

THE WET SET

Pacific Northwest Association
of Masters Swimmers



Volume 28 • Issue 1

Masters Swimmers in Western Washington

January 2008

Eager to Compete? PNA Offers Meets, Meets and More Meets

By Lee Carlson
PNA Meets Chair

Looking for a chance to compete in a PNA swimming meet? Well, you'll have plenty of opportunity because on the horizon are seven great PNA meets. Pick the ones you like, maybe even swim several.

Anacortes

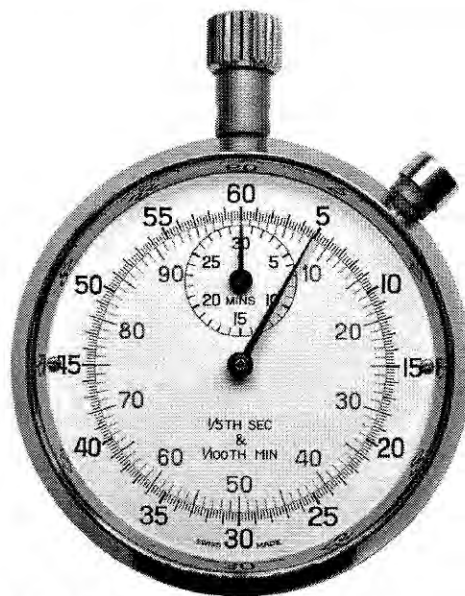
This meet takes place on Saturday, January 19, in Anacortes' Fidalgo Pool. A traditionally low-key but very enthusiastic event. Local high school teams provide the timing and support.

Anacortes is a nice Saturday-morning destination with lots of interesting sites nearby. Among them: an art collection in the local MacDonalds, a boat hardware store that offers the best in old time sailing gear, a wonderful donut shop and oodles of great restaurants.

Bellevue Club

This meet is held on Sunday, February 17, in the club's 25-meter pool, which is exceptionally fast. The side timing system is easy to read — even as you swim.

Odds are good you'll see some world records set while you swim



your own personal bests in meters. The club's coffee and hospitality makes you want to train here all the time. Entry form on page 10.

Orca

If you like warm hospitality, a friendly timing crew and a centrally located venue, this meet is for you. Place: Seattle's Helene Madison Pool. Date: Saturday, March 8. Entry form on page 11.

Briggs YMCA

Your last chance to tune up before PNA Champs. The Briggs Y in Lacey is a fast pool, and in the past two years, the folks there have put on four meets. They know how to do it right. Date: Saturday, March 29. Entry form on page 12.

PNA Champs

PNA's yearly *piece de resis-*

tance. This year, it will be held on Saturday, April 12, and Sunday, April 13. As usual, the venue will be the Weyerhaeuser King County Aquatic Center, a world-class facility. Don't miss this one.

Two for One in June

Looking for a tune-up shortly before the 2008 USMS National

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WETSUIT

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Officiating: Kathy Casey/Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps:

Hugh Moore

In my 33 years in Kitsap County I'd never seen precipitation like we had in early December — almost six inches of snow by mid-day Sunday washed away the next day by nearly a foot of rain from a Pineapple Express. As tiny Hoot Creek became a lake that spilled over our driveway, I joked to my wife that I should don my wetsuit for an open water swim in my own front yard! Or at least test the natural-though-short-lived “endless pool” out front. Let's hope this was 2007's grand farewell followed by a less weather-intensive 2008.

2008 meet lineup

Not to overwork the “water” metaphor (or Lee Carlson's front-page article), PNA has a flood of 2008 events lined up to motivate your workouts, including our first pair of swim meets on the same day!

We start in Anacortes with the Thunderbirds' annual meet on January 19 — I'll definitely be there. (Note: entry forms must be postmarked by the 9th.) There's also the One Hour Postal Swim, which you still have plenty of time to complete in January.

In February we return to Bellevue Club's cool, fast SCM pool. We have two meets on different days in March, one hosted by the Orcas at Seattle's Helene Madison pool (it's been a while since we were last there) and the other at Briggs Y in Lacey. KCAC will be the venue for PNA's Champs, hosted by Federal Way Masters in mid-April.

Two meets: same day, different emphasis

On June 8, PNA offers you a

(Continued on page 6)

LEADING OFF



By Steve Peterson,
PNA
President

meets' “first.” Ohana will run an outdoor long course meet at Tacoma's Titlow Pool emphasizing sprint events. Anacortes will run an indoor short course meters meet featuring distance events. Choose your favorite format and plan to attend one of these events. Though your PNA board was split on holding two meets on the same day, I believe there's enough appeal in their differences to ensure a good turnout for both.

Another PNA clinic coming your way

Last September's stroke clinics by Karlynn Pipes-Nielson and husband Eric Nielson were well received. If you couldn't attend then, here's your chance — the pair will be back again in March! We'll let you know the dates and details once those are worked out. In the meantime, you can ensure a spot at the clinics by completing and mailing out the interest form on page 8.

New webmaster

Rondamarie Smith has served as PNA's website manager since the spring of 2005. Hugh Moore, with additional free

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have 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 2008 CALENDAR

**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 January 31, 2008
USMS One Hour Postal
Championships
Mel Goldstein, 317-253-8289,
goldstein@sbcglobal.net
See page 7 for details.

