



PNA's Federal Way Masters Puts a New Twist on the Annual Check-Off Challenge

Thanks to the PNA's Federal Way Masters, the 2005 Check-Off Challenge, whose theme is *Mission: I.M. Possible*, is more challenging than ever.

The Twist

Traditionally, the objective of the annual Challenge is to swim 18 different events found in pool competition. This year, though, the Federal Way Masters, which is sponsoring the challenge, is raising the bar by adding two open water events, a half mile and a full mile swim.

"Novice swimmers can swim the Mission Freestyle part of the challenge, which has five freestyle events ranging from a 50 to a 1650, plus they can swim the two open water events," says Hugh Moore, president of Federal Way Masters.

Your USMS Registration May Have Expired

This is the last issue of *The WetSet* that you'll receive unless you renew your USMS registration. Look at the mailing label for this newsletter. If you see 364 . . . you haven't renewed your registration. If you see 365 . . . you have renewed it.

"Experienced swimmers can add the Mission Stroke & IM, which has the non-freestyle strokes in distances of 50, 100 and 200, plus a 100, 200 and 400 IM."

As a Challenge participant, you can swim these events during practice, during a swim meet, during an organized open water event or during an organized open water training session—any time, any place, at your own pace!

A Group Affair

Federal Way Masters is challenging all workout groups to aim for 100% participation. Under the Challenge's rules, a workout group includes all the swimmers practicing under the same coach or at the same pool.

No Fee and T-shirts

It costs you nothing to enter the Challenge. However, t-shirts that have every Challenge event listed on the back are available for \$15 (\$17 for XXL).

"The t-shirts are available now, so you can use them to check off completed events with an indelible marker," explains Hugh.

For more information and forms, including a check-off form, go to <http://www.usms.org/fitness/fitnessevents.shtml>.

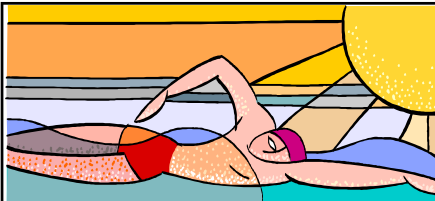
ON THE INSIDE



Leading Off	Page 2
Masters Calendar	Page 3
BEST Coach Michael McKinlay	Page 4
Health and Fitness/ Technique	Page 6
USMS 2004 Top Ten LCM	Page 8
Places to Swim	Page 9
One Hour Postal Relay Info	Pages 10- 12
Bellevue Club Meet Entry Form	Page 13
PNA Team Registration Form	Page 14



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

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One of the great things about January is getting back into a swimming routine after the holidays. Not that I didn't swim during December. It's just that social and eating opportunities interfered with my making it to early morning workouts as often as I wished.

However, it didn't take a New Year's resolution for me to get back in the pool. January seems to require swimming. It's not warm and sunny outside and not as inviting for outdoor activities.

There are plenty of activities and events planned for the coming months to inspire you to continue swimming or to get back in the water. Read on to find something of interest to you.

Postal Events

The USMS Fitness Committee has planned some fun, challenging events for 2005. These events are less competitive in nature, and can be done any time at any pool. You can use an event to set a goal, such as swimming faster, swimming a greater distance or logging your distance over time.

This year our very own Federal Way Masters is hosting the Check-Off Challenge. Your objective is to swim each of 18 swimming events found in pool competition and two open water events, all during 2005. Swim an event during practice, a swim meet or an open water event. Then check it off on the back of the event T-shirt. (See article on first page for more details.)

More Fitness Events

Other fitness events are the 30-Minute Swim, a continuous swim done any time during 2005,

LEADING OFF



By Jeanne Ensign,
PNA
President

and the Virtual Geographic Swim Series, your chance to "Swim America's Waterways" by applying your pool yardage to U.S. bodies of water. For more information about these events, visit www.usms.org.

January wouldn't be January without the annual One Hour Postal Swim. The goal: swim as far as possible in one hour sometime during the month. Arrange with your coach or swim mates to set aside an hour, or hours, to allow as many of you as want to participate. (See pages 10-12 for more information and an entry form).

Open Water Events

Even though the outdoor water is mighty nippy, it's not too early to plan your summer swims. Oregon is hosting the USMS 1-Mile Open Water National Championships in Elk Lake near Bend. I haven't heard any open water dates yet, but after 20 years I expect we can plan on the 21st Annual Emerald City Open Water Swim in August. Lake Padden changed last year to a late July date and Fat Salmon is

(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 2005 CALENDAR

**OPEN
POSTAL SWIMS
MEETS**
CLINICS

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

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

□ January 1 to December 31,
2005
Fitness Check-Off Challenge
Mission: I.M. Possible
Hugh Moore
swimmoore@comcast.net
See article on page 1 for details;
for forms see [http://
www.usms.org/fitness/
fitnessevents.shtml](http://www.usms.org/fitness/fitnessevents.shtml)

□ January 22, 2005
SCY PNA Meet
Fidalgo Pool
Anacortes, WA
Leslie Mix (360) 293-0673
See page 13 for entry form.

□ January 25, 2005
PNA Board Meeting
Seattle Parks & Recreation
7:00 p.m.



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

□ **February 22, 2005**
PNA Board Meeting
Seattle Parks & Recreation
7:00 p.m.

