



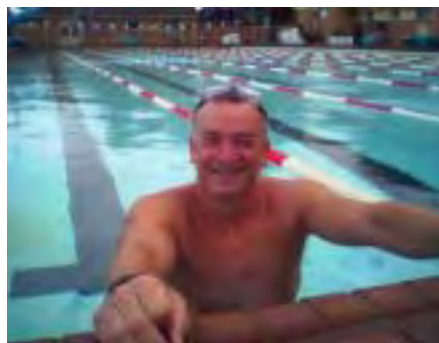
Scott Lautman Sets World Record for 200 Meter Fly at Northwest Zone LCM Champs

Scott Lautman made history at the Northwest Zone Long Course Meters Championships in July by swimming a 200 meter butterfly in 2:21.40. That eclipsed the old world record of 2:22.29 in the 50-54 age bracket by nearly a second.

First Cheers, Then Applause

Once it became clear that Scott was swimming the event at a world-record-setting pace, a public announcement was made at the South Kitsap High School Pool where the meet was held. The crowd then began cheering loudly for Scott as he swam, and those cheers turned into a huge round of applause when he finished the race.

Scott, who has been swimming since he was six years old, swam in college for the University of Washington. He also coached the Huskies' swim team for 18 years,



Scott Lautman

competed in two Olympic Trials and four years ago swam the English Channel.

Although turnout at the meet was lower than expected—57 people signed up—everyone enjoyed themselves, says meet director Steve Peterson. Besides having a chance to see a world record set, swimmers were treated to a new six-lane electronic scoreboard that Steve describes as “spectacular.”

A big thank-you, Steve says, to the parents, officials and members of the Puget Sound Swim Club who staffed the meet.

Advice from the New World Record Holder

After setting the new world record, Scott offered this advice to several autograph-seeking PSSC members: “Practice, practice and while you are practicing enjoy it. Keep a good attitude and make good friends that can last a lifetime.”

Excellent advice for swimmers of any age. (For more meet photos, see page 6.)

Save the Dates!!!
Two Fall PNA
Swim Clinics
See page 11 for details.

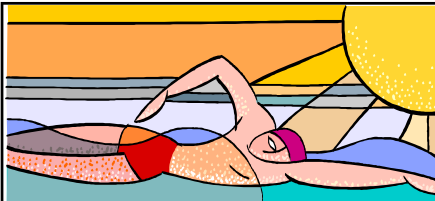
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Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our Web site at www.swimpna.org.



WET SET

Volume 24 • Issue 7
September 2004

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Meets: Lee Carlson

Records/Top Ten: Walt Reid

Officiating: Kathy Casey/Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Jim Williams

What's a person to do? It's early September; it should still be summer. All of a sudden the sky has been overcast, and some days are rainy. It feels like summer is over but Lake Washington is surely warm enough yet to pretend that it hasn't started to cool.

I pretend that there is no hint of the chill that will come while swimming in the lake a couple of months from now. With so much warm weather, this summer's open water swimming season has been one of the best in recent years.

Clinics and Meets

For the next several months, more pool swimming will be the norm for many of us, which brings to mind workouts, clinics and meets. PNA has several exciting events planned this fall. The clinic that Bob Bruce (2003 USMS Coach of the Year) put on for us last winter was so popular we are bringing him back again this fall to do both short-axis and long-axis clinics. (See page 11 for the dates.) Our perennial fall meets are being ably hosted again: the 7th Annual SCM Pentathlon in Oak Harbor and the Bainbridge Area Masters' Third Annual BAMFEST.

Check out the PNA website www.swimpna.org for Places to Swim and 2004 PNA Teams for locations and swim companions. There's just no (good) excuse for not getting in the water.

Lake Washington Open Water Park

But not to set open water swimming aside too soon, I'd like to tell you about an idea that's been set in motion. A group of swimmers has initiated talks with

LEADING OFF



By Jeanne Ensign,
PNA President

the City of Seattle to establish an open water park on Lake Washington, an area that will be for swimmers only, will be available year round and will include a facility offering a variety of services and amenities. With the increase in the number of triathletes and open water swimming enthusiasts, we have a need for an area dedicated to open water swimming.

Seattle Parks and Recreation and the Seattle Harbor Patrol have offered their support to help develop this park, an area off limits to boaters and offering swimmers an area for open water swimming. The group would enter into a long-term lease to operate a city-owned facility at the site to provide locker room facilities, equipment and other services.

There are more steps to complete with the city for site and facilities approval. With the support expressed to date, it is believed that the funds needed to be raised are easily within reach; Parks and Recreation has indicated that budgetary

(Continued on page 5)

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**.*

September 1 to October 31, 2004
3000/6000 Yard Postal
Championship
Bob Bruce (541) 317-4851
bobbruce13@attglobal.net
See pages 12-13 for entry form.

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

September 15-19
United States Aquatic Sports
(USAS) Convention
Orlando, FL

September 25, 2004
**7th Annual Short Course Meters
Pentathlon Meet**
Oak Harbor, WA
Sally Dillon (360) 679-5038
salswmr@earthlink.net
Race day entries accepted!!!

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.russell@earthtech.com
See Page 14 for entry form.

