

THE WETSET

Nominations for Annual PNA Awards

The 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). Dawn, a long-time PNA member, 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 us why!

The Coach of the Year Award

For each of the past five years, PNA has recognized an exceptional coach as Coach of the Year. This

Pacific Northwest Association of Masters Swimmers



Thunderbird Aquatics hosted another great meet on January 10.

year, the winner of that award will also receive an all-expense-paid trip to the 2010 ASCA World Clinic!

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

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Beat The Clock Meet on Feb. 6!

Don’t forget the “Beat The Clock” meet coming up! Entries must be postmarked by January 28.

This is a short course yards meet, hosted by the Briggs Masters Swim Team, at their pool in Olympia. It’s a great chance to achieve qualifying and/or seed times for USMS SCY Nationals (to be held at Georgia Tech this May).

Join us and Beat The Clock!

LEADING OFF



BY PNA PRESIDENT
STEVE PETERSON

Meets and more meets!

The year's off to a great start with 140 entrants enjoying another successful meet January 10 by Myke Lund and his Anacortes crew. Then, in stark contrast to last year, TWO meets in February! First off is Briggs YMCA in Olympia, February 6. Coach of the Year (2008) Mel Smith's Briggs team always does a great job with their "Beat The Clock" meet, now in its fourth year. (It's scheduled nearly two months earlier than its predecessors – will this reduce the likelihood of the snow we saw last year?)

Next up is the inaugural "Lake Washington Masters Invite" on February 21 at Juanita Aquatic Center. This meet was approved on short notice, so find the entry form in this issue or on the website and sign up today! Lake Washington Masters is a new team presenting their first meet, but we expect a fun time from

Coach Becca Watson and her volunteers.

Twenty days later (March 13), Mark Handel and the Orcas host their third meet, returning to the Helene Madison pool. The entry form is included, but they'd prefer that you enter online. The Pink Flamingo Relay is always the highlight of this meet!

I swam with a dozen BAM swimmers to do the annual One Hour Postal swim. Many thanks to our Open Water/Long Distance Coordinator Sally Dillon, who organizes our numbers to form PNA relay teams for the event as well. The individual and relay results will be posted at www.usms.org mid-March and we'll publish PNA's results here next month.

Clinics!

March will be a busy month for clinics, with three coming up. See the registration form (page 7) for details about two clinics on March 7 featuring Masters world record holder Karlyn Pipes-Neilsen. Both sessions, one with videotaping and one without, will help you develop a faster freestyle. A club

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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.

The WetSet

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Constitution and Bylaws: Jane Moore

Fitness: Sarah Welch

Historian: Tom Foley

Meets: Cathy Cooley/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: Hugh Moore

Leading Off

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development clinic is planned for later that same day, including a skill instruction segment by Karlyn. Sign-up information on this clinic will be available electronically soon.

What Not To Wear – Stay Tuned!

Based on FINA's mid-January decision on Masters swimwear, the USMS Rules Committee and the USMS Executive Committee approved corresponding changes to our rules. Except in open water, it's effectively jammers for men and below the neck, not extending past the shoulder or below the knees for women. No more zippers, fasteners (except for waist tie) or modesty suits either. This applies to meters competitions immediately and to short course yards on June 1. Specific details came in the email you received from USMS and will be found in the four paragraphs added to article 102.14 of our Rule Book.

See you in Olympia!

PNA Board Meeting (Dec 8)

by Herb Cook, PNA Secretary

The PNA Board conducted its final meeting of 2009 after an excellent potluck dinner at the home of Sarah Welch. **President Steve Peterson** reported that **Vice President Lisa Dahl** has been hired by USMS as Club Development Coordinator for the Northwest and Pacific Region—one of three regional coordinators with a mandate to help USMS grow. Congratulations, Lisa! Steve also announced that he would retire from his fulltime job with Raytheon in January, 2010. More time for swimming, Steve!

