

THE WETSET

Improving Your Cholesterol through Diet and Exercise

by Jane Moore, M.D.

Hyperlipidemia is the medical term for high levels of fat in the blood. This includes cholesterol and triglycerides. Cholesterol has several subtypes. The most important are LDL (low-density lipoprotein) which is lousy and HDL (high-density lipoprotein) which is healthy. The higher your level of LDL, the higher your risk of heart disease. Higher levels of HDL lower your risk of heart disease. Triglycerides are another type of fat in your blood. Triglycerides are frequently high in people with diabetes.

About 16.5% of adults in the US have high cholesterol levels. High cholesterol causes no symptoms but silently deposits fats in your arteries eventually leading to heart attack, stroke, or other problems. To improve your health and lower your risk of disease, you need to lower LDL, raise HDL, and lower triglycerides.

Diet and exercise are two important ways to improve your cholesterol levels. Both are important for prevention and treatment. Some things work better than others do. Here are some of the best changes to try:

Eat less saturated fats. There are two kinds of saturated fat. One occurs naturally in animal products and some plant foods (such as

coconut and palm kernel oil). The other kind is a man-made saturated fat called trans fat. Trans fats are used in margarine and many snack foods. You should limit the amount of natural saturated fats you eat, but completely avoid trans fats. Read the ingredients on food labels. If you see "partially hydrogenated" or "hydrogenated" oils, that means it has trans fats. It is important to remember that a food can have small amounts of trans fats even if the label says it doesn't. The only way to be sure is to read the ingredients.

Eat more unsaturated fats. Most fats in vegetables, grains, and tree nuts are unsaturated. The two kinds of unsaturated fats are monounsaturated and polyunsaturated. These are better for you than saturated fats and should be used to replace the saturated fats you use in cooking as much as possible. For example, you can use olive oil or canola oil in cooking instead of butter.

Eat more nuts. Have a small handful (1 to 2 oz) of almonds, walnuts, hazelnuts, brazil nuts, or pecans once a day instead of some other snacks. Peanuts are not as good for you as these tree

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Pacific Northwest Association of Masters Swimmers



Rich Seibert of Central Area Aquatics celebrates his finish at the Swim Across America open-water event on September 11.

A Reminder from the Registrar...

Details on page 9

LEADING OFF



BY PNA
PRESIDENT
STEVE
PETERSON

Whew!
Another
Convention
is over.
Pondering as

I await my flight home from Dallas, this four-day adventure is very much like a 1650 to me – the first half takes forever, then just as I get the rhythm down, it's over. Each of my 13 conventions has had its uniqueness – for this one, Masters Swimming really gets some respect. At the concluding banquet Saturday night, our spectacular new video on the big screens to introduce our awards segment was a great pride builder over the other disciplines (diving, synchro, water polo and particularly USA Swimming). Having Olympian, NBC commentator and Masters Swimmer Rowdy Gaines as MC didn't hurt either. I think everyone was impressed with the quality, importance and value of Masters Swimming. Be sure to see this video at www.youtube.com/watch?v=LiLHygrUsp8.

Of course, Masters has hardly abandoned its fun side. Theme of

this year's skit (long a convention tradition) was "Are You Smarter Than A Masters Swimmer?" Naturally, Ransom Arthur Award winner Lynn Hazlewood knew the answer, for example, over Synchro President Duke Zielinski to "what three ingredients comprise [the essential synchro hair gel] Dippity Do?" (Dip, Ippity and Do, of course). New delegate Rebekah Olsen, recruited for the skit, not only assembled skit props and acquired the 200+ cricket clickers that we used later in the skit, but donned a slinky red sparkle-dress to serve as the on-stage sign bearer cueing our responses. OK, so Diving Chair Dave Burgering did get in a laugh, calling up on stage our Mel Goldstein (5') and Rob Butcher (6' 3") to illustrate this year's upward growth trend in their sport...

New delegates was also a characteristic – we had 47! Comments from several at Sunday morning's outbriefing: "I was surprised by the level of detail during the Rules approval process;" "I didn't realize I'd be just an observer at committee meetings, although they did accept my comments and questions from the sidelines;" "The intensity and passion was amazing!" and "I'll definitely be back next year."

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U.S. 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, U.S. 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 U.S. Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.