October 19, 2004
PNA Board Meeting
Seattle Parks & Recreation

November 6-14, 2004
Pan Pacific Masters Games
The Gold Coast
Queensland, Australia
Swimming, +61 7 3976 2822
gms@thehub.com.au
Swimming competition Friday,
November 12 through Sunday,
November 14
www.aussimastersqld.com.au

November 11-13, 2005
SCM Zone Meet
David Douglas High School
Portland, OR
Dennis Baker
bakeswim@yahoo.com

December 7, 2004
PNA Board Meeting
Location to be announced

January 1 to 31, 2005
2005 USMS One Hour Postal
Championships
Mel Goldstein
(317) 253-8289,
goldstein@mindspring.com

January 22, 2005
SCY PNA Meet
Fidalgo Pool
Anacortes, WA
Leslie Mix (360) 293-0673

February 20, 2005
SCM Meet
Bellevue Club
Bellevue, WA
Cory Hilderbrand
(425) 688-3127
cory@bellevueclub.com

May 15 to September 30, 2005
2005 USMS 5 & 10K Postal
Championships
Christine Swanson
(813) 254-4514 (phone or fax)
ctswanson@yahoo.com
Livia Zien, (727) -821-8113
livia.zien@att.net

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



Katie Asp, Lynnwood Sharks Coach, Is Into Triathlons and Creative Writing

Masters Coach Profile

Katie Asp, who coaches the Lynnwood Sharks, probably saw more swimming pools as a child than most kids. That's because her father was a pool manager for the City of Seattle, which moved him around from city pool to city pool. "Some of my earliest memories are of going to swimming pools and working out," says Katie.

Despite learning to swim at an early age and being exposed to so many swimming pools, Katie didn't swim competitively until her last year in high school. She also swam one summer in an age group summer swim league in Lynnwood, Wash.

Lifeguard and Swim Instructor

Two and a half years ago, Katie, who is a lifeguard and a swimming instructor at the Lynnwood Pool, where the Sharks swim, signed on as the team's assistant coach. She became head coach last September.

The Sharks swim on Monday and Wednesday evenings from 8:15 p.m. to 9:30 p.m., with an optional workout on Friday from 6:00 p.m. to 7:30 p.m. Because the team has only three lanes at the Lynnwood Pool to swim in, membership is limited to 22 people. "As a general rule about 12 to 15 team members show up for each workout, though occasionally

we'll have as many as 20 people," says Katie.

Coaching Philosophy

Katie's approach to coaching is to find out what her swimmers want, then incorporate those wants into her workouts. "It's more enjoyable for them and me if I find out what they like to work on," she says.

Budding Triathlete

Occasionally Katie swims with her team during a workout. And sometimes she swims with others at the pool. During the past six



months, she also added running and bicycling to her exercise regimen so she could compete in the August Danskin Triathlon in Seattle, which she entered and finished.

This fall Katie, who has an associate degree from Edmonds Community College, will continue her studies as a junior at the University of Washington. Her goal: a bachelor's degree in English. "I'm not really sure what I plan to do with my English degree," says Katie. "I like to write, so I'm thinking I'll do something related to creative writing."



USMS Rule Change Prohibits Use of Equipment To Convey Pacing Information

Effective June 5, 2004, USA Swimming amended its rules in order to align them with FINA with respect to the use of equipment that can convey pacing information to a competitor. The change is in response to the availability of individual radio receivers that can transmit information to a swimmer from a coach or other person.

Pursuant to USMS rule 601.4.6B, USMS has adopted this change based upon the action of the Rules Committee that accepted the USA Swimming change. Thus the following change is effective immediately (the addition is underlined):

102.15.9 -- Swimmers are not permitted to wear or use any device or substance to help their speed, pace, or buoyancy. Goggles may be worn and rubdown oil applied if not considered excessive by the referee.

USMS will follow the interpretation of USA Swimming that indicates that pacing devices including tempo training devices and radio transmitters that allow instructions to be passed to the swimmer are forbidden. USA Swimming has also indicated that other pace-conveying devices such as watches are not allowed on the swimmer. In response to questions received, it should be noted that this change does not prohibit one from conveying pace information through hand signals, placement of lap counters and the like. Additionally, this change does NOT affect long distance swimming.

(Continued on page 5)



(Continued from page 4)

USMS Rule Change

For those officiating USMS meets, it is suggested that enforcement of the rule be approached from an educational perspective. For example, if one sees a swimmer approach the block with a prohibited device, inform them of the rule and allow them to make any necessary changes rather than letting them start and disqualifying them.

(Continued from page 2)

Leading Off

constraints will not allow public funding to be used. The goal is that once the venue is established it will be financially self-sufficient.

If you are interested in helping out with any phase of this project, and would like to be on an email list please contact me at jeanne@raincity.com (206) 324-1354 or contact Clark Pace at pace50@msn.com (206) 525-3925.

John Tallman, Influential Northwest Swim Coach, Dies

John Tallman, who founded and coached the Cascade Swim Club, died recently. During his time as head coach of the Cascade, Tallman coached three world record holders and 15 national record holders. He also coached the University of Washington swim team for a decade.

A reunion in the summer of 2005 is being planned for people who swam for Cascade in the 1960s and 1970s. For more information, contact Stella Preissler at stellamarie@juno.com.

Summary of PNA Board Actions Taken at July and August Meetings

The PNA Board took the following action at its July meeting:

- The board acknowledged that Northwest Zone Short Course Meter Championship meet will be held at David Douglas High School in Portland on November 13 and 14.
- The board reviewed and revised the bid from PNA and Swim Seattle to host the 2006 USMS One Hour Postal Swim.

