

THE WET SET

Pacific Northwest Association
of Masters Swimmers



Volume 24 • Issue 6

Masters Swimmers in Western Washington

July-August 2004

Summer Swim Fun is Right Around the Corner

It's summer, so it's time for good weather. It's also time for several swimming events you don't want to miss.

Fat Salmon

Held in Lake Washington, this open water swim on July 17 offers one- and three-mile events as well as wetsuit and non-wetsuit divisions. Both swims finish at Seattle's Madison Park.

The first Fat Salmon was held in 1999 with just 17 entrants completing the three-mile event. Last year, the race drew 225 swimmers.

Every swimmer receives a cap and a T-shirt, and awards are in the form of king salmon and chum salmon.

Northwest Zone LCM Champs

This event will be held July 24-25 at South Kitsap High School's 50 meter pool, the venue for last November's Northwest Zone SCM meet. It's a fast pool, says meet director Steve Peterson, who last year swam his best 200 breaststroke in quite a while, despite not having a good workout for two weeks before the meet.

Besides the fast pool, another attraction is a new Daktronics six-

lane readout board. It lets you track each swimmer's progress and see results immediately at the end of each race.

If you haven't sent in your entry form, email Steve, who may be able to accommodate late filers.

Entry form on page 8.

Lake Padden

On July 31 the Bellingham Masters will host this open water swim for the fourth year. Held at a calm freshwater lake, the swim has two events, a 2.5K and a 5K. The water temperature probably will be

warm enough so a wetsuit isn't needed, but they are allowed.

Participants can count on nice T-shirts, good food and lively music. The park where the lake is located is a perfect spot for a team or family picnic after the swim.

Entry form is on page 9.

5/10K National Championship Postal Swims

USMS conducts national postal swims three times each

(Continued on page 4)

"Make part of your summer swim fun events like Fat Salmon, the Northwest Zone LCM Champs and Lake Padden."

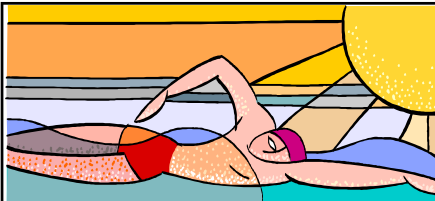
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Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our Web site at www.swimpna.org.



WET SET

Volume 24 • Issue 6
July-August 2004

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Publicity: Lynn Wells

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Wow, PNA has come a long way since its start-up in the early 1970s. And the organization's success is directly related to wave after wave of talented and energetic volunteers who have successfully carried out PNA's organizational tasks. Each new wave has carried PNA higher up the beach to new high water marks.

Early PNA waves

PNA began in the summer of 1972 when Steve Engel came to me and said, "We should host a swim meet." At the time Steve was coaching an age group swim team and I was president of the team's parents group. I told Steve this was a great idea and all the kids could swim and raise money for our financially struggling team. Steve quickly said, "No, we'll have adults swim and it will be a fun way to start Masters swimming in the Northwest."

We held this meet in August 1972 at the old Federal Way Forward Thrust pool. We were nervous that no one would show up, so we recruited many swim team parents to enter the meet. Twenty people entered, including many of us who had never swum in any form of competition. With so few entries and back-to-back events there were many swimmers laying on the grass outside taking very deep breaths trying to recover before their next event.

That's how PNA started and we went forward from there with a lot of trepidation and excitement defining what Masters swimming should be like in the Northwest. Steve was the energetic leader always bubbling over with enthusiasm. There were a lot of

LEADING OFF



By Tom Foley, Board Member at Large

fundamental issues in the early years about what PNA should be, including:

- How often to have meets?
- Do we need a newsletter?
- Do we have awards and team competition?
- How do we handle competition versus fitness and fun issues?
- Do we join and support the growing national Masters organization?
- Do we need a formal organization?

After three years we formally set up PNA with a constitution and by-laws, and Steve was elected the first president. During this early period PNA pioneered letting people under 25 enter meets, which originally was not allowed nationally.

Tsunami PNA Wave

The early years saw increasing waves of talented people lead

(Continued on page 7)

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



MASTERS 2004 CALENDAR

**OPEN
POSTAL SWIMS
MEETS**
CLINICS

*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events. PNA Events, including Board meetings, are listed in **bold**.*

July 17
Fat Salmon Open Water Swim
Lake Washington

July 24-25, 2004
**Northwest Zone Long Course
Meters Champs**
South Kitsap High School
Port Orchard, WA
Steve Peterson (360) 692-1699
speterson@bandwagon.net
See page 8 for entry form.

July 27, 2004
PNA Board Meeting
Federal Way Regional Library
7:00 p.m.

July 31, 2004
**Lake Padden
Open Water Swim**
See page 9 for entry form.

August 7, 2004
2004 USMS 3.5K Open Water
Championship
Applegate Lake Jacksonville, OR
Dan Gray (541) 890-5483
dangray45@hotmail.com

August 12-15, 2004
USMS LCM Championships
Chatham Cty Aquatic Center
Savannah, GA

Scott Rabalais (912) 927-7016
scottrabalais@compuserve.com

August 14
**Away-From Home 5K/10K Postal
Swim Opportunity**
South Kitsap High School
Port Orchard, WA
See page 12 for details.

August 21, 2004
20th Annual Emerald City
OW Swim
www.seattle.gov/parks/aquatics/
openwaterswim.htm

August 21, 2004
Long Bridge Swim
Sandpoint, ID
www.sandpoint.org/
longbirdgeswim/plunge.html

August 21, 2004
SCM
Grass Valley A.C.
Camas, OR
Bert Petersen
Petersen@exchangenet.net

August 24, 2004
PNA Board Meeting
Seattle Parks & Recreation

September 1 to October 31, 2004
3000/6000 Yard Postal

Championship
Bob Bruce(541) 317-4851
bobbruce13@attglobal.net

September 11, 2004
The Patriot Games, A Metric
Pentathlon
Grass Valley A.C.
Camas, OR
Bert Petersen
Petersen@exchangenet.net

September 25, 2004
**7th Annual Short Course Meters
Pentathlon Meet**
Oak Harbor, WA
Sally Dillon (360) 679-5038
salswmr@earthlink.net
See page 13 for entry form.

