



Successful Anacortes Meet Attracts Nearly 130 Swimmers

Congratulations to meet director Leslie Mix for orchestrating a successful second annual Anacortes short course yards meet. Approximately 128 swimmers participated in this event at the Fidalgo Pool & Fitness Center, about 20 more than last year.

Leslie, had her helpers—boys from the Anacortes High School swim and dive teams—well-prepared. “Each knew his job and they all did it very well,” says Lee Carlson, who heads PNA’s Meets Committee and swam at the Anacortes meet. “Set-up and take-down were done in record time, and the timers were enthusiastic and knowledgeable. In addition, Dick LaFave, the meet referee, had a great group of officials.”

Adding to everyone’s enjoyment was the fruit, coffee and water provided by the hosts, the TAC/AHS Boys Swim Team.

Although no one made an exact count of new participants, it appeared that about a quarter of all swimmers were enjoying their first meet. According to Lee, there was a strong contingent of swimmers from Western Washington University and from the Oak Harbor area.

The only wrinkle: a large number of people pre-entered the 500 freestyle, the last event of the day; in fact, enough people for eight heats. However, some swimmers elected not to swim this final race, leaving holes in the each of the heats. “Next year, we may ask Leslie to deck-seed the 500 free,” says Steve Peterson, PNA’s vice president, who swam the 500. (For more photos, see page 5.)

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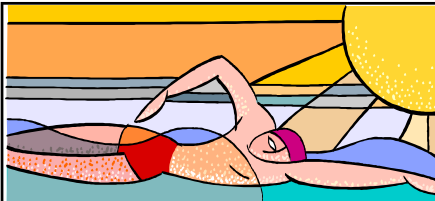


Western Washington University Masters Swim Team Members at the Anacortes meet

We Need Your Vote For PNA Officers

On the inside back cover of this newsletter, you’ll find a ballot for election of PNA officers for the next two years. Please fill out the ballot and mail it in as soon as possible.

Thanks in advance for taking the time to vote!!!!



WET SET

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Constitution & Bylaws: Jane Moore

Fitness: Jo Moore

Historian: Tom Foley

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

Have you thought about the difference between standing on deck looking down at the swimmers and standing in the water at the end of the pool looking up?

That's one of the differences between being the coach and being a swimmer. But one way in which coaches and swimmers are alike is in their ability to inspire or encourage us to swim a little better or work a bit harder. Some days it's the coach and some days it's one of your swim mates. Each year at PNA Champs we honor both a coach and an individual.

Dawn Musselman Inspirational Swimmer Award

This award honors a PNA swimmer who is just that—inspirational. The individuals who have been so honored over the last 19 years all have one thing in common—they are swimmers just like you and me. They embody the spirit of Masters swimming and our organization in many different ways. If you know someone who is deserving of recognition, please step forward and submit a nomination. (See page 8 for nomination information.)

Coach of the Year Award

Our PNA coaches are many and their contributions are immense. They plan our seasons and our workouts, think about our fitness and training and encourage each one of us to give our all, no matter the set. For the last year and a half we have profiled some of them in this newsletter. If you think your coach's commitment and dedication is outstanding, then

LEADING OFF



By Jeanne Ensign,
PNA
President

it's time to nominate him or her for PNA Coach of the Year. (See page 7 for nomination information.)

Distinguished Service Award

The PNA Distinguished Service Award is presented from time to time to acknowledge exemplary service to the PNA. If you feel someone is deserving of this award submit a paragraph or two in support of your nominee to me at jeanne@raincity.com.

We won't all be nominated for or be chosen for one of these awards, but that doesn't mean that we cannot share our appreciation with a coach or another swimmer. If you've been particularly motivated or encouraged by someone at the pool, take a moment and let them know. Thank them for making your day a little better.

Happy swimming!



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 December 31, 2005

Fitness Check-Off Challenge

Mission: I.M. Possible

Hugh Moore

swimmoore@comcast.net

For forms see <http://www.usms.org/fitness/fitnessesvents.shtml>

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 NW Zone and PNA Champs

WKCAC

Federal Way, WA

See page 9 for form.

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;

Sanctioned by SD LMSC



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

Beth Slaughter Coaches the Husky Masters and also the UW College Swim Team

Masters Coach Profile

For Beth Slaughter, coach of the Husky Masters Swim Team, the coaching light went on when she was in graduate school at Idaho State University.

As a graduate assistant in the school's Physical Education department, Beth taught classes in everything from swimming to water safety to jogging for fitness. "This experience convinced me I wanted to coach college swimming," says Beth, who is now doing just that as an assistant swim coach at the University of Washington.