The PNA Board took the following action at its August meeting:

- The Weyerhaeuser King County Aquatic Center in Federal Way has been reserved for PNA Champs the weekend of April 8-10, 2005, though the meet format, whether it will be Friday night and Saturday, or Saturday and Sunday, has not been finalized.
- The Board discussed issues on the agenda for the upcoming USMS convention including proposed changes to the Rules of Competition and Long Distance Rules, changes in governance structure for the USMS and a competitive bid process for the national publication.

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

Welcome New PNA Swimmers

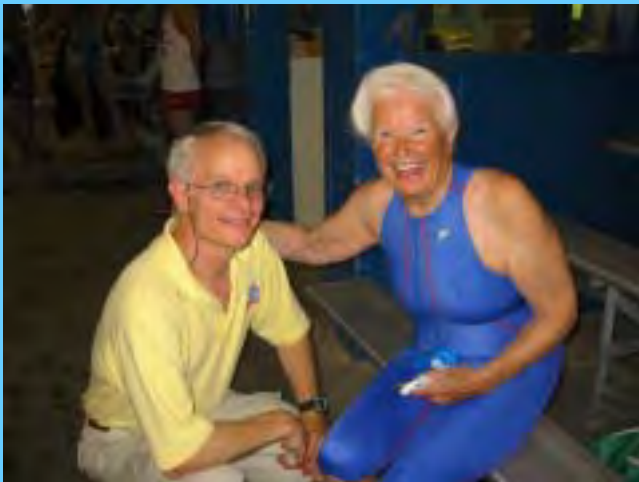
John Anderson
 Alison Aylesworth
 Justin Baird
 Dan Berg
 Caroline Brown
 Toby Coenen
 Nathan Conrad
 Cloantha Copass
 Lacey Curley
 Samuel Day
 Tim Essington
 Thomas Farrell
 Therese Frare
 Jessica Gallegos
 Luis Glass
 Mary Gracey
 Lucy Hoelscher
 Stuart Johnston
 Robert Killian
 Shay LaCasse
 Tawnya Lichtenwalter
 Robert Lichtenwalter

Christine Logar
 Kelly McDermott
 Merylyn Moss
 Sandeep Narang
 Lyne Ouellet
 Steven Parker
 Stu Pike
 Rosalyn Rombauer
 Shannon Singer
 Renee Stocks
 Kirsten Strand
 Scott Thompson
 Samuel Verkhovskiy
 Edward
 Kimberly Wall
 David Warren



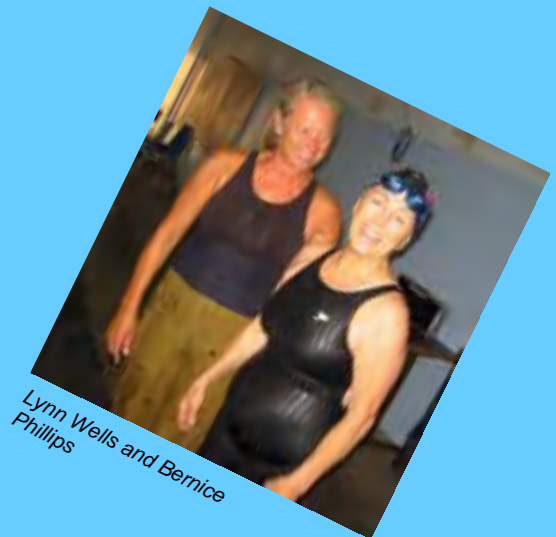


2004 Northwest Zone Long Course Meters Championship Meet July 24-25, 2004



Meet director Steve Peterson and Marion Chadwick

Photos by Tom Foley



Lynn Wells and Bernice Phillips



Lee Miesen from Oregon and son Ed



Frank Warner and wife Pam



Jeanne Ensign, Sarah Welch and Debbie Glassman



Turning 40, Sam Day Decides to Take the Alcatraz Challenge

Sam's First-Hand Account of What It's Like to Swim this Challenging Event

I turned 40 exactly a month before the Alcatraz Challenge Biathlon and Swim. In the last year and a half, my exercise regimen had dwindled to about an hour a week. For the first time in my life, I put on 20 pounds of belly cushion. I decided I needed a goal. I would get back in the pool and train for my first ocean swim.

I really struggled at reestablishing a regular workout habit, but managed to get back to full hour workouts at least three or four times a week. When summer came, I started training in Lake Washington. To assure myself I could complete the Alcatraz swim, I swam the 3.4 mile [Fat Salmon](#) in July. Since Alcatraz is only 1.6 miles, I decided I was up to the Challenge.

Formidable Current

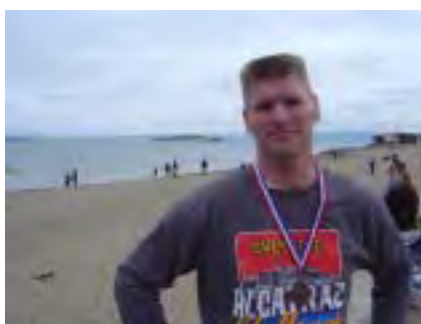
Alcatraz is less than a mile from Fisherman's Wharf, and looks even closer. But it is separated from the city by a formidable two-mile-per-hour current, which in a short time could deposit a dog paddler into the Pacific Ocean.