□ **March 22, 2005**
PNA Board Meeting
Seattle Parks & Recreation

□ **April 9-10, 2005**
SCY PNA Champs
WKCAC
Federal Way, WA

□ **April 26, 2005**
PNA Board Meeting
Seattle Parks & Recreation

□ 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

□ May 19 to May 22, 2005
USMS Short Course Nationals
Ft. Lauderdale, FL
Stu Marvin
(954) 828-4580
smarvin@fortlauderdale.gov

□ July 22 to July 31, 2005
World Masters Games
Edmonton, Alberta, Canada
SCM; www.2005worldmasters.com

□ July 29, 2005
2005 USMS 1-Mile Open Water
National Championships - Elk Lake
Bend, OR
Bob Bruce, 61200 Parrell Rd.
Bend, OR 97702
(541) 317-4851
bobbruce13@attglobal.net
Pam Himstreet
(541) 385-7770
himstreet@bendnet.com;
Sanctioned by OR LMSC

August 7, 2005
2005 USMS 5-Mi Open Water
National Championships-La Jolla
Bay, San Diego, CA
OW; David Lamott, 2425 Palermo
Dr, San Diego, CA 92106
(619) 222-3436
JLamott@pacbell.net
Steve Dockstader
stevedocks@san.rr.com;

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

Michael McKinlay Loves Coaching BEST and the Relationships the Job Brings Him

Masters Coach Profile

Michael McKinlay, the coach of the Bellevue Eastside Swim Team Masters (BEST), started swimming at the age of three for an unusual reason: polio. Michael had a mild case of the disease and his parents, both swimming instructors, decided that swimming would make their son healthier.

By the time Michael, who was born and raised in the Texas Panhandle, was 11 years old he was competing in age-group meets. He also competed for the first high school he attended, even though that school had no swimming team. "I worked out on my own and represented the school at swim meets," he says.

State Champs

For his senior year Michael transferred to a high school with a swim team. On it were several other swimmers who, like Michael, had transferred from schools that had no swim teams. During Michael's senior year, his new team became state swim champs. And the medley relay team on which Michael swam set a national record. "There were three all-Americans on the team, and I was the fourth guy," he says.

Multiple Degrees

For college, Michael went to the University of Texas on a swimming scholarship. He graduated in 1965 with a bachelor's degree in math and physics, followed by a

master's degree in anthropology from the university.

Michael then moved to the San Francisco Bay area and continued his education, eventually earning a



second master's degree, this one in divinity. For awhile, he was an assistant minister at San Francisco's First Unitarian Church.

Restarts Swimming

As for swimming, Michael had stopped after college. But 14 years later, in San Francisco, he took up Masters swimming and began competing in meets.

In 1980 Michael moved to Davis, Calif., for what he says was "R&R from the Bay Area." In Davis he swam with the Davis Aquatic Masters. At that time this Masters team had a roster of about 600 swimmers and offered 12 different daily workouts at three different city pools.

While living in Davis, Michael met his wife, Diana Barnes, who at the time worked for a computer company. In 1986 Diana's employer transferred her to the Seattle area, so the couple here.

After the move, Michael began swimming with BEST, a team that's been around since the 1970s and practices at the Bellevue Eastside YMCA. In 1998 he became the team's coach.

Coaching Rewards

BEST, which has about 30 members, practices three mornings a week for an hour in the Y's 25-yard, four-lane pool. Because the team has more levels of swimmers than the Y pool has lanes, "I have to be creative with workouts," says Michael.

In addition to his coaching duties, Michael works full time as a software developer for Costco. On the days he coaches, Michael works out with the age group team that swims at the Y at 5:00 a.m. "I get up at 4:15, swim from five until a little after six, then grab a shower and go on deck."

Michael says he really likes coaching. "I like coming up with creative workouts that make people do the same thing but in an interesting way. But mostly I enjoy the relationships I've built with my swimmers."



**Happy New Year
From PNA.
May You Have a
Swimmingly
Great 2005!!!!**



(Continued from page 2)

Leading Off

scheduled for the third Saturday in July, which this year is the 16th.

In addition, our neighbors in Oregon, Idaho and eastern Washington have a number of open water swims planned. Keep your eye on *The WetSet* calendar as the chilly waters start to warm up, if ever so slightly.

Local Pool Meets

For some of you, the crème de la crème is training for a special meet. If you're in this group, your swimming year may peak with PNA Champs, which will be held on April 9 and 10 at Weyerhaeuser King County Aquatic Center in Federal Way. Champs will be held in conjunction with the Northwest Zone SCY Championships, so count on seeing your friends and competitors from around the Zone.

In the meantime there are opportunities to fine tune your starts and streamline your turns before Champs. Anacortes is hosting a SCY meet this month and the Bellevue Club is hosting a SCM meet in February. If past years are any indication, these meets will be both fun and fast.

If you want to set your sights farther afield, consider SCY National Championships in Fort Lauderdale on May 19 to 22. The complete information packet is available at <http://www.usms.org/comp/scnats05/>. In August Mission Viejo is hosting LCM National Championships.

Teams and Pools

Perhaps your inspiration comes from the routine of a set lap swim time or joining your regular Masters' workout group. If you're looking for a team or workout group, a good place to start is on the PNA website at www.swimpna.org. The PNA teams

Summary of PNA Board Action Taken at December Meeting

Twelve members of the PNA board met at Sarah Welch's home on December 7, 2005. The main focus of the meeting was adopting a budget for 2005. Other significant agenda items included (a) review of the recent successful stroke clinics conducted by Bob Bruce, (b) update on 2005 PNA nominations and election process and (c) accepting a fee proposal for 2005 PNA Champs of \$17 surcharge plus \$1 per event.