The WetSet

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Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

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PNA Board Minutes (Summary) - May & June 2010

A brief summary of actions taken by the PNA Board of Directors, as recorded in the Minutes.

May 25, 2010

Treasurer **Jeanne Ensign** reported that expenses and revenue were in line with the 2010 budget. The Board approved increases in three budget lines:

- Awards by \$300 to replenish PNA's stock of ribbons;
- Coaching Support by \$1,000 to send two PNA Coaches to the USMS Short Course Nationals in Atlanta;
- ASCA Clinic Travel Support by \$2,500, to help send up to three PNA Coaches to the ASCA World Clinic in Indianapolis.

The Board appointed **Hugh Moore** and **Walt Reid** as PNA delegates to the USMS National Convention in Dallas, Sept. 15-19, and authorized President **Steve Peterson** to appoint two additional delegates.

Steve Peterson, **Arni Litt** and **Jeanne Ensign** agreed to serve on a committee to nominate PNA members for the Dorothy Donnelly Service Award.

Sarah Welch reported that she and **Lisa Dahl** met with Seattle City Council member Sally Bagshaw to advocate for the continued operation of eight municipal pools that were facing possible closure because of the city's financial problems.

Ron Rhinehart, Editor of The WetSet, reported he is seeking an artist to redesign the PNA logo.

As recommended by Open Water Chair **Sally Dillon**, the Board sanctioned Open Water Clinics sponsored by the South Whidbey Parks & recreation Department, and a 2k AquaRun Open Water Swim on Sept. 6 in Commencement Bay on the Tacoma waterfront.

As recommended by Meets Co-Chair **Lee Carlson**, the Board recognized the swimming events of the Northwest Senior Games on June 19 in Kirkland.

June 29, 2010

MakeWaves Board members Earll Murman and Lee Corbin outlined that organization's plans to build an aquatic and recreation facility in Port Townsend, including a six-lane competition pool.

The Board increased the Coaching Support Budget by \$440 to cover expenses incurred by PNA's two coaches at the USMS Short Course Nationals in May.

Meets Co-Chair **Lee Carlson** reported the Meets Committee had decided the use of Club Assistant's online meet registration program should be mandatory for meet sponsors in 2010-2011, and PNA's guarantee of profit to meet sponsors should be increased from \$3 per swimmer to \$6 per swimmer. The Board authorized Lee and **Sarah Welch** to finalize PNA's Meet Bid Packet for 2010-2011 in line with committee recommendations.

Hugh Moore submitted his resignation as PNA Webmaster, effective no later than October 30. President **Steve Peterson** thanked Hugh for his service and announced he would appoint a task force to consider the future of the PNA website.

Steve Peterson reported he has appointed Lee Carlson as a delegate to the USMS National Convention in Dallas in September, and will recommend three delegates from small LMSCs for Northwest Zone subsidies.

As recommended by **Lee Carlson**, the Board sanctioned a short course meters meet sponsored by North Whidbey Masters on November 21, 2010.

Registrar **Arni Litt** reported PNA's membership at 1,408.

Fat Salmon - the Best Party of the Year

by Tatyana Mishel

The 11th annual Fat Salmon Open Water Swim took place July 17 under silver skies and with a record number of swimmers. There were 350 people registered by June 11, closing registration over a month before race day. And to think that once upon a time the race started with 12 people!

If you haven't done Fat Salmon before, here's how it goes: Swimmers from all over the city – and country – flock to Madison Beach at a nice brisk hour on a Saturday morning in mid-July. They socialize, get their chips, get body marked, admire the new T-shirt design and shuttle down to their respective races (1.2 and 3.2 miles). The three milers start at the I-90 bridge and basically pick up the one-milers who are waiting at Denny Blaine. And the entire big fat pack swims in together – more or less.

Afterwards, party time. Food, drink, awards, reunions, hook-ups, new friends, sore shoulders and a lot of pride of accomplishment. In the end, 326 swimmers participated – equally divided between the two distances – and 326 finished.

Thanks to GLAD for sponsoring the event and providing such great volunteers. Kayakers and boaters were awesome and showed up in record numbers. The sponsors rocked and we had massive amounts of yummy food.

To view the full results, check out the event website at: <http://www.fatsalmonswim.org/>

See you next year? You can join the "Fat Salmon Open Water Swim" Facebook group to stay on top of things. And don't forget to sign up early!