January 19, 2008
SCY Meet
Fidalgo Pool
Anacortes, Wash.

January 19, 2008
Nuclear Winter Sprint/Swim for
Your Life
Moses Lake, Wash.
www.inlandnwmasters.org

January 22, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

January 27, 2008
Cowichan Meet SCM
Duncan, B.C.
[http://www.mastersswimming.bc.ca/
upcoming.html](http://www.mastersswimming.bc.ca/upcoming.html)

February 10, 2008
"Love to Swim" Meet
Vancouver, B.C.
English Bay Swim Club
www.englishbay.org

February 17, 2008
SCM Meet
Bellevue Club
Bellevue, Wash.
Entry form on page 10.

February 17, 2008
Swim Meet
Wenatchee, Wash.
www.inlandnwmasters.org

February 26, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

March 7-20, 2008
PNA Swim Clinics with Karlyn
Pipes-Nielson & Eric Nielson
For details, see interest form on
page 8.

March 8, 2008
Orca SCY Meet
Helene Madison Pool
Seattle, Wash.
Entry form on page 11.

March 8, 2008
Victoria Masters 28th Annual Swim
Meet, LCM
Victoria, B.C.
www.mastersswimming.bc.ca

March 25, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

March 27-29, 2008
NCAA Swimming and Diving
Championships
Weyerhaeuser King County
Aquatic Center
Federal Way, Wash.
See page 13.

March 29, 2008
SCY Beat the Clock Meet
Briggs YMCA
Lacey, Wash.
Entry form on page 12.

April 12-13, 2008
SCY PNA Champs
Weyerhaeuser King County
Aquatic Center
Federal Way, Wash.

April 17 to April 25, 2008
XII FINA Masters World
Championships - Perth, Western
Australia

April 22, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center

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

Encouraged by Her Coach, Peg Cloutier Swims in Senior Games and Shatters Three Records

Editor's Note: Peg Cloutier describes how Mel Smith's excellent coaching encouraged her to soar to new swimming heights.

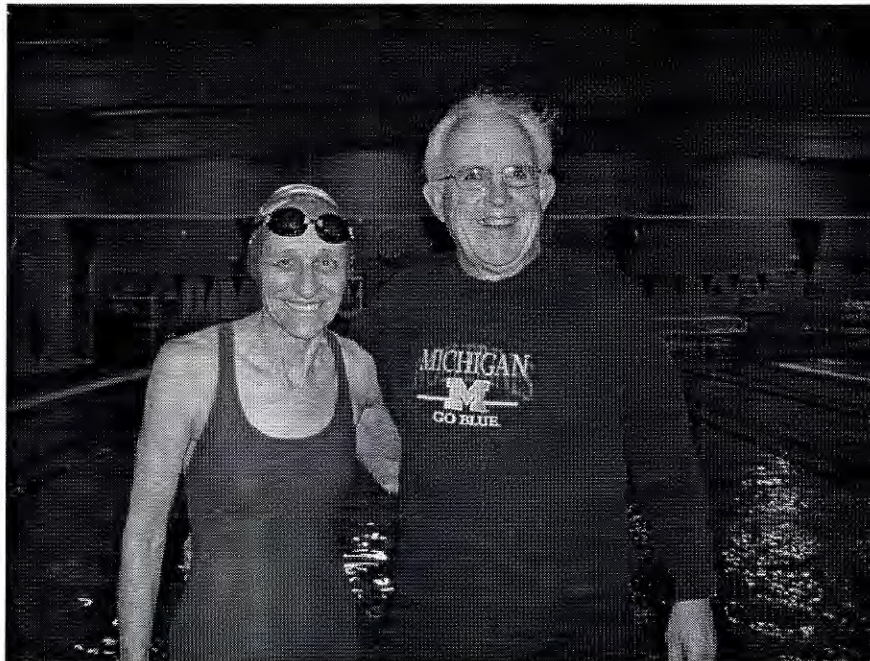
Shoulder problems had kept me out of the pool for nearly two years. Even after I had a successful surgical repair of my shoulder, the thought of competitive swimming seemed like a fantasy. After all, I am 72.

But then I realized the Washington State Senior Games would be held in July 2007 at the Briggs YMCA in Lacey. And I learned that in preparation for the games twice-weekly coaching by Mel Smith was being offered at the Y for free. I decided to sign up for the coaching. After all, I had nothing to lose!

Initially, Mel's workouts seemed overly ambitious. But with his encouragement and support, I found myself completing the workouts and getting myself into good swimming shape again.

Mel is an experienced coach who possesses the qualities that bring out the best in his swimmers. Without his coaching, I could never have accomplished the training level I've reached. Mel has the unique ability to push you just far enough to where you still can enjoy the training. He seems to have expanded vision, able to assess every lane and every swimmer at the same time. Mel also has a great sense of humor and appreciates the limitations imposed on his swimmers by the aging process.

Thanks to Mel, I was able to compete in the Senior Games. In



Peg Cloutier and her coach, Mel Smith

fact, I've continued to swim three days a week with BYMS Mel coaches at the Briggs Y.

In a few months, PNA's Coach of the Year Award will be bestowed. I vote for Mel!