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

list you'll find there includes information about swim times, the pool and coach and contact information. For more information about pools, check out the Where to Swim link on the website and page 9 of this newsletter.

Best wishes for a healthy and prosperous New Year. Happy Swimming!

Welcome New Swimmers

Mach Appleby
Sandra Churchill
Nicole Glover
Eva Hershaw
Laura Hoffmann
Richard Holloway
Bill Hughes
Sandra LaFontaine
Joshua Litt
Julie McGaw
Michael McGinn
Sarah Moore
Marc Newman
Eliot Ninburg
Mike Reilly
Sherri Kruzner Rowe
Cynthia Ruggiero
Don Schaefer
Paul Sioda
George Smith
Summer Sturhan
Kathy Swindler
Thomas Taylor
Lauren E. Wanwig

Looking for More Information About Fitness?



You're only a "click" away.

The USMS Fitness Committee produces many different types of articles about swimming, with topics ranging from swimming technique to nutrition. Each month a new article is featured in the "Fitness" section on the USMS Web Site. For example, in December the site featured an article about vitamins that was written by Dr. Jane Moore, a PNA board member.

At the end of each month, the featured articles become a part of a permanent archive that you can access. So visit the USMS website today!



Health and Fitness



Mindful Swimming, Mindful Living and 12 Keys to a Healthy Diet

Editor's Note: The following article appeared originally in Aqua Master, the monthly newsletter of Oregon Masters Swimming.

Happy New Year! Welcome 2005 and welcome to all of our New Year's resolutions. Yes, it's that time of year again to set goals. How about being more mindful? Here's how to do it: pay attention to your thoughts, feelings, behavior and environment on a daily basis.

It's that simple!

Mindfulness can enhance your swimming too; it can make it more fascinating, forgiving and effortless. Mindfulness allows for s-l-o-w-i-n-g down so we can observe and reflect on what is going on right NOW.

To work towards being mindful ask yourself some of the following questions.

- What am I doing right now? What am thinking right now? What am I feeling right now? What am I noticing right now?
- What am I doing as I work on my goals? What am I thinking as I work on my goals? What am I feeling as I work on my goals? What am I noticing as I work on my goals?
- What am I doing/feeling/thinking/noticing before I start working on my goals?
- What am I doing/feeling/thinking/noticing after I work on my goals?

- What external things are interfering with the accomplishment of my goals?
- What external things are helping me accomplish my goals?
- How can I be fully present to commitment today?
- What ideas, beliefs and memories impact my learning goals?
- What is the music that describes this moment?

Happy New Year! Happy Swimming 2005! Stay fit!

Twelve Keys to a Healthy Diet

1. Limit fat intake. Fat should supply less than 30% of your total daily calories.
2. Limit intake of saturated fat. This kind of fat is mostly found in animal products. It's responsible for elevated blood cholesterol levels as well as other adverse health effects.
3. Keep daily cholesterol intake below 300 milligrams per day. The foods that contain cholesterol are animal products including egg yolks, dairy products, poultry and game.
4. Eat complex carbohydrates. The foods rich in complex carbs include fruits, vegetables, grains and legumes. Carbohydrates should supply at least 55% of total daily calories. Complex carbs provide many vitamins, minerals

and phytochemicals. Six or more servings per day can add up to 20-30 grams of the necessary dietary fiber.

5. Be cautious with too much sugar. Foods high in sugar are commonly high in fat.

6. Add colorful fruits and vegetables including carrots, broccoli and citrus fruits. They provide antioxidants that act as preventive measures to enhance our health.

7. Protein is important for muscle repair and normal energy expenditure. Moderate portions should make up about 12% of total daily calories.

8. Variety tastes better and is more fun! Eat a wide assortment of food to ensure daily intake of the necessary nutrients.

9. Be cautious with sodium. It is recommended to ingest no more than 2400 milligrams per day. This is about a teaspoon of salt.

10. Moderate alcohol consumption. If you drink alcohol. Moderate is one drink for women and two drinks for men, per day.

11. Balance and maintain a healthy body weight. Eat right and exercise.

12. If all else fails, a pint of Ben & Jerry's isn't that bad, is it?





Technique

From Fitness Swimming to Competition

Editor's Note: This article appeared in the January 2005 issue of Aqua Master, the newsletter of Oregon Masters Swimming. It has been edited.

Are you a Masters swimmer who does not swim Masters competitions? Do you love to swim but conventional swim meets don't excite you? Then, you are known as the "fitness swimmer," and you make up an estimated 50-60% of all Masters members.

Goal Setting

A great thing about being an adult swimmer is that you can define your own goals, and those are more likely to be fitness, stress reduction and camaraderie than being a competitive shark. But being a fitness swimmer doesn't mean that you wouldn't benefit from having goals to work towards, participating in an occasional event with friends and going out afterwards for pizza or burgers.

Runners as a Model

How can fitness swimmers get more out of swimming and the Masters program without betraying their fitness identity. For the answer, we need to look at running. Fitness runners routinely enter 5-mile, 10-K and mini- and full-marathon events. These are events that are looked forward to, entered with friends and part of many recreational runners' fitness programs.