Lake Padden Open Water Swims - Race Report

by Sally Dillon, PNA Long Distance Chairperson

With water temperatures in the low 70's, the air temperature even warmer, and a lake that doesn't allow motorized craft, the conditions at Lake Padden on July 25th couldn't have been much better for open water swimming. 67 individuals swam either one lap or two around the 2500-meter triangular course. Shannon Singer swam both events by finishing under the banner for the 2500-meter event, switching swim caps, and then tackling another lap to finish the 5000-meter event. And she accomplished all this with a smile – but not a wetsuit!

42 swimmers competed in the 2.5K event and another 25 in the 5K. The top times posted by swimmers going "naked" (without a wetsuit) were: Doug Winter (38:14) and Beth Hausam (39:07) in the short event, and Johnny van Velthuyzen (1:10:55) and Shannon Singer (1:41:19) in the 5K. Top times for those who donned wetsuits in the event were: Bob Fish (36:36) and Maggie Esch (33:33) in the 2.5K, and Tom Grandine (1:06:41) and Michelle McRae (51:17:03) in the long swim.

Bellingham Masters and event director Lisa Kaufman are to be congratulated on another great swim. The venue offers great spectating for friends and family, including a very nice walking/running trail that circumnavigates the entire lake. Refreshments, music, raffle prizes, and really cool bobble-head awards contributed to another great event at Lake Padden. Don't miss this one next July!

Leading Off (*continued*)

The sheer volume of Rules proposals was unique, too. The Long Distance Committee proposed separating the pool rules, which are mainly postal swim related, from the open water rules in the LD section of the Rule Book (Part 3). Including numerous housekeeping suggestions, this amounted to 104 separate proposals! The Rules Committee dealt with nearly 70 proposals and Legislation with 10. All required House of Delegates approval. Fortunately, the process was straightforward but for the few exceptions where delegates viewed span of control differently. (We adopted 158, withdrew 22 and outright rejected 10 of the proposals.) The rising undercurrent seems to be control – a strong national headquarters is great, but exactly how much should professional paid staff be doing versus local volunteers, and who gets the revenue? This will be interesting!

Another highlight was the International Masters Swimming Hall of Fame induction ceremony Friday night. Among the five inductees was Canada's Bonnie Pronk, who often attends several of our meets from her Campbell River home. Congratulations, Bonnie!

Look for all the convention details at www.usms.org. Meanwhile, I hope to see you at BAMFest IX on October 9. Sign up online for North Whidbey Masters' 2nd Annual SCM meet November 21 by 11/17 and I'll see you there, too!

Steve

MASTERS CALENDAR

LOCAL EVENTS

October 9, 2010

BAMFest #9

Bainbridge Is. Aquatic Center
Bainbridge Island, WA
Info: brussell@hntb.com, or
www.bainbridgeaquaticmasters.org

November 12-13, 2010

NW Zone SCM

Championships

South Davis Recreation Center
Bountiful, UT
Info: Dennis Tesch,
d.tesch@comcast.net

November 13, 2010

Megan Jendrick

**Breaststroke and
Freestyle Swim Clinic**

Mt. Rainier High School Pool
Des Moines, WA
Info: www.acquaswim.com

November 21, 2010

North Whidbey SCM

John Vanderzicht Mem. Pool
Oak Harbor, WA
Info: Craig Carlson,
360-675-7665,
director@oakharborpool.com

NATIONAL EVENTS

**January 1-December 31,
2010**

2010 Check-Off Challenge

Info: [www.usms.org/fitness/
content/checkoff](http://www.usms.org/fitness/content/checkoff)

Contact: Jean Blackburn,
blackburn88@msn.com

Sept 15 - Nov 15, 2010

**USMS 3000/6000 Yard
Postal Championships**

(25 Yard Pools ONLY)
Info: www.usms.org/longdist/

MEETINGS

October 30, 2010

PNA Board Retreat

9am - 4pm
Sally Dillon's home
Issaquah, WA
Directions:
salswmr@comcast.net

ASCA Certification Level I & II Program

by Mel Goldstein and Lisa Dahl, USMS Club Development.

The first US Masters Swimming / ASCA Certification Level I and II program took place at the ASCA World Clinic in Indianapolis on August 30-31. The program was a collaboration between the US Masters Swimming Coaches Committee and the Club Development and Coach Services Team. The American Swim Coaches Association (ASCA) has certified over 10,000 swim coaches, but had not previously offered a certification specifically targeted at leading a Masters program.