In July's Washington State Senior Games, Peg took first in four events (70-74): 50 free (43.09), 100 free (1:35.39), 200 free (3:32.67) and 500 free (9:38.50). In the last three events, she broke the existing records.



The WetSet Wants Your Ideas and Stories

The WetSet is always looking for interesting stories from PNA members. So if you've done something momentous or unusual connected with swimming, or have an idea for an article, we'd love to hear about it.

Contact *The WetSet* with your article or article idea, and you will send the editor in paroxysms of ecstasy.

Welcome New PNA Swimmers

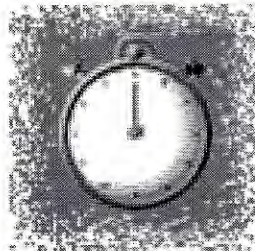
Karen Abart
Dan Antilla
Julie Buktenica
Maureen Colaizzi
Troy Courage
Jennifer Gutierrez
Diana Hoffman
Garcia Jean-Baptiste
Siria Jones
Michael Jouver
Kristin Lucas
Brian Marcy
Maureen Marinkovich
Jeffery Musiak
Brenna Owen
Aaron Scheidies
John Stockamp
Rebecca Wade
Adam Yanasak



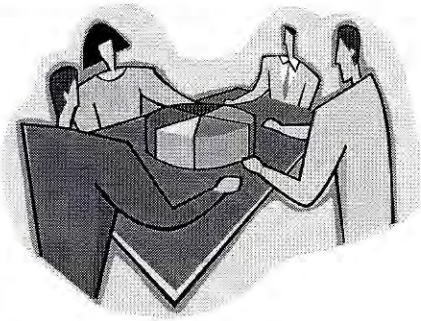
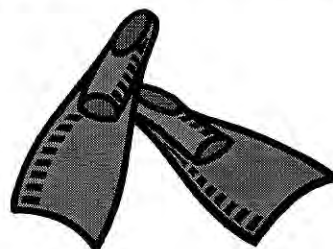
Twenty-Seven — Count 'Em — Twenty-Seven Reasons Why *You* Should Compete in a Swim Meet

Many PNA swimmers have never competed in a meet or do so only infrequently. That's a shame, because there are many reasons to compete regularly. In fact, Lee Carlson, PNA's meets chair, has identified 27 reasons to take the plunge. Here they are:

- Savor the experience
- Challenge yourself
- Support your teammates
- Meet new friends
- Renew old friendships
- Collect on a bet or dare
- Get the adrenalin going
- Swim a new event
- Swim a different distance
- Swim a new stroke
- See if you can keep your goggles on at the start
- Swim the race smartly
- Execute the stroke smoothly
- Measure your conditioning program
- Cheer for swimmers you know
- Have your kids or grand-kids come and watch you for a change
- See if you can establish a personal best time
- See if you come close to a best time
- See if you are maintaining your times
- Hold your best pace for a 400, 500 or longer
- Find out what a negative split is
- Feel the sheer joy of it
- Honor those swimmers who keep swimming year after year and serve as an inspiration for us all
- Feel the pain stop at the end of the race
- Enjoy the warm-down after the event
- Choose your favorite food and beverage afterward without feeling guilty
- Enjoy the fellowship with your teammates



**Oh My Gosh!
It's Time to
Renew My USMS
Registration**



PNA Board Meeting Summary for October

- ⇒ Steve Peterson noted that separate organizations, SPLASH and Project Splash!, have been meeting to advocate for a new aquatics facility with a 50-meter pool on the Eastside and outdoor pools in Seattle, respectively.
- ⇒ Steve Peterson is working on buying cell-phone-compatible conference call equipment for board meetings.
- ⇒ Hugh Moore was designated the new PNA webmaster, and the board agreed to purchase Adobe Dream Weaver.
- ⇒ Two bylaw amendments proposed by Jane Moore (in absentia) were approved by the board and will be distributed to members for their approval. The first amendment adds the position of immediate past president to the board of managers. The second changes the name of the Records/Top Ten Committee to Records and Tabulation.
- ⇒ Sarah Welch informed the board us that Aquatic Edge (Pipes-Nielson) will be back in March 2008 for another swim clinic.

Major Changes in USMS Swimming Rules Explained

by Kathy Casey
USMS Rules Chair

At the recent USMS Convention, the following major changes or clarifications affecting swimming rules were enacted. They're effective January 1.

— For the breaststroke kick, the body must be on the breast from the time the feet leave the wall, "downward" and "while wholly submerged" have been deleted from the single butterfly (dolphin) kick part of the rule, and the single butterfly (dolphin) kick must be during or at the end of the first arm pull (101.2.2 and .3, page 2).

— Relevant rules for recognition will be listed in 202.2.1E (page 54) and include the following: Article 101 (Starts, Strokes, and Relays) or Article 108 (Swimmers with a Disability); Article 103.12.3 (Timing Resolution); Articles 103.13.1, 103.13.2, 103.13.3, 103.13.4, and 103.13.6 (Official Time); Articles 105.1, 105.2.1, 105.2.2A, 105.3.2, 105.3.7A, and 105.3.10 (Records and Top 10 Times); and Articles 107.2.1, 107.2.3A, 107.3, 107.11.1, 107.11.2, and 107.13 (Minimum Standards for Facilities). Contact Kathy Casey (rules@usm.org) for a detailed explanation.