But recreational runners usually do not participate in the 100-meter dash or 110-meter hurdles

at track meets. Those events are too dissimilar to their everyday running. But in swimming, novice competitors are steered to the 50 free or other short events. An all out sprint where the racing dive and full-speed turn consume 25% of the race? No wonder experienced lap swimmers feel like fish out of water at their first meet!

Picking Events

It is time for some original thinking. What do you like to

"Swimmers can take a lesson from fitness runners, who routinely enter 5-mile, 10-K and marathon events as part of their fitness programs."

swim? What do your workouts prepare you for? How are you comfortable moving in the water? For most of us this would be a longer freestyle event—maybe a 500, 1000 or 1650 yard freestyle—or even a mile open-water swim. These are actually among the most popular events in Masters, and they are so popular because they are so much fun to swim.

There are some practical guidelines for picking and swimming an event to ensure a good experience:

Choose a distance with which you will be comfortable. What distance can you see yourself swimming continuously, pushing the pace a bit but still being confident—500 yards or a mile?

It is common to start in the water in longer freestyle events.

This eliminates the dive from the starting block, and you can wear goggles without worrying that they will come off during the dive. (Be sure to check with the starter before you get in the water.)

Pace Swimming

You can practice "pace swimming" for a longer event. Developing a sense of pace will give you a lot of confidence, for your body will know the feel of the speed it should go in the event. For example, if you enter the 500 freestyle, practice doing five swims of 100 yards each, keeping a constant pace with 15-30 seconds of rest between each swim; if you can comfortably hold a 1:45 pace for 100 yards, aim to do 5 x 100 yard swims, completing each one in 1:45, starting each one every two minutes or two minutes and 15 seconds.

Avoid the major distance disaster—going out too fast at the start and having the "piano land on your back" later in the event. Doing pace work in training helps avoid this. Another good idea is to use the first 100 yards of the event as a warm-up. Stretch out, settle in, then pick up the pace later if you want.

The bottom line: not everyone at a swim meet is there for the same reason. As a fitness swimmer, there are Masters events that fit with how you swim and can make your total swimming experience more enjoyable. There may be Masters open-water events in your area, and these are tailor-made for fitness swimmers. If not, look for a 500, 1000, or 1650 yard pool event. Either way, talk other swimming friends into going along and take the plunge!

USMS Top Ten Long Course Meters for 2004

Congratulations to the following members of the Pacific Northwest LSMC. All achieved times in 2004 that put them in the top ten nationally for long course meters events.

Women 19-24

400 IM Kelly Crandell	24 #9	6:35.61
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Women 30-34

800 Free Rondamarie Smith	34 #8	11:03.55
100 Back Rondamarie Smith	34 #10	1:19.05
50 Breast Rondamarie Smith	34 #9	40.11
100 Breast Rondamarie Smith	34 #4	1:25.00
50 Fly Rondamarie Smith	34 #10	32.68
200 IM Rondamarie Smith	34 #5	2:44.84
400 IM Rondamarie Smith	34 #6	5:49.84

Women 35-39

50 Free Tara Simsak	35 #10	29.84
800 Free Allison Moore	35 #4	10:42.16
50 Fly Tara Simsak	35 #4	30.97

Women 40-44

50 Free Lisa Dahl	43 #1	27.92
50 Back Lisa A Dahl	43 #4	33.69
50 Fly Lisa A Dahl	43 #4	30.93

Women 50-54

50 Free Debbie Glassman	51 #5	30.61
100 Free Debbie Glassman	51 #4	1:08.23
50 Fly Debbie Glassman	51 #3	33.73
100 Fly Debbie Glassman	51 #2	1:17.33
200 Fly Debbie Glassman	51 #1	2:57.02

Women 55-59

800 Free Sally Dillon	58 #6	12:50.09
1500 Free Kathrine Casey	56 #4	24:11.80
100 Back Kathrine Casey	56 #6	1:35.05

200 Back Kathrine Casey	56 #6	3:23.73
100 Breast Sally Dillon	58 #7	1:42.9
50 Fly Sarah Welch	57 #10	41.36
200 Fly Kathrine Casey	56 #4	3:43.00
200 IM Kathrine Casey	56 #9	3:25.49
400 IM Kathrine Casey	56 #6	7:10.94
400 IM Sarah Welch	57 #10	7:25.91

Women 75-79

50 Back Bernice Phillips	77 #4	1:00.82
100 Back Bernice Phillips	77 #10	2:24.89

Women 80-84

100 Free Muriel Flynn	81 #10	2:12.02
800 Free Marion Chadwick	83 #6	28:11.46
200 Back Marion Chadwick	83 #9	7:09.84
50 Breast Muriel Flynn	81 #1	1:05.61
100 Breast Muriel Flynn	81 #1	2:25.38
100 Breast Marion Chadwick	83 #5	5:11.73
200 Breast Muriel Flynn	81 #1	5:12.54

Men 25-29

200 Back Timothy Grimes	25 #9	2:41.31
100 Fly Timothy Grimes	25 #8	1:06.39
200 Fly Timothy Grimes	25 #4	2:37.50

Men 35-39

50 Free Amon Emeka	36 #6	25.65
100 Free Amon Emeka	36 #5	57.13
50 Back Amon Emeka	36 #5	29.96
100 Back Amon Emeka	36 #7	1:07.00
50 Brst Amon Emeka	36 #9	33.92
50 Fly Amon Emeka	36 #3	26.66
100 Fly Amon Emeka	36 #8	1:02.21
200 IM Amon Emeka	36 #4	2:24.14