September 28, 2004
PNA Board Meeting
Bellevue Club

October 16, 2004
Third Annual BAMFEST
SCY Swim Meet
Bainbridge Island Aquatic Center
Brian Russell (206) 842-5849
Brian_a_russell@urscorp.com
See Page 14 for entry form.

October 27, 2004
PNA Board Meeting
Seattle Parks & Recreation

Web Guide

Check out these sites on the Internet for information on Masters swimming, news, events, workouts and more from throughout the Northwest!

PNA Masters Swimming
US Masters Swimming
USMS Northwest Zone
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

www.swimpna.org
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

Pete Gillis Loves Morning Workouts and Distance Events

Masters Coach Profile

Pete Gillis, who coaches the Northshore Ys Guys, got into coaching in an odd sort of way.

About nine years ago, Pete, who was swimming regularly at the Northshore YMCA in Bothell, noticed a woman who swam there every day for an hour even though she had a terrible stroke. "She had guts and kept sticking it out," Pete says.

After watching her struggle for three months, Pete finally asked if he could help improve her stroke, and she readily agreed. Before long, other swimmers began asking Pete for help, and he decided to form a team.

Becoming a Masters Team

At that time, he knew nothing about Masters swimming. But some of his swimmers started asking what more they could do besides daily workouts, Pete investigated Masters swimming and turned his group into a Masters team.

Pete, who also is an assistant coach for the Woodinville High School girls' swim team, was both an age group and a high school swimmer in Pennsylvania where he grew up. He also swam in college, first at Southeastern Massachusetts University and then at Northeastern University. His strength was freestyle and distance events, "though I was not particularly fast," he admits.

Early Workouts

The Northshore Ys Guys team meets five mornings a week at 5:00 a.m. The early workouts, which run from 1 1/2 to three hours, work well for Pete, who has a busy job at Microsoft as an international program manager. "No one cares what I do at 5:00 a.m.," he says. (An assistant coach runs a couple of noon and evening workouts.)

At a typical morning workout, Pete's swimmers will do 4,500 to 5,000 yards. Wednesday is the exception. On that day, the yardage jumps up to about 10,000.

Loves Distance Events

Although Pete spends some time two days a week doing stroke work with his team, he's primarily a water rather than a deck coach. That's because he needs to train for the long-distance open water swims he



competes in. Pete has swum the 7.38 mile Skaha Lake Ultra Swim in Penticton, British Columbia, several times as have several members of his team. And last summer he did a 16-mile swim on Vancouver Island. Also swimming that event was Joann Bushnell, the same woman whose poor strokes ultimately led to Pete's decision to start the Northshore Ys Guys.

(Continued from page 1)

Summer Swim Fun

year. The concept is that you swim the distance (or time for the 1-hour swim) at a local pool, record your official time and splits and then mail your results to the event organizer.

The summer event requires that the swim must be done in a 50 meter pool, something not readily available for many PNA swimmers. Which is why PNA has reserved pool time at an indoor pool in Port Orchard to give swimmers interested in competing in the 5K or 10K event an opportunity to do so. See the sign-up form on page 12.

PNA also supports the "team" effort for the postal swims. Postal teams are like relays except that you don't swim relay style as in a regular meet. Instead, the results of each person who swims a 5K or 10K are combined into three- and four-person teams. There's no charge to the swimmers because PNA picks up the tab.

If you'd like to swim a 5K or 10K postal swim this summer, you can find a sign up form on pages 10-11, in "Swim" magazine or on the USMS Web site at <http://www.usms.org/longdist/ldnats04/5k10kentry.pdf>.

Pentathlon

North Whidbey Masters "Afterburners" are hosting their annual Pentathlon in Oak Harbor. Because this meet is on September 25, it's technically not a summer event, but it sure is a lot of fun.

As in the past, three separate pentathlon competitions will be offered. The Sprinter's Choice division has 50 meters each of fly, back, breast and free, plus a 100-meter IM.

(Continued on page 5)



(Continued from page 4)

Summer Swim Fun

Middle Masters has 100 of each of the four strokes, along with a 200-meter IM. For the Animals division, it's 200 each of the four strokes and a 400-meter IM.

Not only is this event loads of fun, it also offers participants a chance to visit some of Whidbey Island's many attractions. They include Deception Pass State Park, Fort Casey and the historic towns of Coupeville and Langley.

Entry form is on page 13.



PNA Registrations About the Same as Last Year

As of June 1, PNA had registered 1,015, just 2% less than last year at this time. Registrants were 52% female and 48% male, exactly the same percentages that PNA ended the 2003 year with.

In terms of age, the largest contingent of PNA members is the 45-49-year-old group. Of this group's 189 swimmers, 92 are women and 97 are men.

Federal Way Masters is the biggest team, with 117 swimmers. Second largest is GLAD with 101 swimmers. PNA's unattached swimmers number 169.

Summary of PNA Board Actions Taken at May and June Meetings

The PNA Board met in May at the Seattle Park and Recreation Office and in June at Jan Kavadas' condominium in Edmonds. The board reviewed open water policies and scheduled the following meets: North Whidbey on September 25, Bainbridge Island on October 6, Anacortes on January 22nd, and Bellevue Club on February 20. Champs will be held in April at the Aquatic Center. The dates have yet to be determined. The board also discussed event formats for future Champs meets, but has not yet reached a decision on whether to continue with the format used at this year's meet.