Twenty-seven coaches from 18 LMSCs, representing approximately 5000 US Masters Swimming members, were in attendance. The level of experience of the participating coaches ranged from those interested in starting a Masters swim program to those who have been coaching for over 20 years. Coaching affiliations included USA Swimming clubs, YMCA Clubs, and triathlon clubs. The ten hour certification program provided information on coaching philosophy, basic business practices, special populations, and risk management, open water, working with triathletes, writing workouts, dry land exercises and introduction to all four strokes.

All participants who completed the evaluation form gave the course high marks and stated they would recommend the class to other coaches. The coaches made various recommendations on future topics to be discussed, such as Club Development for coaches, Tapers, Club Management, Coaching Leadership, Working with Triathletes, How to Start a Program, Risk Management / Safety, Coaches Safety Certification w/First Aid, CPR, Club Growth, Annual Plans, Type of Kicking (OW, Sprints, Pool Racing), Writing Workouts. One very important piece of feedback from the evaluation form was that 17 coaches thought the certification program was important enough to travel over 100 miles to attend.

This certification program is the first step in putting in place a coach certification program for US Masters Swimming. There is much work yet to be done. There will be further refinement and editing of Levels I and II, bringing Level III, IV, V on line, and we will have to train trainers to instruct the course.

The Coaches Committee was committed to getting this project completed. The success of this first certification program was the result of hard work on the part of the Coaches Committee and Club Development and Coaches Services Team, proof positive that volunteers and staff can work together on a successful project.

PNA had two coaches attend: Shannon Singer (PNA coach of the year from Skagit Valley YMCA) and Katie Dahl-Lomatewama (Masters coach for the City of Seattle).

Lisa Dahl (member of the USMS Club Development and Coach Services Team, Coach Coordinator for US Masters swimming, and a coach for CAAT masters) was one of the instructors as well.

What a deal!

Attention - Coaches, friends of prospective members and prospective members!

First-time members of PNA can register November 1st or after
and become active members for the rest of 2010 and all of 2011...
for the 2011 registration fee, \$44.

That is up to two months free!

WWW.ACQUASWIM.COM

Megan Jendrick Breaststroke and Freestyle Swim Clinic



Breaststroke and Freestyle Swim Clinic
 November 13th 3-6pm
 (check-in begins at 2:30pm)
Mount Rainier High School Pool
 22722 South 19th Street
 Des Moines, WA



General Information

Eligibility: Swimmers must be at least 18 years of age and a registered US Master Swimmer (one-day registration may be purchased for \$20 if needed). This clinic is intended for swimmers of all abilities.

Registration: is limited and accepted in the order received. Payment must accompany each registration form and be received by November 9th, 2010.

Bring: Towel, suit, cap, goggles, and water bottle

Cost: \$75 - Includes a 3 hour swim clinic covering breaststroke and freestyle as well as underwater pullouts and kickouts. This clinic also includes a motivational presentation, question and answer session, and autograph signing.

Camp Extra's: Each swimmer will receive a t-shirt and can bring their cameras to have their picture taken wearing an Olympic gold medal!

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Registration form for Jendrick Swim Clinic – November 13th, 2010

Swimmer Name _____ Age _____
 Address _____
 City _____ Zip _____ Phone _____
 USMS Registration Number _____
 Swim Club _____ E-mail _____

Register for camp as follows:

- \$75 Swim Clinic
 - \$15 Get Wet, Get Fit Book
 - \$10 "Jendrick" Swim Cap
 - \$10 Megan Autographed 8x10 Photo
- By Megan Jendrick

_____ T-shirt size (S, M, L Adult Sizes)

\$ _____ **Total enclosed**

Please send registration and payment (checks or money orders **made payable to ACQUA Swim Camp**) to: ACQUA | Post Office Box 8844, Tacoma, WA 98419
 For more information, or for questions email acquaswim@gmail.com or register online at www.acquaswim.com

WWW.ACQUASWIM.COM

Improving Your Cholesterol through Diet and Exercise

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nuts. Nuts are high in calories, so be careful not to eat too many.

Eat more high-fiber foods. Good sources include vegetables and whole grains, such as oat bran, whole oats, beans, peas, and flax seed.