Men 40-44

200 Breast Dan Smith	42 #10	2:57.39
400 IM Paul Glezen	43 #9	5:38.77

Men 45-49

200 Fly Dan Robinson	47 #10	2:35.56
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Men 50-54

50 Free Donald Graham	50 #7	26.89
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400 Free Scott Lautman	52 #2	4:39.51
1500 Free Scott Lautman	52 #2	18:57.14
1500 Free Bill Penn	53 #6	19:22.75
50 Back Donald Graham	50 #3	31.26
100 Back Donald Graham	50 #9	1:11.00
200 Back Donald Graham	50 #10	2:40.35
50 Fly Donald Graham	50 #4	28.05
50 Fly Scott Lautman	52 #6	28.48
100 Fly Scott Lautman	52 #3	1:02.04
100 Fly Donald Graham	50 #6	1:04.54
200 Fly Scott Lautman	52 #1	2:21.40
200 IM Donald Graham	50 #7	2:35.21

Men 55-59

1500 Free Steven Peterson	58 #7	22:27.60
100 Breast Steven Peterson	58 #10	1:24.59
200 Breast Steven Peterson	58 #8	3:04.93

Men 60-64

50 Free Robert Pilger	61 #6	29.55
50 Back Walt Reid	64 #9	40.04
100 Back Walt Reid	64 #9	1:30.05

Men 90-94

200 Free Gene Crossett	91 #3	5:16.28
800 Free Gene Crossett	91 #1	24:19.62



Places to Swim in the Pacific Northwest

Anacortes:

Fidalgo Pool 1603 22nd St (360) 293-0673

Auburn:

Auburn Pool 516 4th Ave NE (252) 939-8825

Bainbridge Island:

Ray Williamson Pool/
Bainbridge Island Aquatic Ctr HS Rd & Madison Ave (206) 842-2302

Bellevue:

Bellevue Aquatic Center 601 143rd Ave NE (425) 452-4444
Bellevue Club 11200 SE 6th St (425) 455-1616
Bellevue Eastside YMCA 14230 Bel-Red Rd (425) 746-9900
Newport Hills Pool 5474 119th Ave SE (425) 746-9510
Pro Club 4455 148th Ave NE (425) 885-5566
Samena Club Pool 15231 Lake Hills Blvd (425) 746-1160

Bellingham:

Arne Hanna Aquatic Ctr 1114 Potter St (360) 647-7665
Bellingham YMCA 1256 N State St (360) 733-8630
Wade King Recreation Ctr Western Wa U (360) 618-1899

Bothell:

Northshore Pool 9815 NE 188th St (206) 296-4333
Northshore YMCA 11811 NE 195th (425) 788-6035

Bremerton:

Bremerton Municipal Pool 50 Magnuson Way (360) 478-5376
Olympic Aquatic Center 7070 Stampede Blvd (360) 662-2888

Burien:

Burien Swim Club 626 SW 154th (206) 433-7900
Evergreen Pool 606 SW 116th St (206) 296-4410

Centralia Indoor Pool:

Centralia

Des Moines:

Mount Rainier Pool 22722 19th Ave S (206) 296-4278

Edmonds:

Yost Pool (summer only) 9535 Bowdoin Way (425) 775-2645

Enumclaw:

Enumclaw Pool 420 Semanski St S (360) 825-1188

Everett:

Forest Park Swim Center 802 E Mukilteo Blvd (425) 257-8309

Federal Way:

Federal Way Pool 30421 16th Ave S (253) 839-1000
Weyerhaeuser King Co AC 650 SW Campus Dr (253) 296-4444

Fife:

Fife Community Pool 5410 20th St E (253) 922-7665

Friday Harbor:

San Juan Fitness Center 435 Argyle Rd (360) 378-4449

Issaquah:

Julius Boehm Pool 50 SE Clark St (425) 765-2323

Kenmore:

Wald Memorial Pool 14445 Hyabuta Dr NE (425) 823-6983

Kent:

Kent-Meridian Pool 25401 101st Ave SE (206) 296-4275
Tahoma Pool 18230 SE 240th St (206) 296-4276

Kirkland:

Juanita High School (evenings) 10601 NE 132nd St (425) 823-7627
Peter Kirk Pool (Jun-Sep) 340 Kirkland Ave (425) 828-1217

Lakewood:

Clover Park High School 11023 Gravelly Lk Dr SW (253) 588-4879

Lynnwood:

Lynnwood Pool 18900 44th Ave W (425) 744-6455

Mercer Island:

Mary Wayte Pool 8815 SE 40th St (206) 296-4370

Mill Creek:

West Coast Family Aquatic Ctr 15622 Country Club Dr (425) 745-3474

Mount Vernon:

Skagit Valley YMCA 215 E. Fulton St (360) 336-9622

North Bend:

Mt Si View Pool 41600 SE 122nd (425) 888-1447

Oak Harbor:

John Vanderzicht Pool 85 SE Jerome St (360) 675-7665

Olympia:

Discover Aquatics 110 Delphi Rd (360) 867-9283
Evergreen State College Campus Rec Center (360) 866-6000
North Thurston HS (360) 412-4800

Poulsbo:

North Kitsap Community Pool 1881 NE Hostmark St. (360) 598-1070

Redmond:

Redmond Pool 17535 NE 104th St. (206) 296-2961

Renton:

Hazen Pool 101 Hoquiam Ave NE (425) 204-4230
Henry Moses Aquatic Ctr 1719 Maple Valley Hwy (425) 430-6780
Lindberg Pool 16740 128th Ave SE (206) 296-4335

Seattle:

Ballard Pool 1471 NW 67th St (206) 684-4094
Colman Pool (summer only) 8603 Fauntleroy Wy SW (206) 684-7494
Evans Pool 7201 E Green Lk Dr N (206) 684-4961
All Star Fitness 700 5th Ave, 14th Flr (206) 343-4692
Helene Madison Pool 13401 Meridian Ave N (206) 684-4979
Meadowbrook Pool 10515 35th Ave NE (206) 684-4989
Medgar Evers Pool 500 23rd Ave (206) 684-4766
Mounger (summer only) 2535 32nd Ave W (206) 684-4708
Queen Anne Pool 1920 1st Ave W (206) 386-4282
Rainier Beach Pool 8825 Rainier Ave S (206) 386-1944
Seattle Athletic Club 333 NE 97th St (206) 522-9400
Seattle University (Connolly) 14th & Cherry (206) 296-6441
Shoreline Pool 19030 1st Ave NE (206) 362-1307
South Central Pool (Foster) 4414 S 144th (206) 296-4487
Southwest Pool 2801 SW Thistle St (206) 684-7440
UW Pavillion Pool Hec Ed Pavillion Pool (206) 543-9880
West Seattle YMCA 4515 36th Ave SW (206) 935-6000
YMCA 909 4th (206) 382-5010

Sequim:

Sequim Aquatic Rec Center N 610 5th St (360) 683-6699

Silverdale:

Bangor Subase Pool Bldg 2700 (360) 692-1040
(ask for Frank)

Snohomish:

Hal Moe Pool 405 3rd St (360) 563-7330

Sumner:

Sumner HS Pool 1707 Main St (253) 863-8110

Tacoma:

Eastside Community Pool 3524 E 'L' St (253) 591-2042
Lakes High School 10320 Far West Dr SW (206) 588-4879
Morgan Family YMCA 1102 S Pearl St (253) 564-9622
University of Puget Sound Foss High School (253) 752-4511

Tukwila:

City of Tukwila Pool 4414 S 144th St (206) 267-2350

Vashon Island:

Vashon Pool (seasonal) 9526 SW 204th St (206) 463-3787

Woodinville:

Cottage Lake (seasonal) 18831 NE Wd-Duvall Rd (206) 296-2999

ONE HOUR POSTAL SWIM 28th Annual - USMS NATIONAL CHAMPIONSHIP

***SWIM THE ANNUAL ONE HOUR SWIM AND PNA WILL ENTER YOU IN A TEAM EVENT*
. . . AND PAY YOUR TEAM EVENT FEE!****

You must have 2005 USMS registration - register today if you haven't done so already.

THE INDIVIDUAL SWIM:

- Read the directions on the entry form carefully. You'll find it on page 11 in this *WetSet*.
- Swim for one continuous hour any time in the month of January – last chance is January 31.
- Swim the event at a pool of your choice – yards or meters.
- Swim with no more than 2 swimmers per lane – circle swimming is not allowed.
- Have someone time you, count your laps, and record your official splits.
- Mail your entry form and individual \$6 fee (payable to PNA please) to the PNA team coordinator.

THE SWIM:

- Team events are “postal relays” that are formed from results of those who do the individual swim.
- The team age groups are 18+, 25+ . . . 95+.
- The team relay events are 3 male, 3 female and 4 mixed (2+2).
- The PNA coordinators for this event will form the most competitive teams possible.
- Every effort will be made to include every interested swimmer on at least one team.
- The PNA coordinators will submit your individual entries to the event director for you.

Do NOT send your form and fees to YMCA Indy SwimFit.

SEND YOUR OFFICIAL ENTRY FORM and your individual entry fee of \$6 (payable to PNA) to:

PNA One Hour Swim
c/o Sally Dillon
PO Box 845
Oak Harbor, WA 98277

Entry must be received by Saturday, February 5.

QUESTIONS? Contact the PNA Coordinator:

Sally Dillon at 360-679-5038 or salswmr@earthlink.net

Let's have great PNA participation in the one hour swim!

* PNA “teams” will be formed for swimmers whose “club” is PNA (check your registration card if you are unsure). NOTE: On the USMS One Hour Postal Swim Form, the youngest age group should be 18-24.



2005 United States Masters Swimming Annual One Hour Postal Swim

Sanctioned by Greater Indiana LMSC, Sanction # 165-0001

DATE: All swims must take place during January 2005.

OBJECTIVE: To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

VENUE: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five-yard increment. Submit the distance in yards.)

ELIGIBILITY: Each participant must be registered for the 2005 with USMS or if non-US a similar body in the swimmer's country. **A COPY OF YOUR 2005 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

INDIVIDUAL EVENT: Men and women separately will compete as individuals in the following age groups: 19-24, 25-29,100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

RELAY EVENT: Two team relay events will be contested: (1) a 3 swimmer, same gender team and (2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+,, 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached team are not permitted. Team entries must include copies of the individual entry forms if they are not submitted with the originals.

CLUB EVENT: Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and USMS Long Distance Committee Chairman. Relay yards will not be counted.

AWARDS: USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 3 relay teams in each age group relay team event. First place finishers in individual and team relay events also receive USMS Champion patches. Distinctive awards will be given to the top 3 Clubs in each division of the Club event.