Why Husky Masters?

Since Beth's UW job is a full-time one, an obvious question arises: why is she also coaching Husky Masters? The answer, says Beth, is "I took on the Masters team because I love coaching and wanted to be involved in the sport at a different level."

Swimming Since Nine

A native of Albany, Ore., Beth started swimming year round when she was nine. She swam for South Albany High School and also for Oregon's Linfield College, where she was a four-year letter winner and a national champion in the 200 backstroke as a junior. Four of her school records still stand: 100 backstroke (59.14), 200 backstroke (2:06.92), 200 butterfly (2:12.34) and 400 IM (4:36.86).

After graduating from Linfield with a degree in elementary education, Beth taught fifth grade in Ore-

gon for a year. Next, she moved to Washington, D.C., where she worked for a small marketing company specializing in nonprofit clients. Two years later, Beth en-



rolled at Idaho State where she earned a master's degree in physical education-athletic administration.

Coaching in Tennessee

Her first job after graduate school was as the assistant swim coach at the University of the South in Sewanee, Tenn. She stayed there for two years and then landed her current job at UW. In addition to her deck duties, Beth serves as the women's recruiting coordinator and the men's and women's academic coordinator.

Since Beth began coaching the Husky Masters a year ago, the team has grown in size. It now has a 50-member roster, with about 25 swimmers attending each practice. Workouts begin at 5:40 p.m. and are offered Monday through Friday. "These evening practices make for long days for me, but I find the Masters team to be a rewarding group to coach, and it

really is a great way to end my day," says Beth.

Diverse Masters Group

In terms of ability and interest, the Husky Masters are a diverse lot, says Beth. "We have folks who only learned to swim a few years ago, to those who swam competitively through college. Our team consists of a number of swimmers who often compete in meets or triathlons. It's inspiring to coach a Masters group with such a passion for swimming."

Although Beth no longer competes in meets herself, she continues to love swimming and enjoys her career coaching the UW varsity team and the Husky Masters Swim Team. "I can't imagine ever giving up the sport," she says.



A Hearty Welcome to New and Returning PNA Teams

Welcome back to the Washington Athletic Club Masters Swim Team (WAC). Team Rep is Dave Martin and the coach is Jennifer Mesler. The team swims from noon to 2:00 p.m. Monday to Friday.

West Coast Aquatics Masters (WEST), which swims at the West Coast Family Aquatic Center in Mill Creek, replaces the Mill Creek Masters Team.

And PNA has a brand new team, Columbia Athletic Masters (CAC). The team swims at Columbia Athletic Clubs-Pine Lake in Sammamish. The team rep is Vincent Cucinelli and the coach is Cynthia Krass.



Anacortes Short Course Yards Meet Fidalgo Pool and Fitness Center January 22, 2005



Chris Lautman and Vicki Judkins at her first Masters meet



Bainbridge Island Masters (BAM) team with coach Lynn Wells in front



Sally Dillon and John McCleery



Meet Director Leslie Mix and her helpers

Photos by Tom
Foley

Olympian and His Family Raise Money to Fund FSHD Research

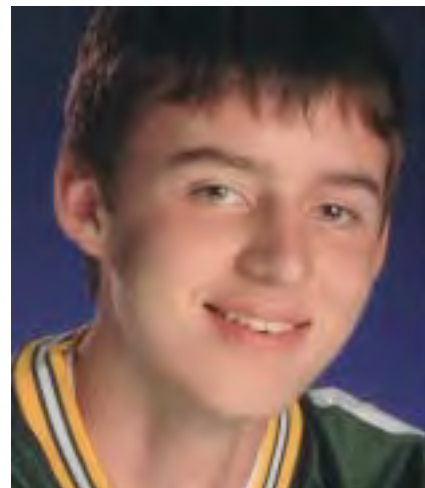
If you've never heard of facio-scapulothoracic disease (FSHD), you're not alone. A form of muscular dystrophy, FSHD affects only between 4 and 10 of every 100,000 people. And it isn't fatal. So FSHD doesn't make headlines like cancer or other illnesses. It doesn't attract significant research dollars either; only about 5% of the money raised for muscular dystrophy research (such as funds raised by the Jerry Lewis Telethon every Labor Day Weekend) goes to FSHD research.

But FSHD is a serious problem

for those with this disease. Over time, it causes a progressive loss of skeletal muscle, usually affecting the face, upper back, upper arms and eventually the torso.

A year and half ago, Brian Colella, a 17-year-old in Kirkland, Wash., was diagnosed with FSHD. An avid rower with the Sammamish Rowing association, Brian has had to give up a sport he loved.