Lee Carlson, Kelly Crandell and Sarah Welch were selected as PNA delegates for this year's USMS convention. Also attending from PNA will be Sally Dillon (USMS Secretary), Jeanne Ensign (USMS internal auditor), Kathy Casey (Chair USMS Recognition and Awards Committee and member of the USMS Rules Committee), Hugh Moore (Chair of USMS Communications Committee), Arni Litt (Legislation Committee member), Steve Peterson (Legislation Committee member), Jan Kavadas (Rules Committee member), Jane Moore (at-large delegate) and Walt Reid (at-large delegate).

For the full minutes of this and past meetings, go to www.swimpna.org.

Welcome New PNA Swimmers

Alexander Barnett
 Wendy Becker
 Scott Bonney
 Jenny Campbell
 Joel Clement
 Spencer Cocanour
 Colleen Elkington
 Dan Fenton
 Robert Fernandez
 Lynne Gallivan
 Scott Gregory
 Robin Hall
 Kelsey Hanson
 Jason Harlow
 Adrienne Hughes
 Anitra Ingalls
 Mark Kantor
 Gladys Knight

Annie Lareau
 Gwen Maksym
 John Naegle
 Holly Nelson
 Jill Patty
 Peter Roach
 Elizabeth "lib" Rust
 John Schnabel
 Kathryn Smith
 Julia Talamantes
 Michele Thompason
 Margey Thoresen
 Dave Wilkes





Technique

The Best Possible Streamline Position

Editor's Note: This article appeared in a recent of Splashmaster, the newsletter of the Inland Northwest Masters.

How important is a streamline to a swimmer? I think it can make a world of difference, particularly in a short-course setting, since streamlines and the idea of reducing drag can be applied to starts, swimming and turns. My take on swimming and streamlines is they are a way to make a minimum energy investment for a maximum speed return.

Not exactly a free lunch for a swimmer, but as close as it gets in the swimming pool. Initiating the

“Reducing the external forces fighting against a swimmer’s forward progress can result in a faster race time.”

first kick or pull is a matter of determining when the swimmer’s speed is about to drop from faster than they can swim to their race swimming speed. Experiment with different timing.

Starts

From a start, the speed gained from the push off of the block and from the force of gravity is faster than the swimmer can actually swim. If they can maintain that speed for any extra duration, and everything else is equal, their over-

all time for the race could be quicker. And all they had to do was perform an improved streamline.

During the race, any chances to reduce the external forces fighting against the swimmer’s forward progress (like drag) can result in a faster race time. If a better body position through a slight adjustment of head position results in decreased drag, then the swimmer just got faster—without putting any real extra effort into moving forward any faster.

Other ways to reduce drag include paying attention to hand entry and hand/arm position (both arms!) during the stroke cycle. And don’t forget the legs. A wide kick might have more force to it for some swimmers, but it also increases drag, and it is likely that the wide kick’s force is working to overcome the drag it creates, resulting in little or no added speed (in other words, a narrow kick could be more efficient).

Turns

What about turns? Lots of chances to reduce drag on those things, open or flip. How is the direction being changed? Is there a loose limb sticking out some place that is being “dragged” through the water instead of slipped through it? Is water being pushed?

How about the swimmer’s push off the pool wall? The swimmer’s upper body must be in a streamline shape prior to the initiation of the push to maximize speed off of the wall. As the push-off continues, the swimmer must pull the rest of their body into a streamline so they are able to maintain that speed (which should be faster than swimming) for as long as possible.

Things to Check for in a Good Streamline

The easiest place to make a quick change in streamlines is off a wall. These are the things I look for in a streamline after the swimmer has left the wall:

- One hand aligned on top of the other, with fingers pointing the direction of travel. The little finger and thumb of the top hand wrapped around the lower hand (to allow leverage and to prevent separation).
- The fingertips stretching and reaching as far forward as possible.
- The arms extended, pointing the direction of travel, with the biceps behind the ears.
- The surface from the back of the swimmer’s hands, along the arms, then down the shoulders and back should be one relatively smooth surface with no “head bump” sticking up on that side.
- The head bump is on the chest side.
- The swimmer’s arms are actively squeezing in behind the head, as if they are trying to make the elbows touch.
- The swimmer’s core is tight and straight—every muscle pulling in towards the center, trying to make the swimmer longer and thinner.
- The swimmer’s legs are adducted (that is, squeezed in and together) with their toes pointed.

(Continued on page 7)



(Continued from page 6)

Streamlining

- I want to see the swimmer become a strong, long torpedo, rocket or pencil shape off the wall (and on a start).

We practice streamlines off starts and turns regularly. We include a few push offs that are purposely not streamlined to remind the swimmers how much easier it is when they do perform a great streamline. You can practice and use streamlining techniques every swim workout to help make yourself a better swimmer.

Author Mathew Luebbers is a professional swim coach, working with all ages of competitive swimmers, fitness swimmers and triathletes. Currently Mat is the head coach and program director for the Marine Corp Community Services Semper Fit/Aquatics Okinawa Dolphins Swim Team in Japan. His past coaching duties have included the Appleton YMCA Marlins, Lake Forest Swim Club and Lake Forest College.

(Continued from page 2)

Leading Off

PNA, but with the arrival of Jane and Hugh Moore in leadership roles in 1983 it was like a tsunami wave hit. PNA grew stronger in the Northwest, membership increased, meets grew in stature. The mix of talents and energy that all the people involved brought to PNA during these years was incredible. Many people volunteered to help the organization for a year or two, then stayed involved for many, many years.

During this tsunami wave period, PNA successfully hosted several USMS national meets here in the Northwest. These include the 1992 Long Course

Nationals, the 1997 Short Course Nationals and the 2001 Long Course Nationals.

USMS Presence

PNA also developed an ongoing strong presence in USMS. Each year PNA sends a substantial contingent to the USMS national convention. These PNA volunteers help develop USMS policies, planning, rules and legislation as well as effectively communicate the interests of PNA.