Eat more soy protein. Get more protein from plant sources, such as soy, instead of from meat. Tofu and soy protein shakes are two easy ways to add soy to your diet.

Eat more fish. Oily fish, such as salmon, tuna, mackerel, and sardines, are best. Fish that are caught in the wild are better for you than fish that are raised on farms. Have one or two 6-oz servings each week.

Drink alcohol in moderation. Men should have up to two drinks per day, and women should have one. More than this can be bad for you. A drink is 1.5 oz of 80-proof liquor, 5 oz of wine, or 12 oz of beer or wine cooler.

There are a few supplements that can be added to your diet to help your cholesterol:

Plant sterols and stanols. These can be found in fortified spreads, such as Promise Activ. Use up to two tablespoons per day instead of margarine or butter. Benecol chews are another way to add plant stanols to your diet. Benecol spreads contain small amounts of trans-fats in addition to stanols, so it's best to make other choices.

Red yeast rice. This is a traditional Chinese seasoning that has effects similar to "statin" cholesterol medicines. Some people can even use red yeast rice instead of statin medicines. Talk to your doctor about whether this is a good idea for you.

Fish oil. If you don't eat fish regularly, you can take fish oil supplements with at least 1,000 mg of the fatty acids EPA and DHA.

Exercise, particularly aerobic exercise such as swimming, is one of the few things proven to raise HDL. At least 120 minutes per week is needed to get the most benefit.

If cholesterol and/or triglyceride levels remain high, medications may be used to help lower them. The most common cholesterol medications are called statins. The most frequently used include Crestor, Lescol, Lipitor, Mevacor, Pravachol, Zocor, and others. The statins can sometimes cause an increase in liver enzymes, muscle weakness or muscle aches. A supplement called coenzyme Q 10 may greatly improve muscle problems related to statin medications. Other medications for high cholesterol are bile acid resins (Questran), ezetimibe (Zetia), fibric acid (Tricor), and niacin (Niaspan).

Treatment for high cholesterol isn't hard, but it must be continued regularly to avoid problems. Keys are:

Know your numbers; get tested regularly: be sure you know your total cholesterol, LDL, HDL, and triglyceride levels.

If you have been prescribed medication, take it. Use a weekly pillbox or alarm to help you remember. If you think you are having problems related to the medication, check with your doctor. You are a partner in your treatment.

Make permanent lifestyle changes. Get help if you need it. Dietitians can help you plan a healthier diet that works for you.

For more information try www.familydoctor.org or www.webmd.com.

Dr. Jane Moore swims with the Federal Way Masters workout group.

Welcome New PNA Swimmers *(listed by workout group)*

Bellevue Club PJ Santos Bellingham Masters Swim Club Nathan Haslip Downtown/Bellevue Swim Team Cameron Klein Federal Way Masters Mary Boone Amanda Swanson Paul Larson Kelly Larson Mark Zellerhoff Scott Gerard Erika Mott Brett Ozolin	Green Lake Aqua Ducks Justin Siegel Lake Washington Masters Jon Stilwell North End Otters MaryAnn Rohrer David Rohrer Orca Swim Club Zhiyuan Wu Brian Williams Tenley Barna Matt Mabus Elizabeth Roots Poulsbo Piranhas Swim Team Mamee Mellon Pro Sports Club Anna Henke-Gunvaldson	Unattached <i>(see note below)</i> Debra Webster Nedra Pautler Jacqualyn Botsford Bob Michaels Richard Olson Carl Hamry <i>Note: Errors or corrections (and Unattached swimmers who wish to change their affiliation to a specific workout group) should be sent to pnaRegistrar@usms.org</i>
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A Reminder from the Registrar

by Arni Litt, PNA Registrar

Yes, it's that time of year again; time to renew your USMS membership for 2011. Renewal starts November 1, 2010. As always, your 2010 membership is valid through December 31 of this year, but it is always good to renew early.

The 2011 membership fee will be \$44; \$29 for USMS and \$15 for PNA. USMS raised its fee by \$2 while PNA elected to make no change for 2011.

Two Ways to Renew

Last year, online registration was a big success. If you did not use it last year, give it a try this year. In early November, you will receive an email reminder and a link to your personalized online membership renewal form. Those of you that do not have email will receive a customized membership renewal form in the mail. If you don't receive it by mid-November, please use a blank paper form. Either way, pay with a check or online with a credit card - ideally, before the end of the year so you do not forget!

