunteers ventured to King County Aquatic Center in Federal way on KCAC to help out at the Feb 26-29 Pac-12 Women's Swimming and Men/Women's Diving Championships.

Steve Fogg, Bob DeWard, Kiko VanZandt, and Dan Phillips worked as timers, Sarah Welch worked behind the scenes throughout the event and (of course) Mike Murphy, Teri White, and Lisa Vetterlein performed awesome officiating work throughout the four-day event. It was exciting to see NCAA Champions and many Olympic hopefuls competing for their respective colleges and universities. Fast swimming!



2020 PNA Budget

The PNA Board recently adopted a financial budget for the 2019 calendar year. Here are the highlights:

Income: \$29,009

- Registration: \$24,078
- Other income from meets and donations: \$4,931

Expenses: \$31,811

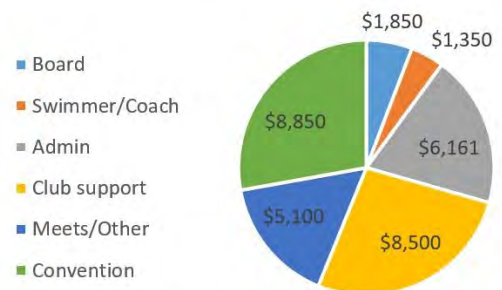
- Admin expenses: \$6,161 includes \$3,200 for software/website expenses
- Board expenses: \$1,850 includes conference calls for Board **meetings and President's discretionary funds**
- Club support: \$8,500 includes per swimmer fees to help defray costs
- Convention expenses: \$8,850 The National Convention is where your voice is heard; where the planning and organization for USMS takes place. We send up to 10 people.
- Meets/other expenses: \$5,100 includes awards and officials
- Swimmer and Coach support: \$1,350 includes training opportunities for coaches

The Board adopted a budget where expenses exceed revenues by \$2,802. If the final income and expenses are as budgeted, the deficit will be drawn from reserve funds.

Revenues



Expenditures



SAVE THE DATE!

2020 Pacific Northwest Masters
LCM Summer Meet
Sunday, July 19
King County Aquatic Center

Events expected to include 50, 100,
200 of each stroke; 400 and 800 free;
200 and 400 IM; 200 relays.

USMS CLUB OR WORKOUT GROUP CHANGE?

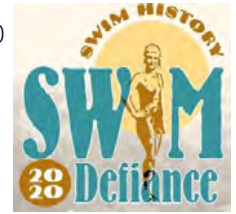
Do you need to change your club or workout group? Did you inadvertently selected Unattached instead of your usual club or group? If so, send an email to PNA Registrar Stephanie Hiebert at PNRegistrar@usms.org.

2020 PNA Open Water Series

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June 27 (DATE TENTATIVE, COULD CHANGE) - Swim Defiance re-enacts the 1926 Dalco Passage crossing. The race location is Owen Beach in Point Defiance Park on **Commencement Bay in Tacoma, WA. It's a 3k race on a linear course swim from Vashon Island** (after a 15-minute ferry ride) to Owen Beach with competitive and non-competitive divisions.

<http://www.swimdefiance.com>



June 28 - Celebrate 10 years of swimming fun at the Whidbey 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/>

July 11 - The Fat Salmon Open Water Swim is a 3.2-mile race along the Seattle shoreline of Lake Washington. The course runs south-to-north, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 and finishes at Madison Park.

www.fatsalmonswim.com/



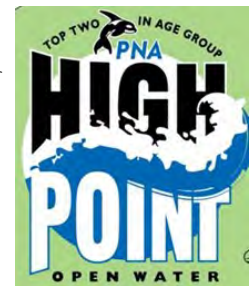
August 29 - The final event is the Aly Fell Memorial Open Water Invitational held at Lake Padden in Bellingham, WA. Four distances will be offered (10K, 5K, 2.5K, and 1/2 mile) swum over a 1.25K course.

<http://www.alyfellmemorialopenwaterswim.com/index.html>

These events are open to USMS members only. For non-USMS swimmers, a One-Event USMS membership can be purchased for \$27. (The fee can be applied to a full USMS membership.)

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



2020 PNA Championship and Northwest Zones Championship Meet
Friday, April 10th and Saturday, April 11th
Hosted by Blue Wave Aquatics
Sanctioned by PNA for USMS Inc. # _____ - _____

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

FACILITY: 50-meter championship pool set up as two 25-yd courses, each with 9-ft wide lanes and a water depth range of 9'-10.5' Continuous warm-up available in 7-lane, 25-yd dive tank. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 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.

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

TIMES: Friday, April 10th warm-ups 5:30pm, meet starts 6:30pm. Saturday, April 11th warm-ups 9am, meet starts 10am. Five-minute breaks are scheduled for Saturday after events 7, 13, and 21.

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 2020 USMS or foreign registered swimmers 18 and above as of 4/11/20. **Age groups based on the swimmer's age as of 4/11/20.** If not a member of USMS or MSC, please bring a copy of your 2020 registration card.