Brian's father is Olympian Rick Colella, who swam in the 1972 and 1976 Olympics and took home a bronze medal in the 200 breast-



Brian Colella, who suffers from FSHD

stroke in the '76 Games. Rick still swims regularly in the Redmond pool.

After Brian was diagnosed with FSHD, he and his family decided to form Pacific Northwest Friends of FSH Research, a non-profit organization whose mission is to raise money for FSHD research. Last month the organization held its first fund-raiser, a dinner auction at the Bellevue Hyatt. Attended by about 370 people, the event raised approximately \$180,000, far more than its \$100,000 goal.

According to Rick, the money raised will go to the University of Washington Muscular Dystrophy Research Center, one of the three such centers in the United States. "The Center wants to start an FSHD research project. The money we raised is enough seed money for a three-year project."

For more information about Pacific Northwest Friends of FSH Research or to make a donation via the Internet, visit the organization's website, <http://www.fshfriends.com/>.

Also, the organization plans to have a dinner/auction again next year. "We're looking for donations for the auction, such as a vacation home that could be turned into a weekend auction item," says Rick. "We're also looking for corporate sponsors to underwrite the auction."

2005 Budget and 2004 Results

Below is a summary of the budget adopted by the PNA Board in December, together with a recap of PNA's actual 2004 spending.

PNA's annual swimmer fees of \$35 provide most of PNA's income. We send the majority of those fees (\$20 per registration) to USMS to pay for insurance, the national publication and the USMS website. PNA's next largest expenses are, in order, *The WetSet* and PNA administration. Our charges for clinics are set to meet clinic expenses. If you have any questions, contact PNA treasurer, Sarah Welch at sarahwelch@comcast.net.

	2005 Budget	2004 Actual
Revenue		
Registration (Teams & Individual)	\$41,355	\$41,101
Meets and Awards	1,300	2,998
Clinic Income	4,000	4,035
Interest Earnings	675	516
Use of PNA Fund Balance	3,000	—
TOTAL REVENUE	\$50,330	\$48,650
Expense		
USMS Registration Expense	\$24,455	\$24,461
Meet Expense and Safety Equipment	200	1,871
Clinic Expense	4,000	3,552
Swimmer, Team and Coach Support	1,700	1,491
<i>The WetSet</i> (Printing, Postage, Mailing)	10,970	9,725
PNA Administration (Postage, Supplies Marketing, Special Mailings)	9,005	6,974
TOTAL EXPENSE	\$50,330	\$48,074



Welcome New PNA Swimmers

Tina Alkezweeny
 Bruce Betz
 Adele Botha
 Chris Bresemann
 Nathan Brians
 Patricia Buchanan
 Dana Burns
 Peter Byers
 John (Jack) Connelly
 Frank Converse
 Tom Dean
 Maria Dixon
 Jeffrey Dixon
 Steve Dudley
 Scott Elliott
 Karen Elliott
 Steve Ellis
 Tammy Ferguson
 Charles Fiedler
 Alan Florsheim
 Larry Freeman
 Barbie Gardner
 Mark Genther
 Catherine Gundlach
 Eric Halsne
 Kevin Hankins
 Christopher Hiatt
 Erin Jacobson
 Jordan Jobe
 Kylee Jones
 Sarah Jorick
 Neala Kendall
 James Kendrick
 Debbie Klatt
 George Knobloch
 Michelle Kondo
 Edward Laine
 Heidi Lappetito
 Marjorie Levy
 Jane Lindley
 Robert Liston
 Jenny Litz
 Mary Maher
 Jason Marrifield
 David Martin
 Tracy Morrissey Maschman
 Kim Matz
 Henry Meuret
 Sofina Morales
 John Murray
 Bryan Nealer
 Wade Ogg
 Kathy Opic

Time for You to Nominate PNA's "Coach of the Year"

Some coaches stand out from the crowd.

To recognize these individuals, PNA will give its second annual PNA Coach of the Year Award. The recipient will be honored at PNA Championships in April and receive a personal plaque. In addition, the recipient's name will be engraved on a permanent trophy.

A three-member committee will review the nominations. The selection criteria may include:

- Improvement or enhancement of an ongoing program or establishment of a new program
- Sustained service over a long period of time
- Contributions to PNA
- Commitment to PNA
- Willingness to share coaching skills and information
- Loyalty of team members



- Inspiration to others and coaching accomplishments.
- To nominate someone, simply submit a completed nomination form, together with a letter of support explaining why you're nominating this person. **Nominations must be received by March 30, 2005.**

You can find a nomination form on the PNA website at www.swimpna.org. You also can have a copy mailed to you by contacting Jeanne Ensign, 511 E Roy St. #314, Seattle WA 98102. Jeanne's telephone number is (206) 324-1354, and her e-mail is jeanne@raincity.com.