Treasurer Jeanne Ensign presented PNA's financial statement through November and projected a 2009 operating deficit of about \$2,900—substantially less than the previously projected deficit of \$10,700.

The Board approved a streamlined **2010 Meeting Schedule**: January 26 at Sarah Welch's home in Seattle; March 20, half-day retreat at **Sally Dillon's** home in Issaquah; May 25 at Sarah's home; June 29 at **Jan Kavadas's** condo in Edmonds; August 24, location TBD; October 30, full-day retreat at Sally's home; December 7, potluck and annual budget meeting at **Arni Litt's** home in Seattle.

Jeanne presented the **2010 Budget**, projecting revenue of \$30,045, expenses of \$34,016, and an operating deficit of \$3,971. The Budget includes line items of \$3,000 for a redesign of PNA's website, and \$640 to send one PNA coach to Indianapolis for a national clinic. Jeanne explained that PNA has been running modest operating deficits to apply the surplus earned by the 2007 USMS Short Course Nationals in Federal Way to worthwhile programs. The Board unanimously approved the Budget and applauded Jeanne for making it clear and precise.

The Board approved a recommendation by **Lee Carlson** to approve an entry fee of \$14.50, plus \$1 per event, for the previously sanctioned meet at Briggs YMCA in Olympia on February 6, 2010.

Read the full Minutes at www.swimpna.org

Volunteer Opportunities

The Fitness and Clinics Committee is looking for 4-5 volunteers to work on organizing PNA clinics, and providing fitness-related articles and information. Qualifications include enthusiasm for helping Masters swimming and a few available hours per month! The committee will:

- * Develop an annual clinics plan for 2010, soliciting input from swimmers and coaches to determine what type of clinics to offer, and selecting trainers locally and nationally
- * Help with logistics, including pool selection, event set-up, registration, and communications
- * Contribute articles for The WetSet and for the PNA website.

Contact: Sarah Welch at sarahwelch@comcast.net or 206.359.2588

The New Swimmer Committee Chair is looking for 2-3 volunteers to encourage fitness swimmers and new competitive swimmers to participate more in swimming and introduce them to the fun of swim meets. The activities for 2010 include arranging for and distributing new swimmer goodie bags at PNA swim meets and organizing a clinic to help swimmers get ready for their first swim meet. Volunteer tasks could include assembling goodie bags, soliciting donations for the goodie bags, handing out goodie bags at meets and arranging for and participating in the new swimmer clinic.

PNA has committed to welcoming new swimmers and giving them opportunities to develop but we need help to accomplish this goal.

Contact: Lisa Dahl at lisaisswimming@hotmail.com

The PNA Coaches Committee is looking for volunteers. The committee is comprised of local coaches of PNA teams and workout groups who are working together to share information and resources to support local PNA coaches. This committee meets monthly through a telephone conference call. The committee sponsors coaches meetings at swim meets, plans a couple annual social events, is involved in local PNA clinics, helps recruit for the Nationals coach for PNA and solicits Coach of the Year applications.

Contact: Lisa Dahl at lisaisswimming@hotmail.com

The Registration / Membership Committee has several small (and large) jobs available for willing volunteers.

- * Someone who would like to re-design the paper registration form. The form needs 'tweaking' about three times each year.
- * Someone who can update our website's list of Places To Swim. We know where our teams practice, but not what other options are available for swimmers in the area.
- * A few people to do outreach to triathletes, cyclists, college students, and others who would benefit from joining Masters.
- * Someone to help during November to get out renewal notices to members without email access.
- * Someone to field questions about membership, places to swim, teams and registration.

Contact: Arni Litt at pnaRegistrar@usms.org

Time to play BINGO!

Federal Way Kings presents 2010 USMS Check-Off Challenge

Sanctioned by the Pacific Northwest LMSC for USMS, Inc. # 360-F01.

What is the Check-Off Challenge?

The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete 18 "pool" events and an "open water swim" during the 2010 calendar year. It challenges all levels of swimmers. Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical. Simply "Check-off" each swim on your t-shirt when you complete the event.