A small army of kayakers and several motorized support boats shepherd the 500-plus entrants from The Rock to the beach at Chrissy Field, in the Presidio. Swimmers are instructed to follow the commands of the kayakers, on threat of disqualification and removal from the water. When swimmers stray—or are swept—too far west of the course, a kayaker chases them down and alerts them to the danger, redirecting them, and if necessary, pulling them back to a safer position on the course.

We were advised to try to cross the current to shore as quickly as possible, and then swim with the current down the shore to the finish. That strategy, I assume, is only accomplished by swimmers considerably faster than me. Most of the pack seemed beholden to the current.

Waiting Game

Registration went very quickly. But once we were in our wetsuits, we had a lot of waiting



Sam Day after completing Alcatraz swim

to do. Waiting to load the ferry, waiting forever for the ferry to leave the pier, idling at the island while a cruise ship passed through the course. When we were finally given the signal to abandon ship, those of us towards the back had to wait some more, as swimmers bailed out from exits on both sides.

The water was 64 degrees, but the weather was a dream, and the surface as flat as a bay could be—just a gentle up and down, with good visibility to the shore.

Aiming for the Tower

We were instructed to swim toward the 1,000-foot Sutro Tower at all times, regardless of

our position in relationship to it, until we came within sight of the red tiled roof of the yacht club; 200 yards west of that would be the orange buoys of the finish line. Thanks to my triathlete-style goggles that I borrowed from a friend, I was able to spot much better than I do at home. I passed several swimmers. I was really having fun until I saw something white and wiggly flash in the corner of my eye.

I thought of big fish in this milky blue void below, but I was glad to discover it was only the loose strap of my goggles. They eventually filled with water, forcing me to swim with one eye closed.

But I'd been confidently in sight of my goal the whole time, so I wasn't worried. I just put my head down and swam. I looked up to spot less frequently.

Heading Out to Sea

My mind began to drift, and so did my position in the bay. When I finally spotted again, nothing looked familiar. I stopped and lifted my goggles to orient myself. In front of me was Golden Gate Bridge. I'd turned more than 90 degrees and was swimming with the current, directly out to sea. I cleared my goggles, sighted the correct tower on the correct hill, and pulled hard at the water.

Not a minute later I heard a whistle, and there was a kayaker beside me, with a power boat behind him, pointing me to the left and barking that I was outside the course. I didn't want to be pulled from the water. I really, really wanted to accomplish this. So I headed where they pointed—the destination I'd just rediscovered a minute before—with a diligent kick.

The yacht club came into view, and seemed now relatively close. But it also seemed to be drifting by, in the way that distant farm houses drift by when one drives a freeway

(Continued on page 8)

(Continued from page 7)

Alcatraz Challenge

through some expansive valley. The angle of view changes; at first it's on the right, then before me, then on the left. Then there's the beach, and the orange buoys and the finish line, and other swimmers—hadn't seen those for a while—but then that slips by as well. I was drifting west of the finish.

But this time I knew I could obtain the shore, even if I had to run back up the beach to the finish line. We'd been told this could happen, and was a better strategy than trying to swim against the current.

Presently I was approached by another kayaker, who pointed at a back angle to the finish I had passed, identified a concrete column some yards offshore, and directed me to aim towards it. It was perhaps 50 yards away, 45 degrees against the current. I could see it clearly, and I was sprinting towards it, but it just wasn't getting any closer.

About ten yards from the post, I crossed some invisible line. The current was gone, and the post flew past at pool speed. I was cruising toward the beach.

A volunteer helped steady me as I wobbled out of the water, and I followed the voices to the swim finish—as opposed to the start of the 7-mile run, over the Golden Gate Bridge and back, undertaken by those who just can't leave well enough alone.

Reflections on 40

I feel like I can do anything now. Forty is young. In fact, I couldn't have done the Challenge when I was 18 and bench pressing 300 pounds. I have more patience and persistence, and fewer fears.

You bet I'll do this again. Maybe I'll even do the run. But next time I'll have my own goggles.

USMS NATIONAL CHAMPIONSHIP 3000 & 6000 yd Postal Swims



Another Postal Swim Opportunity! September and October are the months when you can swim the final two National Championship postal swims for the year, the 3000 yard & 6000 yard events. The swims require that you use a 25 yard pool - easy to find for PNA swimmers. The distances are significantly shorter than the summer's postal swims (5K and 10K) – most PNA swimmers can tackle the 3000 at least. The entry form for these events is located on pages 12-13 in this *WetSet* and can also be located on the USMS web site at usms.org/longdist.

PNA "relay" teams

PNA will again be organizing relay teams for this event. You swim the event at the pool of your choice and then send your entry form and split sheet to the PNA event coordinator. Be sure to include the individual entry fee – PNA picks up the fee for the relays. PNA will make every effort to get you on at least one team and your individual entry will be submitted to the event host for the event.

Important details:

- Teams will be organized by age group. There are same sex teams (3 swimmers) and mixed teams (2+2).
- Your USMS registration must be current (2004) – please send the coordinator a copy.
- Your entry form and split sheet must be mailed to the coordinator. Include your check payable to PNA for the individual entry fee (and t-shirt if you want one).
- The relay team entry fee will be paid by PNA.

PNA Event Coordinator:

Sally Dillon
PO Box 845
Oak Harbor, WA 98277
Questions? Contact Sally at salswmmr@earthlink.net or 360-679-5038

- REMINDER – Please do NOT mail your entry directly to the event director. The coordinator will mail your individual entry for you after forming the relay teams.