Please check all your membership data carefully and fix any typos and errors. Do not worry if you don't remember your number. After you renew your membership, you can print your card on line and/or choose to have one sent by mail. If you need to change your CLUB (not your workout group), I can help with that.

If you don't want to wait until November 1, or don't receive the link, go to <https://www.clubassistant.com/club/USMS.cfm?l=36> or the Online Registration link at www.swimpna.org.

Please note that only swimmers registering at the \$44 level can use the online form. Seniors and need-based swimmers receive their discount through PNA (not USMS) and must use the paper form.

Donations to the USMS Endowment Fund and the Swimmers Hall of Fame can be made online or by check. More information about these funds can be found at http://www.usms.org/admin/lmschb/lmsc_hb_endowment.pdf and <http://www.ishof.org/>.

4th Annual South Davis Recreation Utah Masters Swim Meet w/Northwest Zone SCM Championships

**South Davis Recreation Center, Bountiful, Utah
Friday & Saturday, November 12th & 13th, 2010**

Sanctioned by Utah Masters for USMS, Inc. Sanction

Meet Director: Kris Edwards, Phone (801) 414-3314; Email: kristenedwards2000@yahoo.com

Facility: South Davis Recreation Center is a 10 Lane 25 meter pool (bulkhead) with 4 lanes of cool down and warm up lanes. Colorado Timing System 6 with a 10 lane LED display board.

Location: 550 North 200 West, Bountiful, UT 84010 (801) 298-6220

Directions: From SLC take I-15 north to the 400 North Exit. Take exit and go east. Turn left on 200 West and South Davis Recreation Center is located on the right. Twenty minutes from the Salt Lake City International Airport.

Host Hotel: Country Inn & Suites in Bountiful mention the Masters meet to receive a special rate of \$79 per night. Only 2 blocks away. For reservations call 801-292-8100

Meet Conduct: 2010 USMS Rules will govern conduct of this meet.

Eligibility: All swimmers must be registered with USMS (proof is required). USMS/Utah annual registration for 2010 will be offered on deck for \$40. If registered after Nov. 1st, 2010 your annual registration will be good for 13 months or through Dec. 31, 2010. USMS/Utah one time swim meet event registration will be a \$25 fee.

Important Eligibility Rule: RULE 102.2 2: For short course meters the eligibility of a participant for a particular age group shall be determined as of December 31, 2010.

Awards & Ribbons: Available for pick-up at meet only. Awards, medals or ribbons will not be mailed following the meet.

Entry Fee: \$20 fee for this meet.

Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, etc. in 5 year increments.

Relay Age Groups: (Sum of ages) 72-99, 100-119, 120-159, 160-199, etc. in 40 year increments.

Seeding: All events will be timed finals with heats seeded by time, slowest to fastest. Genders will swim together (mixed).

Please note: Participants may only swim 2 events on Friday session one, and 5 Events on Saturday session two. Participants may enter either the 800 or 1500 Freestyle on Friday, but not both.

Records: Swimmers attempting to set records during the meet should notify the Starter to assure that three official timers will be present.

Heats: Heat sheets will be posted around the deck. Swimmers who miss their heats may not swim in another heat unless successfully protested to Meet Director and Referee. Swimmers without seed times may be placed in the slowest (earlier) heats.

Same Day Deck Entries: Deck entries will be accepted until 6:30pm on Friday and 8:30am on Saturday. A \$15/session deck entry fee will be charged.

Warm-up/cool down: Friday Nov 12th, warm-ups start at 4:00pm, competition begins at 5:00pm. Saturday Nov 13th, warm-ups start at 8:00am, competition begins at 9:00am. Cool down will be conducted in the 5 lanes north end of the competition pool.

Relays: Swimmers must be entered in the meet to swim on relays and must be registered with the same USMS registered club. Relay cards may be obtained at the relay card pick-up table.

Guess Your Time: Event #12, 50y Freestyle: Swimmer who's final time is closest to their entry time, down to the hundredth's, will win a new suit from Poco Loco Swim Shop.