Where and when do I accomplish the Check-Off Challenge?

The events may be swum in practice or in meets, in yards or in meters, any time during 2010. The challenge is to complete all events or try new events. COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the events. The event is open to registered Masters swimmers. Enter by filling out the entry form below or online at https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=2058 (available Jan 11).

How do I score the Check-Off Challenge?

"Scoring" is simple – just mark the event on the "BINGO" card on the t-shirt.

When do I receive my T-shirt?

Entry deadlines are: **Jan 31** for shirt delivery in Feb, **Mar 31** for shirt delivery in Apr, **May 31** for shirt delivery in June and **July 31** for shirt delivery in Aug.

Event Director

If you miss the entry deadline and are still interested in purchasing a shirt, or have other questions, contact Jean Blackburn at Blackburn88@msn.com.

2010 Check-Off Challenge Entry Form					
Name _____ DOB _____					
Address _____					
City _____ State ____ Zip _____					
Phone _____ Email address _____					
USMS Registration # _____					
Club or workout group _____					
T-Shirt Size	Qty	Price	Total		Mail this form and check to:
Women Small	_____	\$22	_____		Federal Way Masters P.O. Box 24083 Federal Way, WA 98093
Women Medium	_____	\$22	_____		
Women Large	_____	\$22	_____		
Women XL	_____	\$22	_____		
Women XXL	_____	\$22	_____		
Men Small	_____	\$22	_____		
Men Medium	_____	\$22	_____		
Men Large	_____	\$22	_____		
Men XL	_____	\$22	_____		
Men XXL	_____	\$22	_____		

Liability Release

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: _____

Register online at https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=2058 (available Jan 11)

Get Your Daub On! Swimming Bingo Party!

Federal Way Masters is hosting a **Check-Off Challenge / Bingo Party** workout on Saturday, February 27, from 6:00-7:30 pm at the City of Tukwila Pool. The pool is located at 4414 S. 144th Street, Tukwila, 98188.

The Bingo Party is **free** to PNA members who register for the **2010 Check-Off Challenge** by January 31! Enter on the USMS website at www.usms.org/fitness/content/checkoff. You will receive an evite to the party in early February only if you have registered for the **2010 Check-Off Challenge** by January 31. The party is limited to the first 36 swimmers who respond "Yes" to the evite.

Check-in is from 6:00-6:15 pm, where you will pick up your pre-ordered shirt and get your lane assignment. We will have six lanes playing **BINGO** based on the skills / speed of each lane. You may earn bingo or even fill out your card! Whichever you choose, Masters swimmers of every age and ability can join in the fun! Daubers will be provided. We'll also have a 50-50 raffle on site. Tickets are \$1 each.

There will be a no-host dinner after the party at Azteca Restaurant near Southcenter. If you have any questions, please contact Wendy Neely at 206-793-9391.

BINGO!!



Event theme and shirt design by Mary Ann White of Federal Way Masters.



Faster Freestyle Swim Clinic

with Multiple World Record Holder Karlyn Pipes-Neilsen

March 7 Evans Pool at Green Lake in Seattle
Clinic # 1—8:30am-11:30 pm Freestyle Clinic without Video
Clinic # 2—12 noon-4:30 pm Freestyle Clinic with Video

Karlyn travels the world teaching people how to swim FASTER with less effort!

The benefits to taking an Aquatic Edge clinic are many:

- Learn the techniques used by Karlyn, top triathletes and Olympians
- The teaching methods used are simple and easy to understand
- After just one clinic you will swim faster with LESS effort
- Training tips and recovery suggestions will also be provided
- Learn the fastest way to flip turn!