Jane and Hugh Moore (2002), Kathy Casey (1993) and Walt Reid (1992) each have received the prestigious Ransom Arthur award given annually by USMS in recognition of all they have done to foster and develop Masters swimming both nationally and locally. Also, in 2000 *The WetSet* (with Sandy McNeel as editor) received the USMS newsletter of the year award.

Recent Waves

PNA has continued its development in recent years under the able leadership of Lee Carlson and Jeanne Ensign, the current PNA president. Lee battled to prevent the shutdown of swimming pools in King County's incorporated areas.

Future Waves

I am suggesting to each of you either new to PNA or not currently involved to catch the next PNA wave and help guide PNA to an even stronger future. Use your skills and energy to enhance Masters swimming here in the Northwest and nationally.

In addition to benefiting PNA, you'll gain organizational skills, make new friends and have the satisfaction of seeing your efforts make a difference.

So jump right in and catch the next PNA wave.

Congrats to PNA Swimmers at the FINA World Championships Riccione, Italy June 3-9, 2004

WOMEN 800 Free	55-59		
36. SUTHERLAND Kathryn		USA	16:09.32
MEN 50 Fly	50-54		
2. GRAHAM Donald		USA	28.05 Z
3. LAUTMAN Scott		USA	28.48
MEN 100 Free	50-54		
11. GRAHAM Donald		USA	1:00.95
MEN 400 Free	50-54		
2. LAUTMAN Scott		USA	4:39.51 Z
MEN 400 Free	55-59		
19. JAMES Norris		USA	5:30.45
MEN 50 Breast	60-64		
27. REID Walter		USA	41.81
MEN 100 Fly	50-54		
2. LAUTMAN Scott		USA	1:02.04 Z
3. GRAHAM Donald		USA	1:04.54
MEN 100 Breast	60-64		
26. REID Walter		USA	1:37.02
MEN 50 Back	50-54		
2. GRAHAM Donald		USA	31.26 Z
MEN 50 Back	60-64		
15. REID Walter		USA	40.10
MEN 200 Fly	50-54		
1. LAUTMAN Scott		USA	2:22.89 Z
MEN 50 Free	50-54		
6. GRAHAM Donald		USA	26.89P
MEN 100 Back	60-64		
12. REID Walter		USA	1:31.64
3K Open Water	50-54		
2. LAUTMAN Scott		USA	35:14.2

2004 NORTHWEST ZONE LONG COURSE METERS CHAMPIONSHIP MEET

Hosted by the Puget Sound Swim Club of Port Orchard

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 043605

DATE: **Saturday, July 24, and Sunday, July 25, 2004**

TIMES: **Saturday, July 24:** Warm-up: **11:00 – 11:50 AM**, Meet starts: **12:00 PM**
Sunday, July 25: Warm-up: **8:00 – 8:50 AM**, Meet starts: **9:00 AM**

PLACE: South Kitsap High School pool,
425 Mitchell Avenue, Port Orchard WA 98366. 360-874-5741

MEET DIRECTOR: Steve Peterson: 360-692-1669, 360-509-3420 (cell), *speterson@bandwagon.net*

FACILITY: This indoor venue has seating for 200+ people. The six-lane 50-meter pool's adjustable floor will be set to provide competition water depth of seven to thirteen feet. One lane will be available continuously for warm-up and warm-down.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2004 USMS and foreign registered swimmers age 19 and above as of December 31, 2004. (Note: for meters meets, your age is as of December 31, 2004!)

DIRECTIONS: From I-5: Take Highway 16 toward Bremerton. Take the Sedgwick exit (19 miles from the bridge). Turn right onto Sedgwick, head east...
From Bremerton: Take Highway 16 toward Tacoma. Take the Tremont exit, head east. Continue as Tremont becomes Lund Ave...

Turn left at Bethel Rd (stop light). Bear right at 'Y' onto Mitchell Road, which becomes Mitchell Avenue. High School is on right after approximately 1 mile.

ORDER OF EVENTS (NW Order #BB) (Seeding slow to fast. Deck enter relays at the meet.)

Saturday, July 24, 12 Noon		Sunday, July 25, 9 AM	
1	400 IM (check in by 11:30)	15	400 Freestyle (check in by 8:30)
2	Women's 200 Freestyle Relay	16	Women's 200 Medley Relay
3	Men's 200 Freestyle Relay	17	Men's 200 Medley Relay
4	Women's 400 Freestyle Relay	18	Women's 400 Medley Relay
5	Men's 400 Freestyle Relay	19	Men's 400 Medley Relay
6	50 Breast	20	100 Backstroke
7	100 Butterfly	21	50 Freestyle
8	200 Freestyle	22	200 Breaststroke
10 minute break		10 minute break	
9	200 Mixed Medley Relay	23	200 Mixed Free Relay
10	400 Mixed Medley Relay	24	400 Mixed Free Relay
11	100 Breaststroke	25	50 Backstroke
12	200 Backstroke	26	200 Butterfly
13	50 Butterfly	27	100 Freestyle
10 minute break		10 minute break	
14	800 Freestyle (check in by 1:30) NW Zone Board Meeting (tba)	28	200 Individual Medley
		29	1500 Freestyle (check in by 11:30)

Visit the PNA website at **www.SwimPNA.org** for the latest meet information.

SAFETY FIRST:

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

Entry Confirmation: Include legible email or a self-addressed, stamped envelope or postcard with your entry if you desire entry confirmation. You should bring a copy of your completed entry form.

Check-in is required: for the **400 IM** (deadline 11:30 am Saturday), **800 Free** (deadline 1:30 pm Saturday), **400 Free** (deadline 8:30 am Sunday), and **1500 Free** (deadline is 11:30 am Sunday). Swimmers who do not check in by the deadline may be scratched from the event.