— At recognized events, relay

leadoff split times that conform to 103.13.1 and 105.2.2A will be recognized for events listed in 102.5 (USMS membership is not required for the other members of the relay team, and the relay event itself need not conform to 102.5). This will be included in 202.2.1E, relevant rules.

— Times from nonconforming events **will not** count for USMS records and Top 10 times (202.1.1F[3], pages 53-54), except for initial distances and relay lead-off split times for distances that are also events defined in 102.5 (page 7).

For example, the leadoff split time for a 50 fly from a 200 butterfly relay (a nonconforming event that has been announced in the meet information and entry form) could count as an official time, but the time from the 200 butterfly relay does not count for an official time since that is not an event listed in 102.5. For an individual event, the 200 initial distance of an 800 breaststroke event could count as an official time, but the 800 breaststroke time does not count for an official time.

Do your LMSC or meet hosts run meets according to the rules?

1. Is the primary timing system a fully automatic timing system, three semiautomatic buttons per lane, or three watches per lane in order to meet national and world record requirements?

2. Are 50-meter split times at long course meets recorded by fully automatic timing? Remember, 50-meter split times recorded by three watches count only for World records.

3. Is the referee a certified official?

4. Are timers assigned to every lane?

5. Are the pools measured and certified for proper length?

(Continued on page 7)

Leading Off

(Continued from page 2)

time now that he's not a PNA officer this term, approached Rondamarie and the board about taking over this duty. Both parties agreed, so Hugh will add webmaster to his involvement with PNA. Thank you, Rondamarie, for volunteering your Web expertise.

More on new pools

In previous issues I've mentioned the efforts of not one but two groups recently organized to promote new pools for greater Seattle. In addition, this fall the Bothell, Kenmore and Woodinville city councils agreed to consider options for a regional aquatics center as part of the Northshore Parks and Recreation Service Area (PRSA), which also includes unincorporated areas of King and Snohomish counties. The three cities joined King County, Snohomish County, the Northshore School District and Northwest Center (operator of the current Northshore Pool) to form a regional working group.

Three years ago, an initial study was conducted to assess the aquatic needs and interest in a regional aquatic facility. Building on that study, the regional working group has come together to explore more specific options for community consideration. The group's 2008 goal is to work with citizens and communities within the PRSA to build consensus on a potential site, agree on the general scope and scale of a multi-purpose aquatic facility and review the likely costs and financial feasibility.

The group held a meeting in December to hear community feedback; community conversations will continue in early 2008.

I'm not much for New Year's resolutions, so I'll close by just wishing that you'll be deluged in good health, good times and good swims.

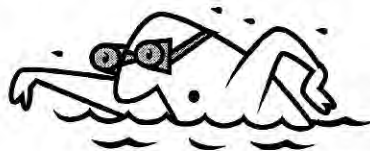
Photo by Peter Bick



Kathy Casey



SWIM FOR AN HOUR AND JOIN A PNA POSTAL RELAY



Good news! You still have time to participate in the annual USMS National Championship One Hour Postal Swim. The swim must take place during January. So if you haven't already gotten in your swim it's time to schedule it. Event information and entry forms are in the December issue of *The WetSet* as well as on the PNA web site (www.swimpna.org). Entry form also on page 9.

Every year PNA puts together relay teams for this event. All you need to do is swim the event at your own pool, send a COPY of your form to PNA event coordinator Sally Dillon, and mail in your entry following the directions on the entry form. Every effort will be made to see that you are included in at least one team.

Send your info to Sally at PO Box 845, Oak Harbor, WA 98277. Be sure she gets it by Thursday, February 7. Questions? (360) 679-5038 or salswmr@verizon.net.

SWIM FOR AN HOUR AND JOIN A PNA POSTAL RELAY

(Continued from page 6)

Rules Changes

Question: If the primary timing system is two semiautomatic buttons but two watches were added for a particular swim, can that swim count for a National or World record with two semiautomatic button times and two watch times? No. National and World records require three buttons or three watches if fully automatic timing is not the primary timing system (103.13.3, page 25). Exceptions to this occur only when there is a primary timing system malfunction (fully automatic or semiautomatic), and the rules include clear procedures for adjusting times due to such malfunctions (103.12.4C, D, E, and F, pages 22-24).

For questions about rules, contact Kathy Casey, USMS Rules Chair, rules@usms.org.

(Continued from page 1)

Meets

Long Course Championship in August in Gresham, Ore.? On June 8, PNA is sponsoring these two meets:

Ohana: A long course meet at Tacoma's Titlow Pool and a perfect prelude for the Nationals meet. Sponsoring this sprint meet — no event more than 200 yards — is one of our newer clubs.

Anacortes: A short course meters meet featuring distance events. Swim a 400, 800 or 1500. The hosts, the Thunderbird age group and Masters team, always runs a terrific meet.

One Hour Postal Swim

Don't forget to participate in this event. See above.



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

Wanted Your Story/Story Idea

Do you have a swimming story or a story idea for *The Wet Set*? Every time a story or a story idea is submitted, your editor experiences paroxysms of joy.