The video clinic also includes two videotaping sessions -before and after - with review

Location/address: **Evans Pool is located at 7201 East Green Lake Dr N. Seattle, WA 98115**

Karlyn Pipes-Neilsen: Regarded as one of the best swimmers in the world, Karlyn is 2009, 2008, 2007 & 2004 World Masters Swimmer of the Year, has been inducted into the Int'l Masters Swimming Hall of Fame and since 1993 has set over 200 Masters World records. For great articles on technique, motivation & training written by Karlyn visit www.aquaticedge.org

Cost: Clinic # 1 (without Video): \$95

Clinic # 2 (with Video) \$135.

Bring suit, towel, sweats, etc., so you're comfortable in and out of the water. Swim fins are a big help during the drill session, so bring them if you have them. Snacks served at the clinic.

How to register: Mail Registration form and check made out to PNA to: PNA c/o Sarah Welch, P. O Box 12172 Seattle, WA 98102-0172. Contact Sarah at sarahwelch@comcast.net or call 206-359-2588 for space availability or questions. For clinic questions email Karlyn at aquaticedge@hawaii.rr.com Space is limited. Postmark determines first come, first served. (Please do not phone to reserve a space). Hurry! Sarah will confirm your registration by email.

Pre-order Karlyn's *Go Swim Freestyle* DVD (goswim.tv) and pay only \$35 or purchase @ clinic for \$40 ✂-----

Faster Freestyle Clinic

First Name _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact Name: _____ Phone() _____

USMS Reg. Number*: _____ Swim Level: beginner intermediate masters multi-sport

Please identify one goal for the clinic: _____

Please note your clinic preference 1st or 2nd priority in the box by Clinic #1 or # 2. Total your costs and include a check made out to PNA.

Clinic # 1 \$95 w/out video Clinic #2 \$135 with video add \$35 for Karlyn's Go Swim Freestyle DVD (save \$5!) Total enclosed: \$ _____

*Swimmers must have a USMS registration number or apply for a one day registration at the clinic for \$20.

Welcome New PNA Swimmers

Kimberly Anderson, Gold's Gym Redmond Masters (GGRM)
 Conrad Babida, Federal Way Masters (FWM)
 Denise Barry, West Coast Aquatics Masters (WEST)
 Suzanne Behla, Monroe YMCA Masters (MYM)
 Ross Croasdell, Unattached
 James Ervin, Olympic Aquatic Club (OAC)
 Bridget Goglia, Green Lake Aqua Ducks (GLAD)
 Jeremy Hand, Ohana Swim Team (OST)
 Nathan Jendrick, Unattached
 Dayna Jessen-Rogers, Unattached
 Peggy Kent, Mercer Island Country Club (MICC)
 Juli Kirkman, Federal Way Masters (FWM)
 Saul Kirkman, Federal Way Masters (FWM)
 Greg Linn, Federal Way Masters (FWM)
 Kim Lobree, Bellevue Eastside Masters (BEST)
 Lieschan Lopuszynski, Vashon Aquatic Club (VAC)
 Suzanne Marlatt, Unattached
 Daniel Mast, Orca Swim Club (ORCA)
 John McKenney, Unattached
 Amos Merkle, Poulsbo Piranhas Swim Team (PPST)
 Kevin Meyer, Unattached
 Helen Millward, Unattached
 Adriana Montana Boling, Bellevue Eastside Masters (BEST)
 Judy Morgan, Unattached
 Dung Nguyen, Federal Way Masters (FWM)
 Steve Olson, Queen Anne Swim Club (QASC)
 Mary Orlosky, Unattached
 Rory Rawlings, Bainbridge Aquatic Masters (BAM)
 Robert Reynolds, Orca Swim Club (ORCA)
 Mitch Roberts, Bellingham Masters Swim Club (BMSC)
 Julia Robinson, Bellevue Eastside Masters (BEST)
 Dazzle Rowland, Skagit Valley Masters Swimming (SVMS)
 Garth Scheck, Lake Washington Masters (LWM)
 Tommy Springer, Poulsbo Piranhas Swim Team (PPST)
 Torrey Stout, Federal Way Masters (FWM)