PNA Swimmers 2004 Nationals Long Course Meters August 12-15, 2004

The following PNA swimmers swam one of the top 10 best times at this year's Nationals for their age division and gender.

P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD

WOMEN 19-24

200 M. FREE		
KELLY CRANDELL	24 # 6	2:38.75
400 M. FREE		
KELLY CRANDELL	24 # 4	5:37.45
200 M. BRST		
KELLY CRANDELL	24 # 3	3:24.13
200 M. I.M.		
KELLY CRANDELL	24 # 6	2:59.43
400 M. I.M.		
KELLY CRANDELL	24 # 1	6:41.86

WOMEN 30-34

100 M. BACK		
RONDAMARIE SMITH	34 # 5	1:19.05
100 M. BRST		
RONDAMARIE SMITH	34 # 2	1:25.00
50 M. FLY		
RONDAMARIE SMITH	34 # 5	32.68
200 M. I.M.		
RONDAMARIE SMITH	34 # 2	2:44.84
400 M. I.M.		
RONDAMARIE SMITH	34 # 3	5:49.84

WOMEN 40-44

50 M. FREE		
LISA DAHL	41 SPLT	27.92Z
50 M. BACK		
LISA DAHL	41 # 2	33.69Z
50 M. FLY		
LISA DAHL	41 # 3	30.93

WOMEN 50-54

50 M. FREE		
DEBBIE GLASSMAN	51 # 4	30.63
100 M. FREE		
DEBBIE GLASSMAN	51 # 3	1:08.23 Z
50 M. FLY		
DEBBIE GLASSMAN	51 # 3	33.96
100 M. FLY		
DEBBIE GLASSMAN	51 # 1	1:17.33 Z
200 M. FLY		
DEBBIE GLASSMAN	51 # 1	2:57.02 Z

WOMEN 55-59

200 M. FREE		
SARAH WELCH	57 # 9	3:03.78
400 M. FREE		
SARAH WELCH	57 # 8	6:33.70
1500 M. FREE		
KATHRINE CASEY	56 # 4	24:11.80
100 M. BACK		
KATHRINE CASEY	56 # 4	1:35.05

200 M. BACK		
KATHRINE CASEY	56 # 4	3:23.73
50 M. FLY		
SARAH WELCH	57 # 6	41.36
200 M. FLY		
KATHRINE CASEY	56 # 3	3:43.00 P
200 M. I.M.		
SARAH WELCH	57 # 8	3:30.94
400 M. I.M.		
KATHRINE CASEY	56 # 4	7:10.94 P

MEN 40-44

50 M. FREE		
JAMES LITTLEFIELD	44	27.65
100 M. FREE		
JAMES LITTLEFIELD	44	1:01.98
50 M. BACK		
JAMES LITTLEFIELD	44 # 9	33.51
100 M. BACK		
JAMES LITTLEFIELD	44 # 10	1:12.49
50 M. FLY		
JAMES LITTLEFIELD	44	30.38

MEN 50-54

50 M. BACK		
DONALD GRAHAM	50 # 2	31.37
100 M. BACK		
DONALD GRAHAM	50 # 5	1:11.00
200 M. BACK		
DONALD GRAHAM	50 # 8	2:40.35
50 M. FLY		
DONALD GRAHAM	50 # 4	28.33
200 M. I.M.		
DONALD GRAHAM	50 # 6	2:35.21

MEN 60-64

50 M. BACK		
WALT REID	64 # 6	40.04
100 M. BACK		
WALT REID	64 # 4	1:30.05
50 M. BRST		
WALT REID	64 # 9	41.99
100 M. BRST		
WALT REID	64 # 9	1:36.65

RELAYS-WOMEN 200 M. FREE

200-239		
LISA DAHL	41 # 1	2:11.30 Z
SARAH WELCH	57	
KATHRINE CASEY	56	
DEBBIE GLASSMAN	51	

RELAYS-MIXED 200 M. FREE

160-199		
DONALD GRAHAM	50 # 5	1:56.51
LISA DAHL	41	
KATHRINE CASEY	56	
JAMES LITTLEFIELD	44	

RELAYS-MIXED 200 M. MED-LEY

160-199		
JAMES LITTLEFIELD	44	2:19.04
WALT REID	64	
LISA DAHL	41	
KELLY CRANDELL	24	



PNA Swimmers USMS Top 10 Short Course Yards 2003-2004

The following PNA swimmers were in the Top 10 swimmers nationally for short course yards for their age and gender.