2004 NORTHWEST ZONE LONG COURSE METERS CHAMPIONSHIP MEET

Saturday, July 24, and Sunday, July 25, 2004

NAME: _____ M F AGE*: _____

ADDRESS: _____

PHONE: _____ Email: _____

BIRTHDATE: _____ USMS #: _____ - _____

CLUB _____ or UNATTACHED _____ LMSC: _____

EMERGENCY CONTACT: _____ PHONE: _____

*AGE GROUP (Determined by your age as of DECEMBER 31, 2004):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME (Long Course Meters)

ENTRY FEE: \$ 13.00 Surcharge (Includes \$1 Northwest Zone meet surcharge)

Individual Events: + _____ \$1 per event. No charge for relays.
Optional for age 65 and over and needs-based swimmers.

Total: \$ _____ Please make checks payable to **PNA**

Mail this entry form and fees to: Steve Peterson
Postmarked by **July 10** 11165 Central Valley Road NW
or received by July 13, 2004 Poulso WA 98370

Include a copy of your Masters registration card if you are not a PNA member. All swimmers must have a valid 2004 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

Lake Padden 2.5K & 5K Open Water Swim
Saturday, July 31, 2004
Hosted by Bellingham Masters Swim Club
“Sanctioned by the PNA for USMS #3604-OW2”

Name: _____ USMS # _____

Address: _____ City _____ State _____ Zip _____

Date of Birth: _____ Age:(on race day) _____ Sex: M _____ F _____

Phone (home): _____ Phone (work): _____

E-mail address: _____

Emergency contact & Phone: _____

Indicate Event (circle one) 2.5k 5k

Entry Fee: \$25.00 per swimmer
Race Day Entry Fee \$28.00
USMS One-Event Registration \$10
T-shirt size _____M_____L_____XL

Checks Payable and Mail To:
Bellingham Masters Swim Club
3880 Gala Loop
Bellingham, WA 98226
Attn: Barb Gundred
(360) 734 8364
Konabarb@hotmail.com

Liability Release:

“I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.”

Must be signed and dated for acceptance.

Signed _____ Date _____

Events: 2.5K and 5K Open Water swims will be held at Lake Padden beginning at 9:00 a.m. A triangular course will be marked with large orange buoys. The start will be in the water with the finish on the beach.

Location: Lake Padden Park, Bellingham, Washington - a beautiful lake, with hiking, biking and running trails. It also has a large barbecue and play area for the entire family. The swim area is equipped with restrooms, showers and changing areas.

Eligibility: USMS or Canadian Masters registered swimmers 19 years of age and older as of July 31, 2004, are eligible to compete. For all competitors without a USMS or Canadian Masters registration, a \$10 One-Event USMS registration will be required at check-in. Non-PNA swimmers must submit a copy of their current registration card with their entry.

Entry Fees: \$25 per event. Entry fee includes a long sleeved T-shirt and a swim cap.

Entry deadline: Entries must be received by Saturday, 7/24/04. You may register race day, but a T-shirt will NOT be included with your entry fee. Fee for entries not received by 7/24 and on race day is \$28.00.

Rules: Current (2004) USMS rules will govern this event. The use of neoprene wetsuits is allowed in all distances.

Safety: Lifeguards and safety boats will monitor the entire course. Swimmers must wear the swim cap provided and their race number on their arm, leg or hand.

Schedule:

8:00 a.m. – 8:45 a.m. -- Check in.

8:45 a.m. -- Pre-race meeting

9:00 a.m. –5K Start

9:15 a.m. –2.5K Start

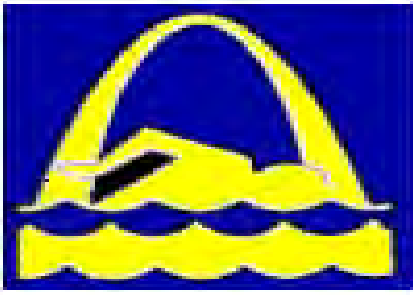
Awards: None. Entries meeting the July 24th deadline will receive an event Long Sleeve T-Shirt.

Results: Final results will be posted upon completion of each event.

Age Groups: Age groups are 19-24, 25-29, 30-34 and so on in five-year increments as high as necessary for both men and women.

Directions: Southbound: I-5 to Exit 254 the Samish Way exit. Follow the exit to the light and stay in the left lane. Turn left at the light onto Samish Way. Go across freeway overpass and turn right at the light. Follow road to the entrance to Lake Padden on the right side, about 2 miles. Park in the lots available and registration will be by the building, which has the changing rooms.

Northbound: I-5 to exit 246. Follow exit right to the stop sign. Turn left, drive to the 2nd Lake Padden entrance. Park in the lots as above.



2004 USMS 5K/10K POSTAL SWIM NATIONAL CHAMPIONSHIPS



Sponsored by St. Louis Area Masters Swimming
Sanctioned by Ozark LMSC for USMS, Inc., # 4791

DATE: All swims must take place between May 15, 2004 and September 30, 2004

LOCATION: The swim will take place in the pool of your liking, provided that it is 50 meters long, and at any time you like.

PURPOSE: To see how fast you can swim either 5,000 meters (100 lengths) or 10,000 meters (200 lengths)

ELIGIBILITY: Proof of membership in your nation's recognized masters swimming organization is required. A PHOTOCOPY OF THE SWIMMER'S 2004 REGISTRATION MUST BE SUBMITTED WITH THE OFFICIAL ENTRY FORM. Foreign swimmers are not eligible for USMS records or All-American selection.

INDIVIDUAL ENTRIES: Men and women compete separately in age groups of five-year increments: 19-24, 25-29, 30-34, 35-39, 40-45, . . . 100+. The swimmer's age group will be determined on the day he or she actually completes his or her swim. Those swimmers who have a birthday during the competition and wish to compete in more than one age group, must swim the event twice, one time in each age group.