Kecin Thomas, Thunderbird Aquatic Masters (TACM)
 Blake Trafton, Bellingham Masters Swim Club (BMSC)
 David Way, Unattached
 Richard Wood, Orca Swim Club (ORCA)
 Mike Yarrow, Skagit Valley Masters Swimming (SVMS)
 Maria Zavala, Orca Swim Club (ORCA)
*Errors or corrections should be sent to
 pnaRegistrar@usms.org*

Postal Championships

Results from 3000/6000 Yard Postal Championships

3000 Yard Postal Championship

Bill Penn (58)	8th 38:21.99
Krista Gomes (60)	11th 59:03.29
Richard Holloway (60)	12th 47:24.29
Anne Olsen (71)	3rd 57:35.52

6000 Yard Postal Championship

Bill Penn (58)	6th 1:19:12.99
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Congratulations!

Final Reminder!

Send a copy of your One Hour Postal Swim split form to the relay coordinator ASAP!

Paper copies must be received by February 6, while email copies will be accepted until February 12.

Send copies to:

Sally Dillon, Relay Coordinator
 100 Timber Ridge Way NW #6103
 Issaquah, WA 98027

salswmr@comcast.net

Nominations Needed for PNA Awards

(continued from page 1)

- * Loyalty of team members
- * Inspiration to others and coaching accomplishments.

Both award recipients will receive a personal plaque and have their name added to the perpetual trophy. The awards will be presented at the PNA Champs meet, April 10-11, at Weyerhauser King County Aquatic Center in Federal Way.

Send your nominations for the Dawn Musselman Award (**before March 29, 2010**) to:

Steve Peterson

speterson@bandwagon.net

11165 Central Valley Road NW, Poulsbo,
WA 98370-7014

Send your nominations for the PNA Coach of the Year Award (**before March 29, 2010**) to:

Lisa Dahl

lisaisswimming@hotmail.com

The official nomination form is available on the PNA website (www.swimpna.org).

Past award winners are:

Dawn Musselman Inspirational Swimmer

Dawn Musselman (1986)
Marlene Holmes (1987)
Maxine Carlson (1988)
Jim Penfield (1989)
Tom Foley (1990)
Karen Jost (1991)
Jan Kavadas (1992)
Robin O'Leary (1993)
Marion Mueller (1994)
Tammi Keeler (1995)
Ian Thompson (1996)

Suzanne Dills (1997)

Clark Pace (1998)

Dan Frost (1999)

Joan Davis (2000)

Paul Ikeda (2001)

Barb Gundred (2002)

Chaya Amiad (2003)

Kathy Casey (2004)

Gene Crossett (2005)

Jeanne Ensign (2006)

Lee Carlson (2007)

June Van Leynseele (2008)

Steve LaHaie (2009)

Coach of the Year

Wendy and Malcolm Neely (2004)

Michael McKinlay (2005)

Neil Romney (2006)

Robin O'Leary (2007)

Mel Smith (2008)

Lynn Wells (2009)



To learn more about the ASCA World Clinic, visit www.swimmingcoach.org/worldclinic/asca2010/program.asp or contact Lisa Dahl.

MASTERS CALENDAR

LOCAL EVENTS

February 6, 2010**Briggs Y SCY Meet**

Olympia, WA

Contact: Mel Smith,

melcomplynow@msn.com,

360-970-9466

February 21, 2010**Lake Washington Masters SCY Meet**

Juanita Aquatics Center

Kirkland, WA

Contact: Becca Watson,

beccawatson@msn.com

602-363-0746

March 13, 2010**ORCA SCY Meet**

Helene Madison Pool

Seattle, WA

Contact: Mark Handel,

734-516-6907 (eves/wkends)

April 10-11, 2010**PNA SCY Championships**

Weyerhaeuser King County

Aquatic Center

Federal Way, WA

March 20, 2010**PNA Board Meeting****9:00am**

Contact Sally Dillon

salswmmr@comcast.net) for

location

NATIONAL EVENTS

January 1-December 31, 2010**Check-Off Challenge**

(See article on page 5.)