WOMEN 25-29

100 YD. FREE		
CASEY MURPHY	26 # 9	54.64
200 YD. FREE		
CASEY MURPHY	26 # 6	1:59.39
100 YD. I.M.		
CASEY MURPHY	26 # 9	1:03.22

WOMEN 30-34

100 YD. FREE		
TARA SIMSAK	34 # 10	56.46
1650 YD. FREE		
ROSE FIELDS	30 # 5	19:16.74
200 YD. BRST		
LINDA HEGERBERG	33 # 3	2:37.20
50 YD. FLY		
TARA SIMSAK	34 # 5	27.23

WOMEN 40-44

50 YD. FREE		
LISA DAHL	42 # 6	24.87
50 YD. BACK		
LISA DAHL	42 # 7	30.02
200 YD. BACK		
ZENA COURTNEY	44 # 8	2:27.04
ERIN BURGMAN	41 # 10	2:27.52
50 YD. FLY		
LISA DAHL	42 # 12	27.64
100 YD. I.M.		
LISA DAHL	42 # 6	1:03.86

WOMEN 50-54

50 YD. FREE		
DEBBIE GLASSMAN	50 # 4	26.80
CHARLOTTE DAVIS	53 # 9	27.50
100 YD. FREE		
CHARLOTTE DAVIS	53 # 7	1:00.53
DEBBIE GLASSMAN	50 # 9	1:00.81
50 YD. FLY		
DEBBIE GLASSMAN	50 # 4	29.66
CHARLOTTE DAVIS	53 # 9	30.23
100 YD. FLY		
DEBBIE GLASSMAN	50 # 5	1:08.55
CHARLOTTE DAVIS	53 # 6	1:08.89
200 YD. FLY		
DEBBIE GLASSMAN	50 # 1	2:36.56
100 YD. I.M.		
CHARLOTTE DAVIS	53 # 4	1:09.99
400 YD. I.M.		
CHARLOTTE DAVIS	53 # 1	5:21.56

WOMEN 55-59

50 YD. FREE		
KATHRINE CASEY	55 # 7	30.58

100 YD. FREE		
KATHRINE CASEY	55 #10	1:08.85
200 YD. FREE		
KATHRINE CASEY	55 # 9	2:30.66
1000 YD. FREE		
KATHRINE CASEY	55 # 9	13:50.19
1650 YD. FREE		
KATHRINE CASEY	55 # 6	22:54.95
50 YD. BACK		
KATHRINE CASEY	55 # 8	37.48
100 YD. BACK		
KATHRINE CASEY	55 # 6	1:18.99
200 YD. BACK		
KATHRINE CASEY	55 # 3	2:48.80
100 YD. FLY		
KATHRINE CASEY	55 # 9	1:26.73
200 YD. FLY		
KATHRINE CASEY	55 # 4	3:06.30
200 YD. I.M.		
KATHRINE CASEY	55 # 9	2:56.06
400 YD. I.M.		
KATHRINE CASEY	55 # 9	6:25.43

WOMEN 60-64

50 YD. FREE		
PINKY WALKER	61 # 8	32.28
100 YD. FREE		
PINKY WALKER	61 # 4	1:11.82
200 YD. FREE		
PINKY WALKER	61 # 6	2:44.29
50 YD. BACK		
PINKY WALKER	61 # 5	38.37
100 YD. BACK		
PINKY WALKER	61 # 5	1:25.13
100 YD. BRST		
FRANCESCA DRUM	62 # 5	1:34.67
200 YD. BRST		
FRANCESCA DRUM	62 # 8	3:30.49
100 YD. I.M.		
PINKY WALKER	61 # 6	1:24.92

WOMEN 75-79

50 YD. BACK		
BERNICE PHILLIPS	76 # 9	53.85
50 YD. FLY		
BETTY KERCHEVAL	79 # 7	57.93

WOMEN 80-84

1000 YD. FREE		
MARION CHADWICK	82 # 5	29:49.86
50 YD. BRST		
MURIEL FLYNN	81 # 3	56.13
100 YD. I.M.		
MURIEL FLYNN	81 # 4	2:04.39

WOMEN 85-89

100 YD. BACK		
PAT MATTHIESEN	87 # 6	2:55.13
50 YD. BRST		
PAT MATTHIESEN	87 # 5	1:44.18
100 YD. I.M.		
PAT MATTHIESEN	87 # 5	3:20.11

MEN 19-24

100 YD. FREE		
ELLIOTT KOLBE	23 # 5	47.77
200 YD. FREE		
ELLIOTT KOLBE	23 # 3	1:44.59
100 YD. BACK		
ALDEN KROLL	21 # 8	56.84
200 YD. BACK		
ALDEN KROLL	21 # 9	2:04.13
50 YD. BRST		
ELLIOTT KOLBE	23 # 1	26.69
100 YD. BRST		
ELLIOTT KOLBE	23 # 2	59.63

MEN 25-29

100 YD. BACK		
MARK ARNOLD	29 # 9	55.87
200 YD. BACK		
MARK ARNOLD	29 # 5	2:01.00
100 YD. BRST		
BRENT NORDYKE	28 # 8	1:00.65
200 YD. BRST		
BRENT NORDYKE	28 # 4	2:12.85
200 YD. I.M.		
BRENT NORDYKE	28 # 9	1:59.49
400 YD. I.M.		
BRENT NORDYKE	28 # 7	4:19.01

MEN 30-34

50 YD. FREE		
WILLIAM CANN	31 # 9	21.90
50 YD. BRST		
TODD DOHERTY	33 # 7	28.58
200 YD. I.M.		
WILLIAM CANN	31 # 6	2:00.85

MEN 35-39

100 YD. BACK		
C AUGUSTINE	36 # 9	57.39
50 YD. FLY		
AMON EMEKA	35 # 6	24.08
C AUGUSTINE	36 #10	24.54
400 YD. I.M.		
AMON EMEKA	35 #10	4:29.45