TEAM ENTRIES: Team events will be contested in three categories: 3 men, 3 women, 4 mixed (2 men/2 women). Each team member must enter the individual event and be registered with the same club. Unattached teams are not permitted. The youngest team member's age shall determine the team's age group. Teams must swim in the oldest age group for which they are eligible. Age groups are 19+, 25+, 35+, 45+ . . . 95+. The cumulative time for the individual swims will be the team time.

FEES: \$10 for each individual entry and \$15 for each team entry. Fees are non-refundable and are payable by check only – no cash. Foreign entrants must submit fees in U.S. Funds via internal money order or bank check drawn on a bank with a U.S. affiliate.

SCORING: Club scoring will be tabulated based on the top ten individual finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be tabulated for the men, women, and combined in both 5K and 10K events.

AWARDS: The top three finishers in each age group in the individual and team events will receive USMS Long Distance National Championship medals. First place finishers in each age group will also receive a USMS championship patch. Awards will be presented to the top three clubs in each category.

RULES: Current USMS rules will govern these events. Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. When two swimmers share the same lane, each swimmer shall swim on one side of the lane during the entire race (no circle swimming). The referee shall establish procedures to prevent drafting if more than two swimmers are competing in a lane. An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer shall have a counter to record split times for every two lengths. One person may serve as a counter for no more than two swimmers per heat. The counter's name and phone number must be included on the entry form. Stopwatches or electronic timing must be used to ensure that an official swim can be recorded to the nearest hundredth of a second. Backup stopwatches should be started and left running in case the official timing system fails. A 5K split in the 10K event may be submitted for a record if requested in writing. It will not be accepted as an entry for the 5k; the events must be swum separately.

RESULTS: Complete results will be available by mail or via the internet. Awards and caps will be mailed by November 10, 2004.

QUESTIONS: Contact event director, Bruce Hopson, 315 N. 11th St., #703, St. Louis, MO 63101 at 314-588-8066 or email bhopson@swbell.net

Relay Entry Form - Use only for relay entries (please print clearly)

Event: 3 x 5K _____ 3 x 10K _____ 4 x 5K _____ 4 x 10K _____

Club Name: _____ Club Abbr. _____ Gender _____ Mixed _____ Age Group _____

Swimmer	Gender	Age	Time
#1 _____	_____	_____	_____
#2 _____	_____	_____	_____
#3 _____	_____	_____	_____
#4 _____	_____	_____	_____

Team Captain/contact _____ Phone _____ Date _____ Total Time _____

Address: _____ City: _____ State _____ Zip _____

**2004 USMS 5K/10K Postal Swim National Championship
Individual Entry Form – Please Print Clearly**



USMS RELEASE: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC.; THE LOCAL MASTERS SWIMMING COMMITTEE; THE CLUB; THE HOST FACILITIES; MEET SPONSORS; MEET COMMITTEES; OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE: _____ DATE: _____
 NAME: _____ USMS Reg. NUMBER _____
(As it appears on registration card) (Include COPY of 2004 USMS Reg. Card or NGB equivalent)
 ADDRESS: _____ PHONE: _____
 CITY: _____ STATE: _____ ZIP: _____ COUNTRY: _____
 EMAIL ADDRESS: _____ CLUB NAME: _____
 BIRTH DATE: _____ AGE: _____ CLUB CODE: _____ GENDER (circle one) M F
(mm/dd/yy)

INDIVIDUAL RESULTS

Final time must be recorded to the nearest one-hundredth of a second. I certify that I have read the rules of this event and on ____/____/2004, I swam 5K ___/10K ___ (check one), in the time of: ____:____:____.____ at (pool location/address) _____.

Signature of Swimmer: _____ Timer: _____

Awards: check if you **do not** wish to receive your
 Championship Medal Patch

Results: Electronic Results via email **OR**
 Paper results via US Postal

Send Entries to: SLAM 5K/10K Postal Swim, 315 N. 11th St., Apt. 703, St. Louis, MO 63101, along with a **check made payable** to: St. Louis Area Masters Swimming – \$10 for individual, \$15 for relay. **ALL ENTRIES MUST BE RECEIVED BY OCTOBER 10, 2004.**

Split sheet: Record **Cumulative** (not split) time for each 100 meters (10ths) and final time to (100ths)

100 _____	2100 _____	4100 _____	6100 _____	8100 _____
200 _____	2200 _____	4200 _____	6200 _____	8200 _____
300 _____	2300 _____	4300 _____	6300 _____	8300 _____
400 _____	2400 _____	4400 _____	6400 _____	8400 _____
500 _____	2500 _____	4500 _____	6500 _____	8500 _____
600 _____	2600 _____	4600 _____	6600 _____	8600 _____
700 _____	2700 _____	4700 _____	6700 _____	8700 _____
800 _____	2800 _____	4800 _____	6800 _____	8800 _____
900 _____	2900 _____	4900 _____	6900 _____	8900 _____
1000 _____	3000 _____	5000 _____	7000 _____	9000 _____
1100 _____	3100 _____	5100 _____	7100 _____	9100 _____
1200 _____	3200 _____	5200 _____	7200 _____	9200 _____
1300 _____	3300 _____	5300 _____	7300 _____	9300 _____
1400 _____	3400 _____	5400 _____	7400 _____	9400 _____
1500 _____	3500 _____	5500 _____	7500 _____	9500 _____
1600 _____	3600 _____	5600 _____	7600 _____	9600 _____
1700 _____	3700 _____	5700 _____	7700 _____	9700 _____
1800 _____	3800 _____	5800 _____	7800 _____	9800 _____
1900 _____	3900 _____	5900 _____	7900 _____	9900 _____
2000 _____	4000 _____	6000 _____	8000 _____	10000 _____

PNA MASTERS SWIMMING "AWAY-FROM-HOME" SIGN-UP

USMS National Championship 5 & 10 K Postal Swims

PNA has reserved pool space at the South Kitsap Pool in Port Orchard Saturday, August 14 so our swimmers will have the opportunity to swim and enter the annual 5 & 10 K postal swims.