Julie Pearl
 Dean Pedretti
 Dana Peirce
 Michael Quann
 Catherine Renaud
 Rollie Roberts
 Jeremy Robinson
 Katherine Rogers
 Laurel Spruance
 Jennifer Swenson
 Hallie Truswell
 Lenora Vlasic
 Shelby Wade
 Chris Walker
 J Thomas Wandel
 Jennifer Ward
 Jonathan Watling
 Darcy Whaley
 Pamela Williamson
 Taryn Wise
 Tyler Wood



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

New Hydration Guidelines

Editor's Note: This article appeared in the February 2005 issue of Aqual Master, the newsletter of Oregon Masters Swimming. It's from "Get Fit with Jani and Sara."

In 2004 the Food and Nutrition Board of the Institute of Medicine released new Dietary Reference Intakes for water, sodium and other electrolytes. The recommendations are for the average adult, who could be sedentary or just mildly active. For athletes train-

ing regularly it may be necessary to modify these guidelines.

The Institute of Medicine recommends that adult males consume 3.9 quarts of fluid daily, while female adults should consume 2.85 quarts. The Institute of Medicine advises that fluid intake be driven by thirst and by consuming beverages at mealtimes. This recommendation does not benefit athletes, who should rely on more than thirst to maintain adequate hydration. Body fluid levels are already low when you feel thirsty.

The sodium recommendation focuses on the prevention of high blood pressure, with sodium intake



being limited to 1500 mg daily. Research indicates that reducing sodium intake along with a high potassium intake can help prevent the increase in blood pressure that comes with aging.

As an athlete, hydrating before training and re-hydrating after training is a top priority. Make it a daily habit to carry a water bottle to encourage steady fluid intake. Remember that juices, milk, yogurt and fresh fruit are hydrating. Clear urine during the day is a sign of adequate hydration (urine is more concentrated in the morning so check it during the day).

The Institute of Medicine acknowledges that its sodium guidelines cannot be applied to most athletes. Daily sodium loss through urine is about 25 mg daily in a sedentary person but can range from 460-1800 mg in an active person. How much sodium an individual loses is a product of your sweat rate and sodium loss. Sodium can be replaced with a sports drink containing sodium or with the sodium in your daily diet. You do not need to replace all the sodium you lose during training; consume just enough to prevent sodium levels from dropping too low. If you are being treated for hypertension, check with your doctor regarding sodium intake.

And don't just take that water bottle to practice! Keep it full and with you all day long.

Call for Nominations Dawn Musselman Inspirational Swimmer Award

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986). A long-time PNA member, Dawn inspired others and encouraged them to do their best. She was a gifted swimmer as well—check PNA's records for ages 60 to 74!—but speed is not a criterion for this award.

Nominations are open to all PNA members. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times



- Shows a strong commitment to PNA Masters Swimming.

You swim with someone who qualifies—compose a few paragraphs telling why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 9 and 10, at King County Aquatic Center in Federal Way. Send your nomination to:

Steve Peterson
(360) 692-1669
speterson@bandwagon.net
11165 Central Valley Rd NW
Poulsbo WA 98370-7014

Nominations must be received by March 30, 2005.

**2005 NORTHWEST ZONE SHORT COURSE YARD CHAMPIONSHIPS
& STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET**

Hosted by Federal Way Masters

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 053603

DATE: **Saturday, April 9th and Sunday, April 10th, 2005**

TIMES: **Saturday, April 9th Warm-up: 11:00 – 11:50 AM, Meet starts: Noon**
Sunday, April 10th, Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM

PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,
Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Hilary Smith (253)661-6448 / dnhsmith@nwlink.com

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for all events except relays. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2005 USMS or MSC registered swimmers age 18 and above as of April 9th. Age groups will be based upon the swimmer's age as of April 9, 2005.