MEN 40-44

200 YD. FLY		
CAMERON GREEN	44 # 8	2:03.65

MEN 45-49

100 YD. FLY		
DONALD GRAHAM	49 #10	55.95
100 YD. I.M.		
DONALD GRAHAM	49 #10	58.76

MEN 50-54

500 YD. FREE		
SCOTT LAUTMAN	51 # 6	5:10.87
1000 YD. FREE		
BILL PENN	52 #10	11:08.78
1650 YD. FREE		
SCOTT LAUTMAN	51 # 6	18:21.84
BILL PENN	52 # 8	18:29.50
200 YD. BRST		
GREGORY HARRISON	52 # 7	2:28.84
50 YD. FLY		
SCOTT LAUTMAN	51 # 9	25.67
100 YD. FLY		
SCOTT LAUTMAN	51 # 4	54.71
200 YD. FLY		
SCOTT LAUTMAN	51 # 1	2:03.04
200 YD. I.M.		
SCOTT LAUTMAN	51 # 3	2:09.60
400 YD. I.M.		
SCOTT LAUTMAN	51 # 5	4:41.96

MEN 55-59

500 YD. FREE		
JIM MCCLEERY	58 # 4	5:36.83
1000 YD. FREE		
JIM MCCLEERY	58 # 6	11:24.40
1650 YD. FREE		
JIM MCCLEERY	58 # 3	18:53.14
JIM NORRIS	56 #10	20:48.03
200 YD. I.M.		
JIM MCCLEERY	58 # 9	2:22.74
400 YD. I.M.		
JIM MCCLEERY	58 # 4	4:59.91

MEN 60-64

50 YD. FREE		
ROBERT PILGER	60 # 6	25.81
1000 YD. FREE		
ROBERT PILGER	60 #10	13:58.26
50 YD. BACK		
GARY CHASE	63 # 7	31.02

MEN 75-79

100 YD. FLY		
HARVEY PROSSER	75 # 9	1:46.77
200 YD. FLY		
HARVEY PROSSER	75 # 4	4:05.52

MEN 80-84

1650 YD. FREE		
HAL YOUNG	82 # 8	43:51.63

MEN 90-94

50 YD. FREE		
GENE CROSSETT	90 # 3	51.38
100 YD. FREE		
GENE CROSSETT	90 # 3	2:01.82
200 YD. FREE		
GENE CROSSETT	90 # 3	4:26.73
500 YD. FREE		
GENE CROSSETT	90 # 2	11:40.02

RELAYS-WOMEN 200 YD. FREE

25 +		
TARA SIMSAK	34 # 3	1:43.13
RONDAMARIE SMITH	33	
ERIN BURGMAN	41	
LISA DAHL	42	

RELAYS-WOMEN 200 YD. MEDLEY

19 +		
LISA DAHL	42 # 6	2:00.35
KELLY CRANDELL	23	
TARA SIMSAK	34	
DEBBIE GLASSMAN	50	
25 +		
RENEE HUKKANEN	27 #10	2:00.39
CARRIE NORDBERG	28	
ANNETTE HARRIS	32	
JULIE BARASHKOFF	32	

RELAYS-M E N 200 YD. FREE

45 +		
BRIAN RUSSELL	46 # 3	1:35.83
SCOTT LAUTMAN	51	
RONALD JACOBS	52	
DONALD GRAHAM	49	

RELAYS-M E N 200 YD. MEDLEY

45 +		
RONALD JACOBS	52 # 4	1:49.36
BILL REEDER	51	
BRIAN RUSSELL	46	
DONALD GRAHAM	49	



RELAYS-MIXED 200 YD. FREE

35 +		
DONALD GRAHAM	49 # 8	1:38.00
ERIN BURGMAN	41	
LISA DAHL	42	
RONALD JACOBS	52	

PNA's All-Time Short Course Yards Top 10 Now Posted on PNA Website www.swimpna.org

Save the Date for Fall Swim Clinics

Bob Bruce, Coach of Bend Oregon Masters, will lead two swim clinics that PNA will hold this fall. The first, to be held on October 23 and 24, will focus on the short axis strokes, breaststroke and butterfly. The second, to be held on November 20 and 21, will focus on the long axis strokes, backstroke and freestyle.

Last year Bob, who also is current USMS Coach of the Year and Chair of the USMS Coaches Committee, conducted a highly successful two-day swim clinic for PNA. The 2004 clinic model will reflect feedback from this 2003

session. Among other things, the number of participants will be reduced to about 40 per clinic, and the "work day" shortened to 5 hours each. Clinic registration fees will be structured so participants can attend one or both days for each clinic, though the clinics will be run as two-day affairs.

PNA is working to secure a location in south King County for one of the clinics and the Seattle/Bellevue area for the other. PNA will distribute clinic registration information as soon we confirm locations and times. Stay tuned.

Lake Padden Open Water Swim

Photos by Tim Welch



20th Annual Emerald City Open Water Swim

Photos by Tom Foley



2004 United States Masters Swimming 3000 & 6000-Yard National Postal Championships



Sponsored by Central Oregon Masters Aquatics
Sanctioned by Oregon LMSC for USMS (#374-OW2)

Events: National Championship 3000-yard and 6000-yard timed swims. Submit official splits and entry form by mail.

Location: Swim in any 25 yard pool. The 3000-yard event is 120 lengths & the 6000-yard event is 240 lengths. Conversions from metric pools are not permitted.

Dates: Each swim must be completed on or between September 1 and October 31, 2004. The Event Director must receive your entry by November 10, 2004.