RULES: Drafting, floatation and propulsive devices (pull buoys, fins, paddles, wetsuits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they should each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count laps, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 to 2760). (See previous Venue section for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group.

FEES: Individual entry fees are US \$6 per swimmer for (US \$10 for non-US Swimmers). Team entry fees are US \$18 per relay (US \$18 for non-US entries). All fees are non refundable. Make checks payable to YMCA Indy SwimFit and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. **ENTRIES MUST BE RECEIVED by February 10, 2005.** Swimmers submitting incomplete entries will be contacted by collect phone call or email.

T-Shirts: A 2005 USMS One Hour Postal National Championship t-shirt is available at a cost of \$17. (International orders please add US \$5 postage for each shirt).

MORE INFO: Address questions to:
Mel Goldstein, Event Director
5735 Carrollton Ave
Indianapolis, IN 46220 USA
317-253-8289
Email: goldstein@mindspring.com

Relay Entry Form- Use Only for Relay Entries

Relay Type: Age Group _____ F M Mixed
(Circle One)

Club Name _____ Contact Person _____

Mail Results/Awards to
Contact Address: _____ City: _____

State: _____ Zip: _____ Country: _____ Club Abbreviation: _____

Swimmer # 1: _____	Gender _____	Age _____	Yards Swum _____
Swimmer # 2: _____	Gender _____	Age _____	Yards Swum _____
Swimmer # 3: _____	Gender _____	Age _____	Yards Swum _____
Swimmer # 4: _____	Gender _____	Age _____	Yards Swum _____

Total Team Yards: _____

Please Note:

Team Entry Fees: US \$15 (\$18 for non US entries). Payment in US\$ from US Bank or international Money Order Only.

Team Entries must include the original or copies of Individual entry form or the relay will be disqualified.

2005 USMS One Hour Postal Swim National Championship Individual Entry Form

Name _____ USMS Reg. Number _____
(As it appears on registration card) (Include copy of 2005 USMS card)

Address _____ Phone _____

City _____ State _____ Zip _____ Gender M F
(Circle One)

E Mail Address _____ Age _____ Birth Date _____
(MM/DD/YY)

Club _____ Club Abbr. _____

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 the risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND 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.

I swam this event in a 25 yd _____, 25m _____, 50m _____ pool. Distance in meters _____ meters x 1.0936= _____ yards.
(If you have swum this event in a 25m or 50m pool, the conversion to yards is distance in meters x 1.0936, rounded down to the nearest 5 yards increment)

I certify that I have read the rules of this competition and that on _____ I swam _____ yards at _____
(Date) (Distance Swum) (Pool name / City)

 Swimmer's Signature Verifier's Signature

Entry Fee \$6.00 (US Only) \$10.00 (International/Non US) = \$ _____
 T-shirt order: Indicate T-shirt Quantity Ordered: \$15/Shirt = \$ _____
 International @\$20/shirt: (includes shipping) = \$ _____
 Small ___ Medium ___ Large ___ X-Large ___ XX Large ___
TOTAL (US\$) = \$ _____

Include: Masters 2005 Registration Card
 Official Entry form and split sheet
 Make Checks Payable To: YMCA Indy SwimFit
 Send Entries To: One-Hour Postal Swim c/o Mel
 Goldstein, 5735 Carrollton Ave., Indianapolis, IN 46220
 USA

Results: Electronic via email address listed above
 Paper results via US Postal

Awards: Please Check if you **DO NOT** wish to receive your
 Championship Medal and or Patch

Record Split Entries Using CUMULATIVE split times to the nearest second and tenth or hundredth.

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	

Total Yards: _____

PNA LOCAL MASTERS SWIMMING COMMITTEE
 SHORT COURSE METERS MEET: February 20, 2005 (Meet Sanction #053602)
 Hosted by the Bellevue Club

EVENTS (ORDER #4)	
#	Event
	Sunday, February 20
1	400 Free
2	400 IM
3	200 Free Relay
4	50 Breast
5	100 Fly
5 minute break	
6	200 Free
7	50 Back
8	200 Mixed Free Relay
9	100 Breast
10	50 Fly
11	100 Free
12	200 Back
13	100 IM
5 minute break	
14	200 Medley Relay
15	200 Breast
16	200 Fly
17	50 Free
18	100 Back
19	200 IM
5 minute break	
20	200 Mixed Medley Relay
21	800 Free

DATE: **Sunday, February 20, 2005**
 TIME: Warm-up: **8:00 AM**; Meet starts **9:00 AM**

PLACE: Bellevue Club
 11200 SE Sixth ST
 Bellevue, WA 98004
 Phone: 425-637-4610

MEET DIRECTOR: **Cory Hilderbrand**
coryh@bellevueclub.com
 425-688-3127

FACILITY: Nine-lane 25 meter pool
 Warm-up: 2, 25 yard lanes.
 Water temperature: ~ 81 degrees F

CONCESSIONS: Espresso Bar Available

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 2005 registered swimmers, 18 and above as of the day of the meet.

SEEDING: Slow to fast TIMING: Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

DIRECTIONS: From I-405 take exit 12 (SE 8th Street). Go west of SE 8th Street. Turn right at 114th Ave. SE. Turn left on SE 6th Street. The Bellevue Club is on the right. Please enter at the Athletic Entrance.