ENTRY FORM

Sanctioned by Utah Masters for USMS, Inc. Sanction

LName _____ FName _____ 2010-USMS # _____ (attach copy) Gender **M or F**

Street _____ City _____ State _____ Zip _____ Birth date _____

Phone () _____ TEAM NAME: _____

Friday November 12, 2010: Pool opens 5:00pm; competition begins at 6:00pm. (MST)

Mixed	Event (Short Course Meters)	Seed Time
1	400m IM	Min. _____ sec _____
2	800m Freestyle	Min. _____ sec _____
3.	1500m Freestyle	Min. _____ sec _____

Saturday November 13, 2010: Pool opens 8:00am; competition begins at 9:00am. (MST)

4. 400m Freestyle Min. _____ sec _____

-----10 minute break -----

5.	200m Women's Freestyle Relay	Min. _____ sec _____
6.	200m Mixed Freestyle Relay	
7.	200m Men's Freestyle Relay	Min. _____ sec _____

8. 50m Backstroke Min. _____ sec _____

9. 200m Butterfly Min. _____ sec _____

10. 100m Freestyle Min. _____ sec _____

11. 100m Backstroke Min. _____ sec _____

12. 50m Freestyle (Guess your time) Min. _____ sec _____

13. 200m Breaststroke Min. _____ sec _____

14. 200m Individual Medley Min. _____ sec _____

15. 100m Breaststroke Min. _____ sec _____

16. 50m Butterfly Min. _____ sec _____

-----10 minute break -----

17. 200m Freestyle Min. _____ sec _____

18. 50m Breaststroke Min. _____ sec _____

19. 200m Backstroke Min. _____ sec _____

20. 100m Butterfly Min. _____ sec _____

21. 400m Women's Freestyle Relay Min. _____ sec _____

22. 400m Mixed Freestyle Relay

23. 400m Men's Freestyle Relay Min. _____ sec _____



Total # events _____ (rec'd by Nov 7, 2010 9:00pm).

Mail waiver/entry form, check payable to South Davis Recreation District, and USMS card copy to:
C/O Kris Edwards SDRC 550 North 200 West Bountiful, Utah 84010

Liability 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.

Date _____ Signature _____

Printed Name _____

9th Annual BAMFest SCY Swim Meet- Sanction # 360-05
Hosted by Bainbridge Area Masters (BAM), Referee Teri White
Sanctioned by PNA Local Masters Swim Committee for USMS, Inc.

ORDER OF EVENTS	
Modified "High School" Format	
#	EVENT
1 & 2	200 MEDLEY RELAY W/M
3	200 FREE
4	50 BACK
5	200 IM
6	50 FREE
15 minute Break	
7	100 FLY
8	50 BREAST
9	100 FREE
10	500 FREE
11	100 IM
12 & 13	200 FREE RELAY W/M
14	100 BACK
15	50 FLY
16	100 BREAST
17	200 Mixed Fantasy Relay

DATE & TIME: Saturday, October 9, 2010
Warm-up: 9:00 AM Meet starts: 10:00 AM
 Check-in with Clerk of Course upon arrival and positive check-in required for the 500FR prior to the break.

LOCATION: Bainbridge Island Aquatic Center: 8521 Madison Ave, Bainbridge Island WA 98110; pool phone: 206-842-2302. 25-yard course with six lanes used for competition and one lane for continuous warm-up and cool down in a separate pool. The hot tub, sauna, and steam room will be available during the meet for competitors only. Electronic timing will be used.

DIRECTIONS:
From Seattle: Take the 7:55 AM ferry to Bainbridge Island. Proceed on SR305 exactly one mile to NE High School Road. Turn left (west) on High School Rd. Turn right (north) at traffic circle onto Madison Ave. Take first left for driveway entrance to pool.
From West sound: Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool entrance on the right.

ELIGIBILITY: Open to all 2010 USMS registered swimmers age 18 and above on 10/09/10. Age groups determined by the swimmer's age on 10/09/10.

RULES: Current USMS rules will govern meet.
AGE GROUPS (individual events): 18-24, 25-29, and 5-year age groups as high as necessary.

RELAYS: Deck-enter relays at the meet. Age groups 18+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay. Fantasy relay instructions will be announced at the meet. (NOTE: the relay often utilizes inner tubes, backwards swimming, water polo balls, sculling, flower caps, and/or other exciting and goofy challenges).