Eligibility: Open to USMS members with a valid 2004 registration (2005 registrations are not permitted), or swimmers from other countries with a current registration from their National Governing Body. Photocopy of your 2004 registration card must be included with your entry.

Individual Entry/Age Groups: Men & women compete separately in five-year age groups: 19-24, 25-29, 30-34, 35-39, etc. Swimmer's actual age of the day of their swim determines age group. Individuals who change age groups during the time of the event may enter twice but must swim the event twice, one time at each age.

Team Events: Three team events will be contested for both the 3000-yard & 6000-yard events: 1) Three women, each swimming the distance; 2) Three men, each

swimming the distance; 3) Two women & two men, each swimming the distance. The cumulative time of the individual swims will be the team time.

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). Team events will not be scored. Club scores will be tabulated for Women's, Men's, and Combined categories in both the 3000-yard & 6000-yard events.

Awards: The top six finishers in each age group in the individual and team events will receive USMS Long Distance National Championship medals if they choose. First Place finishers in each age group will also receive a USMS Championship patch. Certificates will be awarded to the top three clubs in each category of the team scoring.

Rules: 2004 USMS Rules will govern these events. Drafting and flotation & propulsion devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. No more than two swimmers may share a lane, and each swimmer must swim on either the right or left side of the lane for the entire race (circle swimming is not allowed). 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 & 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 one-hundredth of a second. Backup stopwatches should be started and left running in case the official timing system fails. A 3000-yard split in the 6000-yard event may be submitted for a record if requested in writing, but will not be accepted as an entry for the 3000-yard event, as each event must be swum separately.

Fees: \$10 for each individual entry & \$12 for each team entry. Entry fees are non-refundable.

Results: Complete results will be sent by e-mail (as a pdf file) or by mail by December 10, 2004.

T-Shirts: Event T-Shirts may be purchased for \$15 when submitting your entry. Shirt design may viewed at www.comaswim.org starting in August 2004.

Questions: Contact Event Director Bob Bruce at bobbruce13@attglobal.net or call 541-317-4851 before 9:00 pm PST.

Team Entry Form

Team Event: (Please select only one event)	<input type="checkbox"/> Women 3 x 3000	<input type="checkbox"/> Men 3 x 3000	<input type="checkbox"/> Mixed (2 women & 2 men) 4 x 3000
	<input type="checkbox"/> Women 3 x 6000	<input type="checkbox"/> Men 3 x 6000	<input type="checkbox"/> Mixed (2 women & 2 men) 4 x 6000

Club Name:	Club Abbreviation:	Age Group:
-------------------	---------------------------	-------------------

Captain's Name:	E-mail:	Phone:
------------------------	----------------	---------------

Swimmers' Names:	Gender	Ages	Time
1)	<input type="checkbox"/> Female <input type="checkbox"/> Male		
2)	<input type="checkbox"/> Female <input type="checkbox"/> Male		
3)	<input type="checkbox"/> Female <input type="checkbox"/> Male		
4)	<input type="checkbox"/> Female <input type="checkbox"/> Male		

Total Time: _____

2004 USMS 3000/6000-Yard National Postal Championships Individual Entry Form (fill out completely & legibly)

Name: _____ Female Male Age: _____ Birthdate: _____

Address: _____

City: _____ State: _____ Zip: _____ Country: _____

Phone (with Area Code): _____ E-mail Address: _____

2004 USMS Registration Number: _____ **Entrants must provide photocopy of 2004 USMS Registration Card**

Club Name: _____ Club Abbreviation: _____

Name of your Timer/Counter: _____ Timer/Counter phone (with Area Code): _____

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 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 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 DAMAGE 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.

Your Signature: _____ **Date:** _____

I have read the rules of this event, and that on this date September or October _____, 2004, I swam 3000 yards or 6000 yards.

The total time was _____ : _____ : _____ . _____ (to the exact 100th please)

Pool Name & Location (City & State): _____

Swimmers Signature: _____ **Timer/Counter Signature:** _____

Amount enclosed: \$10 for each Individual Entry
 (in U.S. dollars) \$12 for each Team Entry
 \$15 for each T-shirt (specify size)
 Small Medium Large XLarge XXLarge
 Results: Please send my results by e-mail as a pdf attachment
 Awards: I do not care to receive awards should I qualify
 \$ _____ **Total Amount Enclosed (Checks payable to C.O.M.A.)**

Mail entry form & check to:
 Bob Bruce
 Central Oregon Masters Aquatics
 Box 1122
 Bend, OR 97707

Checks payable to C.O.M.A.

Split Sheet: Record Cumulative Time (not split time) for each 50 yards to at least 10th's, and Final Time to the 100th.

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

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 & 10	200 FREE 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 **500 Free** prior to the break.

LOCATION:

Bainbridge Island Aquatic Center: High School Road & 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.russell@earthtech.com

WEBSITE: For more information, visit the PNA website (www.swimpna.org)

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: _____

EMERGENCY CONTACT: _____ Phone: _____

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 _____

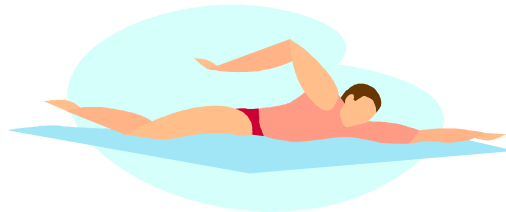
Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription

September 2004 Issue



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

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