Hurry! Sign Up for March Pipes-Nielson Clinics

Karlyn Pipes-Nielson and husband **Eric Nielson** will visit Seattle again this March to teach up to four PNA-sponsored stroke clinics during March 7 to 20, 2008. We're still working to secure pool time, but we encourage all PNA swimmers interested in this opportunity to send in the attached "Interest Form" ASAP. That way, we can enroll people quickly once we get the pools confirmed. We're looking for pool time on the Eastside, South King/Pierce County and Seattle.

PNA will offer three freestyle clinics and one 'stroke' clinic for the non-freestyle strokes. Each clinic is limited to 20 swimmers. *Priority will be based on your sign-up date*, so send in the interest form now. Also, priority will be given to swimmers who signed up but couldn't attend this past fall.

The training program developed by Karlyn, arguably the best Masters swimmer ever, and Eric benefits swimmers at all levels. Participants see real results, *such as a big drop in time after just one clinic*. The clinics offer video taping and feedback, step-by-step stroke progression, emphasis on correct head and body position, gradual progression to a faster, more efficient stroke, training and recovery suggestions.

Karlyn and Eric are available to offer **clinics for your club or team**. Their expertise ranges from youth to adults, from novices to masters. And they have a fondness for triathletes. Contact Sarah Welch (contact info below), and she'll help you facilitate scheduling a clinic with your team.

Send Clinic Interest Form to: PNA, c/o Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144. If you're not a registered USMS swimmer, you may request a 'day of event' registration for an additional \$10. Forms will be available at the clinic. **The fee for each clinic is \$90 or \$170 for two clinics. We'll collect your fee once we've registered you for a date.**

See February's *The WetSet* for more details, including locations, times and price.
For questions, contact Sarah Welch at sarahwelch@comcast.net or call (206) 359-2588.

First Name _____ Last _____

Address _____ City/State _____ Zip _____

Phone: (____) _____ Cell:(____) _____ Email: _____

USMS Number: _____ Age: _____ Swimming Interests: _____

Please Indicate Your Preferred Dates. Evening Sessions will be from 5-9 pm. Saturday will be a.m. or p.m.

Saturday, March 8	Tuesday March 11	Thursday March 13
Tuesday, March 18	Wednesday, March 19th	Thursday March 20th

Please identify one goal for the clinic: _____

2008 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP INDIVIDUAL ENTRY FORM

Name: _____ Gender: W or M Age: _____ Birth Date: _____
As it Appears on Registration Card Circle One Day of Swim MM / DD / YY

Address: _____ Phone: _____

City: _____ State: _____ ZIP: _____ Country: _____

Club (2008 USMS or FINA): _____ Club Abbr: _____ Registration Number: _____

E-mail: _____ Send Results: (check one) Email Mailed hard copy

Check if you don't want any medals you may earn.

USMS LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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."

Swimmer's Signature _____

I certify that I have read the rules of the competition and that on January _____, 2008, I swam _____ yards or _____ meters at

Pool Name/City: _____ Swimmer's Signature _____

Verifier's Name, Printed _____ Verifier's Phone Number or Email Address _____

Entry Fee: US\$6, USMS or US\$10, other FINA Masters = US\$ _____

T-Shirts: Indicate Quantity Ordered

Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____

US\$17 each, USMS _____

US\$22 each, other FINA Masters _____ = US\$ _____

TOTAL US\$ _____

Include: Copy of 2008 USMS or FINA REGISTRATION CARD, Entry form and split sheet
Check Payable to: YMCA Indy Swim Fit
Send to: Mel Goldstein, Event Director
 5735 Carrollton Ave
 Indianapolis, IN 46220 USA
Must be RECEIVED by February 11, 2008.

Record split entries using RUNNING TIMES for 50 splits 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 Meters _____ x 1.0936= _____) TOTAL Yards: _____

SANCTIONED BY PNA FOR USMS INC. SANCTION#368-02

SHORT COURSE METERS MEET: February 17, 2008

Hosted by the Bellevue Club

PNA LOCAL MASTERS SWIMMING COMMITTEE

MEET ENTRY FORM: February 17, 2008 Meet Sanction #368-02

Hosted by the Bellevue Club

EVENTS (ORDER #3)	
#	Event
Sunday, February 18	
1	400 Free
break	
2	200 Free Relay
3	200 Fly
4	200 Back
5	50 Breast
6	100 Free
break	
7	200 Mixed Free Relay
8	200 IM
9	50 Fly
10	100 Back
11	200 Breast
12	50 Free
13	400 IM
14	200 Medley Relay
break	
15	100 Fly
16	50 Back
17	100 Breast
18	200 Free
19	100 IM
20	200 Mixed Medley Rley
break	
21	1500 Free

DATE: **Sunday, February 17, 2008**
 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 2008 registered swimmers, 18 and above as of *February 17, 2008*

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* with proper aggregate age group (e.g. 160-199) to ensure correct intent and results.

CHECK-IN: Positive check-in required for 400 & 1500 free; Deadline for 400 is 8:40 am. Deadline for 1500 is 11AM. Swimmers who do not check in by the deadline may be scratched from the event.