Complete entry form, enclose fee, and mail to the event coordinator listed below:

Name: _____	2004 USMS Number: _____
Address: _____	Phone: (____) _____
City: _____ Zip: _____	DOB: _____ Age: _____ Sex: ____
E-mail: _____	USMS Club: _____ Local team: _____

Purpose: The 5K & 10K National Postal Swims require a 50-meter pool. "Away-From-Home" Postal Swims provide 50-meter pool space that enables PNA swimmers an opportunity to participate in the events.

Rules: USMS Postal Rules apply. Refer to the official 5/10 K entry form published in the WetSet and SWIM Magazine. First-come, first-served sign-up; day-of-event sign up accepted IF space permits. Each swimmer must provide someone 12 years or older to count laps and record splits. Events will usually be run 2-per-lane. Each swimmer will be required to sign the USMS Liability Release at the event.

Fees: **\$10/swimmer pool fee to help defray our pool rental costs.** If you wish to enter the National Championship event, please also bring a photocopy of your USMS card, the \$10 entry fee and a completed event entry form.

Sign up: Please indicate your seed time. Mail this form and your fees to Sally Dillon, PO Box 845, Oak Harbor, WA 98277. MAKE CHECKS PAYABLE TO PNA. Questions: 360-679-5038, salswmr@earthlink.net.

5 & 10 K Swims

Saturday, August 14, 11 AM – 3 PM
(August 10 sign-up deadline)
South Kitsap HS Pool,
425 Mitchell Rd., Port Orchard, WA

5K seed time: _____ 10K seed time: _____

We will start immediately so please be on time!

PNA has the whole pool at South Kitsap

5 K swimmers may be able to join GLAD swimmers at the 50 meter Colman Pool on Saturdays throughout the summer (except for 7/10, 7/17 & 8/21). GLAD will be holding practices on Saturdays from 6:30-8:00 AM and space in one lane may be available for 2-3 swimmers each week. Contact Coach Julie Weaver at (419)320-2392 or julzzweaves@hotmail.com. Space must be reserved in advance.

7th ANNUAL SHORT COURSE METERS PENTATHLON MEET

Hosted by North Whidbey Masters (Sanction #043606)

ORDER OF EVENTS (#1)	
#	Event
1	200 fly
2	100 fly
3	50 fly
4	200 back
5	100 back
6	50 back
7	200 breast
8	100 breast
9	50 breast
10	200 free
11	100 free
12	50 free
13	400 IM
14	200 IM
15	100 IM

DATE: Saturday, September 25, 2004

TIME: Warm-up 12:00 noon Meet starts 1:00 PM
CHECK IN BY 12:45 PM

PLACE: John Vanderzicht Memorial Pool
85 SE Jerome St
Oak Harbor, WA 98277
Phone: 360-675-POOL

MEET DIRECTOR: Sally Dillon
Phone: (360) 679-5038
E-mail: salswmr@earthlink.net

FACILITY: Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2004 USMS or MSC registered swimmers 19 and above as of 9/25/2004. Age groups based upon the swimmer's age as of 12/31/04. Entries must be received by the meet director by Saturday, September 18, 2004 with the following exception: **Race day entries will be accepted until 12:30 PM for an additional \$5.00 (US) late fee.**

SEEDING: Slow to fast. ALL EVENTS WILL BE DECK SEEDED. **CHECK-IN IS REQUIRED.**

TIMING: Electronic timing will be used.

THE PENTATHLON: In order to receive awards, swimmers must enter the five events that "complete" a pentathlon division. The Pentathlon divisions are:

"**Sprinters Choice**" Division 50 each of fly, back, breast, and free plus a 100 IM
 "**Middle Masters**" Division 100 each of fly, back, breast, and free plus a 200 IM
 "**Animal**" Division 200 each of fly, back, breast, and free plus a 400 IM

There will be a 10 minute break after each stroke. Pentathlon results will be calculated by adding the total time swum in the five events. Swimmers competing in the pentathlon will have a "time penalty" if they are disqualified in an event. It will be assessed as follows: ADD 5 seconds for each 50 of the event. Swimmers who try to abuse the disqualification system will be eliminated from the Pentathlon competition.

AWARDS: All participants will receive a certificate. Special awards will be presented to the fastest 3 swimmers in each age group for each division of the pentathlon. No separate awards will be given for individual events.

WEB SITE: Visit the PNA website at www.swimpna.org for updated information.

DIRECTIONS: Take highway 20 to Oak Harbor. Turn east onto Whidbey Avenue. Proceed 1/2 mile to SE Jerome St. Turn right onto Jerome—the pool will be on the right.

SAFETY FIRST!

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

7th ANNUAL SHORT COURSE METERS PENTATHLON MEET

Hosted by North Whidbey Masters (Sanction #043606)

NAME: _____ M F AGE as of 12/31/2004: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

E-MAIL ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS or MSC #: _____

Local Team _____ or UNATTACHED _____ LMSC _____

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED _____

EMERGENCY CONTACT: _____ PHONE: _____

AGE GROUP (Circle one - determined by your age as of December 31, 2004)

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS

Circle if your first Masters meet: **Yes**

EVENT NUMBER	EVENT	SEED TIME (for SC METERS)

ENTRY FEES: \$12.00 (\$18 Canadian)
 \$8.00 (\$12.00 Canadian) for seniors (65 & over)
 Race day entries will be accepted until 12:30 AM for an additional US\$5.00 late fee

Please make checks payable to: **NWAC** Direct questions to Sally at:
 Mail this entry form and fees to: **Sally Dillon** salswmr@earthlink.net
PO Box 845 360-679-5038
Oak Harbor, WA 98277

Pre-entries must be **received** no later than Saturday, September 18, 2004. Add \$5 late fee for all others.