Contact: Jean Blackburn,

blackburn88@msn.com**May 20-23, 2010****USMS SCY Championships**

Georgia Tech, Atlanta, GA

(Information at www.usms.org)

Contact: Ed Saltzman,

es7204@att.com**August 9-12, 2010****USMS LCM Championships**

San Juan, Puerto Rico

(Information at www.usms.org)

Contact: Mark Gill,

mark.gill@usms.org

CLINICS

March 7, 2010**Swim Technique Clinics with****Karlyn Pipes-Neilsen**

Evans Pool, Green Lake, Seattle

Registration forms on page 7

INTERNATIONAL EVENTS

May 21-24, 2010**2010 Canadian Masters****National Swimming****Championships (LCM)**

Nanaimo, British Columbia,

Canada

(Information at [http://](http://cmssc2010.ca/Publicity/invitation_e.pdf)[cmssc2010.ca/Publicity/](http://cmssc2010.ca/Publicity/invitation_e.pdf)[invitation_e.pdf](http://cmssc2010.ca/Publicity/invitation_e.pdf))**July 27-August 7, 2010****XIII FINA World Masters****Championships**

Goteborg, Boras & Moindal,

Sweden

(Information at [news.](http://news.2010finamasters.org)[2010finamasters.org](http://news.2010finamasters.org))

Contact:

info@2010finamasters.org**August 1-6, 2010****2010 Gay Games**

Cologne, Germany

(Information at www.usms.org)

Contact: Jessica Seaton,

igla@usms.org

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 #360-02

EVENTS (ORDER #4)	
#	Event
Saturday, February 6	
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, February 6, 2010

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 2010 registered swimmers, 18 and above as of *February 6, 2010*

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 # of entries on 1650.

DIRECTIONS: From the North-- take I-5 South to Exit 105. Stay to the right onto 105B and go left at first stop light (Henderson Blvd.). Stay to the left as the road makes a "Y" (do not take the Portland on-ramp), go through the roundabout and continue to the corner of Yelm Hwy and Henderson Blvd. (approx. 2

miles). The Briggs YMCA is on that corner.

From the South--take I-5 North to Exit 101, Tumwater Blvd. Turn Right onto Tumwater Blvd. 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:** Formoreinformation, visit the PNA website (www.swimpna.org)

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT _____

PHONE NUMBER _____

OLYMPIA MEET

Short Course Yards Meet February 6, 2010 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 February 6, 2010):

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: \$ 14.50 (includes LMSC & electronic timing fees)

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

Total: \$ _____ [from \$14.50 (relays only) to \$19.50 (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 January 28, 2010**

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: _____

SANCTIONED BY PNA FOR USMS INC. SANCTION#360-05
 SHORT COURSE Yards MEET: February 21, 2010
 Hosted by the Lake Washington Masters

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: February 21, 2010 Meet Sanction #360-05
 Hosted by the Lake Washington Masters

EVENTS (ORDER #1)	
#	Event
Sunday, February 21	
1	400 IM
break	
2	200 Free Relay
3	50 Free
4	100 Breast
5	200 Back
6	50 Fly
7	200 IM
break	
8	200 Mixed Free Relay
9	100 Free
10	200 Breast
11	50 Back
12	100 Fly
13	200 Medley Relay
break	
14	200 Free
15	50 Breast
16	100 Back
17	200 Fly
18	100 IM
19	200 Mixed Medley Relay
break	
20	500 Free

DATE: **Sunday, February 21, 2010**
 TIME: Warm-up: **8:00 AM**; Meet starts **9:00 AM**

PLACE: Juanita Aquatics Center
 10601 NE 132nd St
 Juanita High School Drive
 Kirkland, WA 98034
 Phone: 425-823-7627

MEET DIRECTOR: **Becca Watson 602-363-0746**
beccawatson@msn.com

FACILITY: six-lane 25 yard pool
 Warm-up: separate warm up area.
 Water temperature: ~ 81 degrees F

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 2010 registered swimmers, 18 and above as of *February 21, 2010*

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 age group.