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 _____

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of December 31, 2007):

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: \$ 13.00 (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 \$13.00 (relays only) to \$18.00 (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
Questions? Email coryh@bellevueclub.com

Please send entries postmarked no later than **Wednesday, February 6th**

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: _____



ORCA 2008 SWIM MEET

SHORT COURSE YARDS MEET. Sponsored by the Orca Swim Team Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #368-03

DATE: Saturday, March 8th, 2008
TIMES: Check-in & 1st Warm-up: 8:00a.m. Meet: 9:00a.m.
PLACE: HELENE MADISON POOL
CONTACTS: Ross Linderman (206) 200-4499 pna@orcawimteam.org
DEADLINE: Postmark by Monday, February 25, 2008.

FACILITY: An indoor facility with six (6) 25-yard competition lanes with an adjacent warm-up and warm-down area. Water temp is 84 degrees. Coin lockers available. Snacks/drinks will be available for a nominal donation.

RULES: Current USMS Rules will govern the meet. NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

ELIGIBILITY: Open to all year 2008 USMS or MSC registered swimmers 18 and above as of 3/8/2008. Age groups based upon the swimmer's age as of 3/8/08.

DIRECTIONS (located approximately 15 minute drive from downtown Seattle)

From areas north of city limits of Seattle: Take I-5 Southbound, take N/NE 145th St. exit. Turn RIGHT on N 145th St to Meridian Ave N. Turn LEFT on Meridian Ave N. The pool is on the right at N 134th St.

ORDER OF EVENTS (PNA Order #4) (Seeding is slow to fast)

Table with 2 columns of event numbers and names. Includes events like 400 IM, 500 Free, 200 Women's/Men's* Free Relay, 50 Breast, 100 Fly, 200 Free, 50 Back, 100 IM, 200 Mixed Free Relay, 100 Breast, 50 fly, 100 Free, 200 Back, 200 Women's/Men's* Medley Relay, 200 Breast, 200 Fly, 50 Free, 100 Back, 200 IM, 200 Mixed Medley Relay.

Note: Relays entries done on day of meet and deck-seeded.

* - The entries for Men's Relays and Women's Relays will be swum in combined heats.

DISCOUNTED OFFICIAL HOTELS in Downtown Seattle (request Orca Swim group rate) Hawthorn Inn & Suites, 2224 8th Ave, 98121 (800) 437-4867 (206) 624-6820. Rate \$75. Free parking & breakfast. Call by 2/23/08. Confirm 24 hour cancellation policy. Paramount Hotel, 724 Pine St, 98101 (206) 292-9500. Rate \$99. First-class hotel steps away from retail/entertainment core. Call by 2/23/02. Confirm 72-hour cancellation policy.

For more info on social events for the meet see: www.orcaswimteam.org.

The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport of swimming and to educating the public about the value of sports in fitness and community-building. The team is comprised of gay/lesbian and gay/lesbian-friendly swimmers and welcomes all Masters Swimmers to its swim meets. ORCA SWIM TEAM is a member of Pacific Northwest Aquatics (PNA), International Gay and Lesbian Aquatics (IGLA) and Team Seattle.

ORCA 2008 SWIM MEET

Sponsored by the Orca Swim Team Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction # 368-03

Name: _____ Circle if your first Master's Meet: Y
Phone: (____) _____ E-mail Address: _____
Street Address: _____
City: _____ State/Province: _____ Zip/Postal Cd: _____
M or F Age: ____ Birthdate: ____/____/____ USMS or MSC# _____
Team Abbrev: _____ Team Name: _____ LMSC: _____
USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED

AGE GROUPS (Determined by your age as of 3/8/2008):

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+

INDIVIDUAL EVENT ENTRIES - ENTRY LIMIT: 5 individual events (excluding relays)

Table with 3 columns: EVENT NUMBER, EVENT NAME, SEED TIME (Short Course Yards). Multiple empty rows for entry.

ENTRY FEE: \$13 USD or \$14.00 CDN (includes LMSC & electronic timing surcharge)
Individual Events: _____ (\$1 each; no charge for relays or if 65 and up, or if needs based)
Total: _____ [from \$13.00 (relays only) to \$18.00 (five events)]

Please make checks payable to Orca Swim Team. Amount Enclosed: _____

Mail completed and signed Entry, Check, & copy of USMS card to: Orca Swim Meet c/o Orca Swim Team, PMB 869 - 1122 E Pike St., Seattle, WA 98122.

Non-PNA entrants must make a copy of your Year 2008 Masters registration card and mail it in with this entry form.

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: _____

Emergency Contact _____

Phone Number _____

OLYMPIA MEET

SHORT COURSE YARDS MEET HOSTED BY THE BRIGGS MASTERS SWIM TEAM
Sanctioned by the Pacific Northwest Association of Masters Swimmers
(PNA) for USMS, Inc. Sanction #368-03

EVENTS (ORDER #4)	
#	Event
Saturday, March 24	
1	400 IM
2	1650 Free
Warm-up	
3	200 Free relay
4	50 Breast
5	100 Fly
6	200 Free
7	50 Back
8	100 IM
Break	
9	200 Mixed Free Relay
10	100 Breast
11	50 Fly
12	100 Free
13	200 Back
Break	
14	200 Medley Relay
15	200 Breast
16	200 Fly
17	50 Free
18	100 Back
19	200 IM
Break	
20	200 Mixed Medley Relay

DATE: Saturday, March 29, 2008

TIME: Warm-up: 8:30 AM; Meet starts 9:00 AM
 A 30 minute warmup will be held after the 1650 free. Earliest starting time for remainder of the meet is 10:30 AM.