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT _____

PHONE NUMBER _____

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: February 20, 2005 Meet Sanction #053602
 Hosted by the Bellevue Club

NAME: _____ M F AGE: _____
 ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____
 CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of December 31, 2005):

18 - 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 PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)

Individual Events: _____ (\$1 each; no charge for relays or if 65 and up; or if needs based);

Total: \$ _____ [from \$9.00 (relays only) to \$14.00 (five events)]

Please make checks payable to: BELLEVUE CLUB 425-688-3127 (w)
 Mail this entry form and fees to: **Cory Hilderbrand**
C/O Bellevue Club
 11200 SE Sixth ST
 Bellevue, WA 98004
coryh@bellevueclub.com

Please send entries postmarked no later than **Wednesday, February 09th**

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: _____

Pacific Northwest Association of Masters Swimmers

2005 Local Team Registration

To register your team for 2005, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held each April. All team members competing in the meet must be currently registered with USMS.

PNA will provide each team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and USMS Bylaws. Please indicate who should receive the USMS Rule Book.

Team Name:	Abbreviation (4 letters max):	
Team Rep	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
Team Coach	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
Workout Pools	Pool name:	
	Address:	
Workout Times		
Rule book		

Below are the abbreviations currently in use. Team abbreviations in **bold** were registered in 2004. Team with * is new for 2005.

Mail this form and check to:

Arni Litt, Registrar
 1920 10th Ave East
 Seattle, WA 98102-4253
 Arni@qwest.net

Application fee: \$10
 Make check payable to: **PNA**

- | | | |
|---|--|---|
| <p>BAM: Bainbridge Area Masters
 BC: Bellevue Club
 BEST Bellevue Eastside Masters
 BMSC: Bellingham Masters Swim Club
 DSYM: Downtown Seattle YMCA Masters
 EM: Evergreen Masters
 FSJ: Fins of the San Juans
 FTSW: Ft. Steilacoom - WAKO
 FWM: Federal Way Master
 GACM: Gateway Athletic Club
 GCMS: Gold Creek Masters (GCM)
 GLAD: Greenlake Aquaducks
 HMST: Husky Masters
 ISST: Issaquah Swim Team Masters
 JAM: Juanita Aquatic Masters
 LUNA: Team Luna
 LWS: Lynnwood Sharks
 MILL: Mill Creek Masters
 MIR: Mercer Island Redwoods
 NEO: North End Otters
 NHM: Newport Hills Masters</p> | <p>NSYG: Northshore Y's Guys
 NWM: North Whidbey Masters
 OOPS: Old Olympic Peninsula Swimmers
 ORCA: Orca Swim Club
 PRO: Pro Sports Club
 PSC: Phinney Ridge Swim Club
 PTMS: Port Townsend Master Swimmers
 QASC: Queen Anne Swim Club
 RAH: Redmond Aqua Hotshots
 RTB: Raise the Bar
 SAC: Seattle Athletic Club
 SAM: Samena Club
 SQM: SQMasters Swim Team
 SSEA: Swim Seattle
 SVM: Skagit Valley YMCA Chinooks
 TACM: Thunderbird Aquatic Masters
 TACY: Tacoma Pierce County YMCA
 TIG: Tigers</p> | <p>TMS: Thorbecke's Masters Swimming
 TOSC: Thurston Olympians Swim Club
 TSC: Tacoma Swim Club
 TUMV: Tumwater Valley Masters
 UNAT: Unattached to a Team
 UPAC: University Place Aquatic Club
 VAM: Vashon Aquatic Masters
 VAST: Valley Aquatic Swim Team
 VFC: Valley Fitness Center
 WCY: Whatcom County YMCA
 WIS: S Whidbey Island Swells
 WSAS: West Seattle All-Stars
 WSYD: West Seattle YMCA Dolphins
 WWUS: Western Wa U Masters Swimming
 YNOT: Y Nauts</p> |
|---|--|---|

Don't see your team? Fill in the form and I will add it to the list.



2005 Membership Application
Pacific Northwest Association of Masters Swimmers (PNA)

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: _____
Last First Initial

Birth date: _____
Month Day Year

Address: _____
Street or box number

Age: _____ Male Female (circle one)

City State Zip+4

E-Mail: _____
please print carefully

Telephone: (____) _____

If you coach a Masters swim team check here
Are you and Official? _____

I am interested helping the PNA committee

CLUB: Pacific NW Aquatics (PNA)
or Unattached

AND Team : _____
or Unattached

2005 Annual Fee: Of your membership fee \$20 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication).

Choose a membership level below.

Regular: 11/01/04 thru 12/31/05 \$35

Need-based or Seniors (65 & over): \$25

Foreign address, add US\$10

Optional Donations:

USMS Endowment Fund \$ _____

TOTAL \$ _____

Make check payable to: **PNA**

Mail to: Arni H. Litt, Registrar

1920 10th Ave E

Seattle, WA 98102-4253

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 _____

The United States Masters Swimming Policy on the privacy of member information is at: www.usms.org/admin/privacy.shtml

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 Maybe (Circle one)**



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 _____

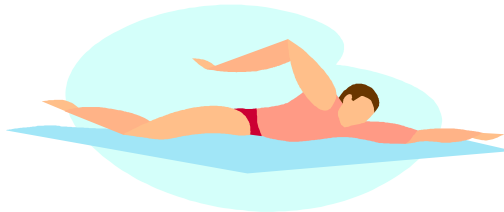
Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription

January 2005 Issue



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

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