CHECK-IN. Positive check-in required for 400 IM & 500 free; Deadline for 400 is 8:40 am. Deadline for 500 is 11AM. Swimmers who do not check in by the deadline may be scratched from the event.

DIRECTIONS: From I-405 take the NE 124th St exit and head W. Turn R at 116th Ave NE. Turn L on NE 132nd St. Turn L on Juanita HS Dr. Pool is located next to the W parking lot.

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 February 21, 2010):

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: _____ (\$2each; no charge for relays or if 65 and up; or if needs based);

Total: \$ _____ [from \$13.00 (relays only) to \$23.00 (five events)]

Please make checks payable to: JUANITA AQUATICS CENTER 425-823-7627 (w)
 Mail this entry form and fees to: **Becca Watson**
C/O Lake Washington Masters
 PO Box 2863
 Kirkland, WA 98034
Questions? Email beccawatson@msn.com

Please send entries postmarked no later than **Wednesday, February 11th**

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 2010 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 #360-04

DATE: Saturday, March 13th, 2010
TIMES: Check-in & 1st Warm-up: 8:00a.m. Meet: 9:00a.m.
PLACE: HELENE MADISON POOL
CONTACTS: Mark Handel (734) 516 6907 eves & weekends
DEADLINE: Postmark by Monday, March 01, 2010.

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 2010 USMS or MSC registered swimmers 18 and above as of 3/13/2010.

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 descriptions. Includes events like 400 IM, 500 Free, 200 Women's/Men's* Free Relay, etc.

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.
Paramount Hotel, 724 Pine St, 98101 (206) 292-9500.

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.

ORCA 2010 SWIM MEET

Sponsored by the Orca Swim Team
Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction # 360-04

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 3/13/2010):
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)

ENTRY FEE: \$20 (paper) or \$18 (on line) (includes LMSC & electronic timing surchar
Individual Events: _____ (\$1 each; no charge for relays or if 65 and up, or if needs be
Total: _____

Please enter on line at: http://www.orcaswimteam.org!

Or 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.
Please make checks payable to Orca Swim Team. Amount Enclosed: _____
Non-PNA entrants must make a copy of your Year 2010 Masters registration card and mail it in with this entry form. Online registrants must present card at check-in.

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 _____



U.S. MASTERS SWIMMING

Pacific Northwest Association of Masters Swimmers

You may fill out the paper form below and mail it with a check or register online with a credit card at <https://www.clubassistant.com/club/USMS.cfm?L=36> or

through the link for online registration at www.swimpna.org and follow the instructions.

2010 Membership Application

New Swimmer **Returning USMS Swimmer**
(Permanent ID if available _____)

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

Home Phone (____) _____ Cell Phone (____) _____ Work Phone (____) _____

CLUB Affiliation **Pacific NW Aquatics (PNA)** or **Unattached to a Club**

TEAM Affiliation _____

Choose a membership level A or B below for 11/01/2009 thru 12/31/2010.

A. Regular:	\$42	
B. Need-based or Seniors (65 & over):	\$30	
<i>Optional Donations:</i>		
USMS Endowment Fund		\$
International Swimmers Hall of Fame		\$
TOTAL		\$

U.S. Masters Swimming Endowment Fund

Just \$1 from each of us has the potential to add \$50,000 annually to further adult swimming opportunities, sports, medicine research, education and outreach through grants.

www.usms.org/admin/lmschb/lmsc_hb_endowment.pdf

International Swimming Hall of Fame Fund

ISHOF promotes the benefits and importance of swimming as a key to fitness, good health, quality of life, and the water safety of children through operation of the International Swimming Hall of Fame, a dynamic shrine dedicated to the history, memory, and recognition of famous swimmers. <http://www.ishof.org>

Please consider making a tax-deductible donation to one or both of these funds.