LOCATION: Briggs YMCA 1530 Yelm Hwy SE
 Olympia WA 98501. Phone: (360) 753- 6576

MEET DIRECTOR: Mel Smith
melcomplynow@msn.com
 (360) 970-9466

FACILITY: Six-lane 25-yard competition pool; separate warm-up pool next to the main pool. Water temperature; 81.5 degrees F

CONCESSIONS: Available throughout the meet.
RULES: Current USMS Rules will govern the meet.
ELIGIBILITY: Open to all USMS 2008 registered swimmers, 18 and above as of *March 29, 2008*.
SEEDING: Slow to fast **TIMING:** Electronic
AWARDS: Available for purchase at the Meet

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.

Check-In. Positive check-in required for the 400 IM and 1650 Free. Deadline for both is 8:45 AM. Meet Director reserves right to limit number of entries on 1650.

DIRECTIONS: From the North-- take I-5 South to Exit 109, Martin Way. Turn Right and then in about one quarter mile turn Left on College. Take College about 3 miles to the Yelm Highway. Turn Right on

the Yelm Highway and go approximately 2.5 miles to Henderson. There is a light at Henderson and the Briggs YMCA is on that corner.

From the South--take I-5 North to Exit 101, Air Industrial Way. Turn Right onto Air Industrial Way and follow it until it dead ends at Henderson Blvd. Turn Left and down a long hill, back up the other side to a light at the Yelm Highway. The Briggs YMCA is on that corner.

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

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES
EMERGENCY CONTACT _____
PHONE NUMBER _____

OLYMPIA MEET

Short Course Yard Meet March 29, 2008 Hosted by Briggs Masters Swim Team

NAME: _____ M F AGE: _____

ADDRESS: _____

E-MAIL: _____ PHONE: _____

BIRTHDATE: _____ USMS# _____ LMSC _____ (PNA,Oregon,etc.)

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

TEAM _____ or UNATTACHED _____

AGE GROUP (determined by your age as of March 29, 2008):

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 plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 13.00 (includes LMSC & electronic timing fees)

Individual Events: + _____ (\$1 each; **optional** for age 65 & over or needs based)
(no charge for relays)

Total: \$ _____ [from \$13.00 (relays only) to \$18.00 (five events)]

Please make checks payable to: Aquatics Department, Briggs YMCA
 Mail this entry form and fees to: Mel Smith, Masters Coach
 c/o Aquatics Department
 1530 Yelm Highway SE
 Olympia, WA 98501

*****Please send entries postmarked no later than March 19, 2008**

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.

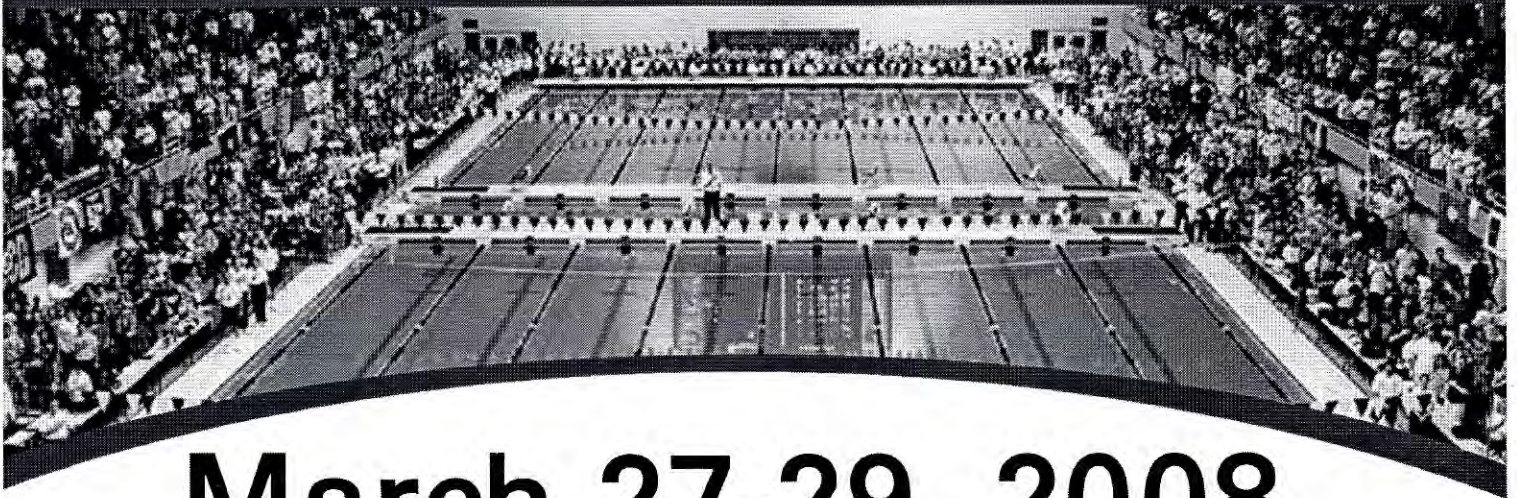
SIGNED: _____ DATE: _____



NCAA



2008 SWIMMING & DIVING CHAMPIONSHIPS



March 27-29, 2008

Weyerhaeuser King County Aquatic Center
Federal Way, WA

SSC Pre-Sale Password: SSCPRE

Jan15th @10am-Jan31st @10pm

*\$45,\$65,\$75

Permits admittance into all 3 days of competition

*ticket price does not include tax & service fees

Visit Ticketmaster at www.ticketmaster.com/ncaaswimanddive08
or call (206) 628-0888 for more information or to order