DIRECTIONS: From North or South Bound I-5 take exit 142 B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

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

Saturday, April 9th: Noon		Sunday, April 10th 9 AM	
1	400 Individual Medley	17	500 Freestyle
2	50 Breaststroke	18	100 Backstroke
3	100 Butterfly	19	50 Freestyle
4	200 Freestyle	20	200 Breaststroke
5/6	Women's /Men's 200 Medley Relay*	21	200 Individual Medley
7/8	Women's /Men's 400 Medley Relay*	22/23/24	Women's 200/400/800 Freestyle*
9	100 Breaststroke	25/26/27	Men's 200/400/800 Freestyle Relay*
10	200 Backstroke		Special Awards Presentation
11	50 Butterfly	28	50 Backstroke
12	100 Individual Medley	29	200 Butterfly
13/14/15	200/400/800 Mixed Freestyle Relay*	30	100 Freestyle
16	1000 Freestyle	31/32	Mixed 200/400 Medley Relay*
		33	1650 Freestyle
			PNA Team Awards

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

Entry Confirmation: If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

***Relay Information:** Per Zone policy, 400 and 800 relays will be offered. However, they will not be scored for PNA Champs.

Check-in: Check-in is required for the 1000 Freestyle (Deadline end of event 8), the 500 Freestyle (Deadline: Sunday at 8:30 AM), and the 1650 Freestyle (Deadline: end of event 27). Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 5-8, end of event 1; events 13-15 end of 8; events 22-27 end of event 17; and events 31-32 end of event 27.

**2005 NORTHWEST ZONE SHORT COURSE YARD CHAMPIONSHIPS
& STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Saturday, April 9th and Sunday, April 10th, 2005**

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE: _____ USMS #: _____ - _____

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

LMSC _____ (PNA, Oregon, Inland NW, etc.) Club _____ (non-PNA members only)

TEAM _____ (note: PNA teams must register with PNA by 3/27/05)

AGE GROUP (Determined by your age as of April 9th, 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: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

Emergency Contact : _____ Phone Number: _____

ENTRY FEE: \$ 17.00 Surcharge
Individual Events: + _____ \$2 per event. No charge for relays.
No charge for need-basis or seniors (65 & over).
T-shirts @ \$15 indicate size (M ___ L ___ XL ___)
Total: \$ _____ **Please make checks payable to Federal Way Masters**

Mail this entry form and fees to: Holly Bork
25107 62nd AVE S #J-201
Kent, WA 98032

Questions? Email Holly at holly.d.bork@boeing.com

Entries must be postmarked no later than Saturday, March 26th or received by March 31st, 2005. All swimmers must have a valid 2005 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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

SIGNED: _____ DATE _____:



2005 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 please print carefully

Telephone: (____) _____

If you coach a Masters swim team check here

If you are an Official please check here

I am interested helping the PNA committee

CLUB: Pacific NW Aquatics (PNA) **AND** **Team :** _____ ,or
 OR Unattached 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
<i>Optional Donations:</i>	
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, <i>The WetSet</i> , by electronic mail (e-mail) or be informed by email that it is available on the PNA website YES NO Maybe (Circle one)

TEAMS

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

As a registered PNA swimmer, you are entitled to participate in the election of your next officers. Each officer serves for a term of two years and takes office after the PNA championships. The slate below was presented by a three member nominating committee appointed by the PNA Board. Members may write in any 2005 registered member whose permission the writer has.

Also elected at this time are the Representatives At-Large who represent on the PNA Board, the unattached swimmers, and swimmers from teams of less than eight members. Members of larger teams are represented on the Board by their Team Rep.

Please read the ballot, vote for your choice, fanfold the ballot so that Hugh Moore's address is on the outside, and mail with 1st class postage. Your ballot must be postmarked on or before April 2, 2005. (Please cross out your address on the outside, but do not deface your USMS Registration number)

PNA election policies can be found at <http://www.swimpna.org/pdf/PNATeam Handbook.pdf>

OFFICIAL BALLOT - 2005

ELECTION OF OFFICERS FOR *The Pacific Northwest Association of Masters Swimmers.*

All members should vote for the following four positions:

President (vote for one)

Jeanne Ensign

Secretary (vote for One)

Hugh Moore

Vice President (Vote for one)

Steve Peterson

Treasurer (vote for One)

Sarah Welch

For swimmers unattached or members of a team with less than 8 members should vote below:

At-Large Representatives

(Vote for no more than three)

Kathy Casey Tom Foley Jerry Plunkett

Write in for At-Large Representative _____

1 st Class Postage

TO:
HUGH MOORE
2102 N VASSAULT ST
TACOMA WA 98406-2521



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)

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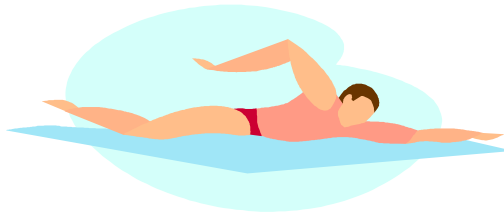
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