Make check payable to: PNA

Questions: (206) 849-1387 or pnaRegistrar@usms.org

Mail check & form to: Arni Litt, Registrar
PO Box 12172
Seattle, WA 98102-0172

A link to the PNA newsletter, *The WetSet*, will be sent by email 10 times/year, unless you check here to have *The WetSet* sent by U.S. Postal Mail.

PNA is seeking volunteers to help with meets, clinics and committees. Check here to volunteer and someone will contact you about where you could make a difference."

2010 Annual Fee: Of your membership fee \$27 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication Swimmer Magazine. (There is no discount for those not wishing to receive the national publication.)

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** _____

Use of Image/Likeness: I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

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

Pacific Northwest Association of Masters Swimmers

2010 Local Team Registration

To register your team for 2010, 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.) As of 2009, the definition of a team is a group of four (4) or more swimmers. If you do not expect our team to have four swimmers, please contact me.

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; **Bolded** IDs are registered for 2010 as of Jan 14, 2010.

<p>BAM: Bainbridge Aquatic Masters BADD: Bellevue Aquatic Divas & Dudes BC: Bellevue Club BEST: Bellevue Eastside Masters BMSC: Bellingham Masters Swim Club BTAC: Bremerton Tennis & Athletic Club CAAT: Central Area Aquatics Team CAC: Columbia Athletic Masters (All) DSYM: Downtown Seattle YMCA Masters EMS: Everett Masters Swimmers ESC: Evergreen Swim Club Masters FAST: Foothills Aquatics Swim Team FWM: Federal Way Master FSJ: Fins of the San Juans FTS: Ft. Steilacoom GHY: Gig Harbor YMCA GCMS: Gold Creek Masters (GCM) GAM: Gold's Aquatics Masters GGRM: Gold's Gym Redmond Masters GLAD: Green Lake Aqua Ducks HMST: Husky Masters IST: Issaquah Swim Team LLUA: Little Lebowski Urban Achievers LOGS: Logger Masters LUNA: Team Luna</p>	<p>LWM: Lake Washington Masters LWS: Lynnwood Sharks (temp. pool closure) MSVL: Marysville YMCA Masters MICC: Mercer Island Country Club MIR: Mercer Island Redwoods MAMS: Middle Aged Marlins FOIL: Milfoil Masters Swimmers MYM: Monroe YMCA Masters 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 PPST: Poulsbo Piranhas Swim Team PSC: Phinney Ridge Swim Club PTMS: Port Townsend Master Swimmers PRO: Pro Sports Club QASC: Queen Anne Swim Club RAH: Redmond Aqua Hotshots SAMM: Samena Masters SAC: Seattle Athletic Club</p>	<p>SVMS: Skagit Valley Masters Swimming SVY: Skagit Valley YMCA Masters SSTM: South Sound Titans Masters SWIM: South Whidbey Island Masters SSMS: South Sound Masters Swim SSRM: Swim Seattle Redhawk Masters TACY: Tacoma Pierce County YMCA TACM: Thunderbird Aquatic Masters TIG: Tigers TOSC: Thurston Olympians Swim Club UNAT: Unattached to a Team UPAC: University Place Aquatic Club VFC: Valley Fitness Center VAC: Vashon Aquatic Club WAC: Washington Athletic Club WAVE: WAVE 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</p>
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Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

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Inside The February Issue:

- * NOMINATIONS FOR PNA ANNUAL AWARDS (*FRONT PAGE*)
 - * VOLUNTEER OPPORTUNITIES (*PAGE 4*)
 - * THE 2010 CHECK-OFF CHALLENGE (*PAGE 5*)
 - * SWIM CLINIC ANNOUNCEMENTS (*PAGE 7*)
 - * MEET ENTRY FORMS FOR
 - * BRIGGS Y (FEBRUARY 6)
 - * LAKE WASHINGTON (FEBRUARY 21)
 - * ORCA (MARCH 13)
-