Hosted by the Seattle Sports Commission & the University of Washington

SSC
Seattle Sports
Commission

W

NCAA is a trademark of the National Collegiate Athletic Association

Pacific Northwest Association of Masters Swimmers 2008 Local Team Registration

To register your team for 2008, 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 Organization and 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:		
Website			
Workout Times			
Rule Book	Please send to:		

Mail this form and check to:

Arni Litt, Registrar pnaRegistrar@usms.org
 PO Box 12172
 Seattle, WA 98102-0172

Application fee: \$12
 Make check payable to: **PNA**

Below are the abbreviations currently in use.

BAM: Bainbridge Area Masters BADD: Bellevue Aquatic Divas & Dudes BC: Bellevue Club BEST: Bellevue Eastside Masters BBST: Bellingham Bay Swim Team BMSC: Bellingham Masters Swim Club BYMS: Briggs YMCA Masters Swim BS: Brooks Swimming CAC: Columbia Athletic Masters (All) DSYM: Downtown Seattle YMCA Masters ECMT: Emerald City Multisport Team ESC: Evergreen Swim Club Masters FWM: Federal Way Master FSJ: Fins of the San Juans FTS: Ft. Steilacoom GACM: Gateway Athletic Club GLAD: Greenlake Aquaducks GCMS: Gold Creek Masters (GCM) GC: Gordon Club HMST: Husky Masters IST: Issaquah Swim Team JAM: Juanita Aquatic Masters LOGS: Logger Masters LUNA: Team Luna LWS: Lynnwood Sharks	MICC: Mercer Island Country Club MIR: Mercer Island Redwoods NHM: Newport Hills Masters NEO: North End Otters NSYG: Northshore Y's Guys NWM: North Whidbey Masters OAC: Olympic Aquatic Club OOPS: Old Olympic Peninsula Swimmers ORCA: Orca Swim Club OST: Ohana Swim Team PAC: Poseidon Aquatic Club PAM: PAMS PSC: Phinney Ridge Swim Club PTMS: Port Townsend Master Swimmers PRO: Pro Sports Club QASC: Queen Anne Swim Club RAH: Redmond Aqua Hotshots RAT: Rice Athletic Team RFST: Redmond Foothills Swim Team SAMM: Samena Club SAC: Seattle Athletic Club SVY: Skagit Valley YMCA SSTM: South Sound Titans Masters SWIM: South Whidbey Island Masters STRM: Storm Lake Aquatics	SSRM: Swim Seattle Redhawk Masters TACY: Tacoma Pierce County YMCA TACM: Thunderbird Aquatic Masters TMS: Thorbecke's Masters Swimming TIG: Tigers TVA: Tumwater Valley Authority UNAT: Unattached to a Team UPAC: University Place Aquatic Club VFC: Valley Fitness Center VAM: Vashon Aquatic Masters WAC: Washington Athletic Club WEST: West Coast Aquatics Masters WSAS: West Seattle All-Stars WSYD: West Seattle YMCA Dolphins WWUS: Western WA U Masters Swimming WCY: Whatcom County YMCA YNOT: Y Nauts
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Don't see your team? Have your coach or Team Rep, fill out and mail the form.

12/5/2007

United States Masters Swimming, Inc

2008 Membership Application

Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

(Old Number if available _____)

2008 Annual Fee: Of your membership fee \$25 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.)

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: (____) _____

2nd Phone: (____) _____

- If you coach a Masters swim team check here
- I am interested helping the PNA committee
- I am interested in receiving The WetSet by email

CLUB: Pacific NW Aquatics (PNA)
or Unattached

AND Team : _____
or Unattached

Choose a membership level A or B below.

- A. Regular:** 11/01/07 thru 12/31/08 \$40
- B. Need-based or Seniors (65 & over):** \$30
- C. After September 1, 2008 to Dec. 2008** \$25

Make check payable to: **PNA**
Mail to: PNA Registrar, Arni H. Litt,
P O Box 12172
Seattle, WA 98102-0172

Optional Donations:

USMS Endowment Fund \$ _____
 International Swimmers Hall of Fame \$ _____
TOTAL \$ _____

Questions: (206) 849-1387

pnaRegistrar@usms.org

1. On rare occasions, USMS may need to inform you of important issues. Exclude National emails
2. USMS sponsors may wish to offer you information emailed by the USMS National Office. Exclude Sponsor emails
(Email addresses are not supplied to the sponsor.)
3. Exclude LMSC emails

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

Remember to check out your LMSC website at www.swimpna.org and the USMS website at www.usms.org for information, updates, and changes.



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, PO Box 12172, Seattle, WA 98102-0172

***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 2008 Issue



Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

CHANGE SERVICE REQUESTED

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Seattle WA 98119-2853