Please include a copy of your Masters registration card if you are not a PNA member.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

3rd Annual BAMFEST SCY Swim Meet- Sanction #043607
Hosted by the Bainbridge Aquatic Masters

ORDER OF EVENTS "High School" Format	
#	EVENT
1 & 2	200 MEDLEY RELAY W/M
3	200 FREE
4	200 IM
5	50 FREE
15 minute Break	
6	100 FLY
7	100 FREE
8	500 FREE
9 &	200 FREE
10	RELAY W/M
11	100 BACK
12	100 BREAST
13	200 Mixed Fantasy Relay

DATE & TIME:

Saturday, October 16, 2004

Warm-up: **9:00 AM** Meet starts 10:00 AM.

Check-in with Clerk of Course upon arrival and **positive** check-in **required** for the **500FR** prior to the break.

LOCATION:

Bainbridge Island Aquatic Center: High School Rd. & Madison Ave., @ **the East campus entrance**, Bainbridge Island WA phone: 206-842-2302-pool

***25-yard course with six lanes used for competition and two lanes for continuous warm-up. The spa will be available during the meet for competitors only. Electronic timing will be used.

DIRECTIONS:

From Seattle: Take the ferry to Bainbridge Island. Proceed straight from the ferry terminal on SR305 exactly one mile to NE High School Road. Turn left (west) and proceed ¼ mile. Turn right (north) at traffic circle onto Madison Ave. Proceed ¼ mile – take first left for driveway entrance to pool.

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

ELIGIBILITY:

Open to all 2004 USMS or MSC registered swimmers age 19 and above on 10/16/04. Age groups determined by the swimmer's age on 10/16/04.

RULES: Current USMS rules will govern the meet.

AGE GROUPS (individual events): 19-24, 25-29, and 5-year age groups as high as necessary.

RELAYS: Deck-enter relays at the meet. Age groups 19+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay. Fantasy relay instructions to be announced at the meet.

SEEDING: Slow to fast. Check-in with the clerk of course.

MEET DIRECTOR: Brian Russell, (206) 842-5849, brian_a_russell@urscorp.com

WEBSITE: For more information, visit the PNA website (www.swimpna.org), or BAM website www.biparks.org/bam

SAFETY FIRST!

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

MEET ENTRY FORM: October 16, 2004 3rd Annual BAMFEST
Hosted by BAM (Bainbridge Aquatic Masters) - Sanction #043607

NAME: _____ M F AGE (on10/16/04) _____

ADDRESS: _____

E-MAIL ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS or MSC #: _____

Team Name, Club Name or Unattached: _____

Include a copy of your current Masters registration card if you are not a PNA member.

ENTRY LIMIT: **Five** individual events , plus relays. Circle if your **first Masters meet: Y**

EVENT #	EVENT NAME	SEED TIME

ENTRY FEES: \$ 9.00USD/\$14.00CAD Surcharge

(Includes electronic timing and facility rental surcharges)

\$ _____ Individual events:

(\$1 per event for swimmers under 65.)

No charge for swimmers 65 or over. No charge for relays.

TOTAL \$ _____ Please make checks payable to: **BAM**

Mail this entry form and fees to: **BAM**

P.O. Box 10848

Bainbridge Island, WA 98110

*****Entries must be received by Wed. Oct. 6, 2004**

Waiver: I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE: _____ DATE: _____

UNITED STATES MASTERS SWIMMING, INC.
2004 MEMBERSHIP APPLICATION
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer (Old Number _____)
 if available)

Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.

Name: _____ Birth date: _____
Last First Initial Month Day Year
 Address: _____ Age: _____ Male Female (circle one)
Street or box number
 _____ E-Mail: _____
City State Zip+4

Telephone: (____) _____

If you coach a Masters swim team check here
 I am interested in serving on a PNA committee

CLUB: Pacific NW Aquatics (PNA)
 Sequim (SQM) Unattached

AND Team : _____
 Unattached

2004 Annual Fee: Your fee includes a subscription to *The WetSet* and to *SWIM Magazine*

Choose a membership level below

Regular:	\$35	\$ _____
Need-based or Seniors (65 & over):	\$25	\$ _____
Partial year after Sept.1, 2004:	\$20	\$ _____
Canadian:	\$40 (US dollars)	\$ _____

Optional Donations:

USMS Endowment Fund	(\$1 or \$ _____)	\$ _____
International Swimming Hall of Fame	(\$1 or \$ _____)	\$ _____

TOTAL \$ _____

Mail to: Arni H. Litt, Registrar
 1920 10th Ave East
 Seattle, WA 98102-4253

Make check payable to: **PNA**
 Questions: (206) 323-4712, arni@qwest.net

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

➔ **Signature** _____

Date _____

When the option becomes available, I would like to receive the PNA newsletter, *The WetSet*, by electronic mail (e-mail) or be informed by email that it is available on the PNA website **YES NO (Circle one)**

Please re-enter your email address. _____



WetSet Subscription/Change of Address Form

The WetSet is PNA's official newsletter. Produced ten times a year, it is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA Masters Swimmers." To subscribe, please send this completed form to Arni Litt, PNA Registrar, 1920 10th Ave E, Seattle, WA 98102-4253.

***Important** — *The WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.*

Attach old address label here (if available)

Name _____

Address _____

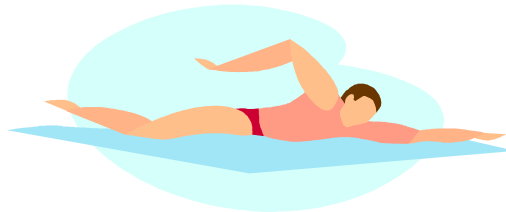
City / State / Zip Code _____

Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription



Pacific Northwest Association of Masters Swimmers
1920 10th Ave East
Seattle, WA 98102-4253

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