ENTRIES: Individual entries may enter up to 6 individual events, 6 events per day. Relay entries may enter up to 4 relay events. Individual and Relay-Only swimmers must register online by 11:59 PM (Pacific) Sunday, April 5th, 2020. No day of race or late entries allowed for this meet. Coaches will be provided relay cards at the meet.

ONLINE ENTRIES: Click [here](#) to enter online. NO ENTRIES ACCEPTED AFTER SUNDAY APRIL 5th, 2020 11:59pm (PACIFIC TIME).

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA website or in *The WetSet*. Make checks payable to BWAQ and mail to: Blue Wave Aquatics PO Box 24083, Federal Way, WA 98093. MUST BE POSTMARKED ON OR BEFORE WEDNESDAY, APRIL 1st, 2020 AND RECEIVED ON OR BEFORE SUNDAY APRIL 5th, 2020 11:59pm (PACIFIC TIME).

ENTRY FEES: \$35 (US) surcharge for Individual and Relay-Only swimmers. PLUS \$4 per individual event. PNA swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#). No splash fee for relays.

SEEDING: All events 400 yards and over will be run in two courses. At the discretion of the meet referee and meet director, other events may be run in two courses to manage meet length. All events 400 yards and over will be seeded fast to slow, events under 400 yards will be seeded slow to fast.

CHECK-IN: Friday: 1000 Free and 1650 Free – 6pm; Saturday 500 Free – 9:30am. Swimmers missing the check-in deadline will be scratched from the event.

RELAYS: 18+, 25+ and subsequent ten-year increments as needed. The age of the youngest member of the relay team shall determine the age group. Mixed relays require two men and two women. Deadlines for relay cards: relays #5, #6 and #7 – 10am; relays #22, #23, #24 – noon.

AWARDS: Ribbons for individual places 1–6. Medals may be purchased at meet.

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

ORDER OF EVENTS:

Friday, April 10th:

1 – 400 IM 2 – 1000 free* 3 – 1650 free*

Saturday, April 11th:

4 – 500 free*	15 – 200 breast
5 – 200 women medley relay	16 – 100 free
6 – 200 men medley relay	17 – 50 back
7 – 200 mixed free relay	18 – 100 IM
8 – 200 free	19 – 200 fly
9 – 100 breast	20 – 100 back
10 – 50 fly	21 – 50 breast
11 – 200 back	22 – 200 women free relay
12 – 50 free	23 – 200 men free relay
13 – 200 IM	24 – 200 mixed medley relay
14 – 100 fly	



T-SHIRTS: Championship shirts are for sale during registration. We will have a limited number of t-shirts at the meet. Guarantee you get the right size by ordering your Championship t-shirt when you register today!
\$16 - unisex sizes XSM, SM, MD, LG, XLG;
\$18 - unisex sizes XXL, XXXL, XXXXL

PNA Annual Membership Meeting, Social and Award Presentation: Due to the Friday/Saturday meet format this year, plans for a meeting, social, and awards presentation are not yet developed and will be promoted at a later date if it is determined that the event can take place.

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

QUESTIONS:

Meet Director: Steve Freeborn, pnachamps@bluewave-aquatics.com, 206-940-7442

Meet Referee: Mike Murphy, swimoff1@gmail.com

Meet Registrar: Angela Turley, registrar@bluewave-aquatics.com, 253-797-4920

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.

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

Revised 07/01/2014

PNA Calendar

PNA POOL EVENTS:

4/10-11 - [PNA Champs](#)
Federal Way, WA

7/19 - PNA Long Course Meet
Federal Way, WA

CLINICS:

3/29 - [Team Admin for Coaches](#)
Stanwood, WA

3/29 - [Preparation, Starts, & Turns for Swimmers](#)
Stanwood, WA

6/11-14 - [Off Piste Aquatics' Master Swim Camp](#)
Vail, CO

PNA SANCTIONED OPEN WATER:

6/27 - [Swim Defiance](#)
Tacoma, WA
(DATE IS TENTATIVE, COULD CHANGE)

6/28 - [Whidbey Adventure Swim](#)
Langley, WA

7/11 - [Fat Salmon](#)
Seattle, WA

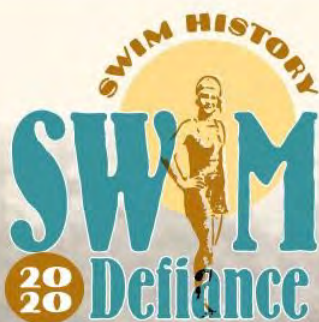
8/29 - [Aly Fell Memorial Swim](#)
Bellingham, WA

NON-SANCTIONED OPEN WATER:

8/29 - [Last Gasp of Summer](#)
SeaTac, WA

[Search USMS Calendar of Events](#)

TIMED, ESCORTED, CHALLENGING 3K RACE in 54-60° PUGET SOUND



Pre-registration includes free preparation swims

Saturday, June 27, 2020

REGISTER EARLY AND SAVE!

- \$68 Early Registration: April 20–30
- \$80 Registration: May 1–June 25
- \$95 Day of Race: June 27

*Date tentative,
could change!*

Photo courtesy of Metro Parks Tacoma

www.swimdefiance.com