SEEDING: Slow to fast. Check-in with the clerk of course.
MEET DIRECTOR: Brian Russell, email: brussell@hntb.com
WEBSITE: For more information, visit the PNA website (www.swimpna.org), or BAM website www.bainbridgeaquaticmasters.org

SAFETY FIRST
No diving during warm-up/warm-down except into designated sprint lanes.

MEET ENTRY FORM: October 9, 2010 9th Annual BAMFest
Hosted by Bainbridge Area Masters (BAM) - Sanction # 360-05

NAME: _____ Male Female
 AGE (on 10/09/10) _____ Team or Unattached _____
 ADDRESS: _____

E-MAIL: _____ PHONE: _____

BIRTHDATE: _____ USMS# _____
 Include a copy of your current Masters Registration card if you are not a PNA member.
 EMERGENCY CONTACT: _____ PHONE: _____
 ENTRY LIMIT: Five individual events, plus relays. Circle if your first Masters meet: Y

EVENT #	EVENT NAME	SEED TIME (Short Course Yards)

Late entries will not be accepted.
ENTRY FEES: \$ 16.00 Surcharge (Includes LMSC & electronic timing fees)
 Individual Events: \$ _____ \$1.00 per event. No charge for relays.
 Optional for age 65 and over, or if needs based.
TOTAL \$ _____ Please make checks payable to: **BAM**
 Mail this entry form and fees to: **BAM**
 PO Box 10934, Bainbridge Island, WA 98110

Entries must be postmarked by Sept. 28 or received by Oct. 1, 2010.
On-line entries are encouraged and must be completed by Oct. 1, 2010

https://www.clubassistant.com/club/meet_information.cfm?c=1550&smid=2479
Club Assistant available 6/15/10 - Your credit card will be charged by 'ClubAssistant.com Event Billing' for this swim meet.

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.

SIGNATURE: _____ DATE: _____

SANCTIONED BY PNA FOR USMS INC. SANCTION# 360-09
SECOND ANNUAL WHIDBEY ISLAND SCM MEET
 HOSTED BY THE NORTH WHIDBEY MASTERS

Events Order (#3)	
#	Event
Sunday, November 22, 2009	
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 Relay
	break
21	1500 Free

Directions

From North or Southbound I-5 take exit 230 for WA-20 toward Anacortes, stay left on WA-20 toward Whidbey Island. In Oak Harbor turn east (left) onto Whidbey Avenue. Turn right after ½ mile onto SE Jerome. Turn right at second parking lot.

From South Whidbey follow WA-20 north. In Oak Harbor turn east (right) onto Whidbey Avenue. Turn right after ½ mile onto SE Jerome. Turn right at second parking lot.

Date: Sunday, November 21, 2010
Time: Warm-Up: 9:00 AM. Meet starts at 10:00 AM
Location: John Vanderzicht Memorial Pool
 85 SE Jerome St
 Oak Harbor, WA 98277
 (360) 675-7665
Meet Director: Craig Carlson
 director@oakharborpool.com
 (360) 675-7665
Facility: Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.
Rules: Current USMS Rules will govern the meet.
Eligibility: Open to all USMS & MSC registered swimmers 18 and above as of 11/21/2010 **Include a copy of your Masters registration card if you are not a PNA member.**
Seeding: All events other than the 400 Free and the 1500 Free will be pre-seeded slow to fast.
Relays: Deck-enter relays at the meet. Mixed relays require two men and two 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 free is 9:40 am. Deadline for 1500 free is 12:30 pm. Swimmers who do not check in by the deadline may be scratched from the event.

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES

NOTE: we have vending machines but no concessions so please bring some nourishment.

SECOND ANNUAL WHIDBEY ISLAND SCM MEET

MEET ENTRY FORM: **November 21, 2010** Meet Sanction #360-09
 Hosted by the North Whidbey Masters

NAME: _____ M F AGE AS OF 12/31/2010: _____

ADDRESS: _____

E-MAIL ADDRESS: _____

PHONE: _____ BIRTH DATE: _____ USMS #: _____

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

EMERGENCY CONTACT: _____

EMERGENCY PHONE NUMBER: _____

AGE GROUP (Determined by your age as of December 31, 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: FIVE EVENTS PLUS RELAYS. Check if your first Masters meet.

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 16 US or Canadian (includes LMSC & timing surcharges)

Individual Events: _____ \$1 per event. No charge for relays.
 No charge for need-based seniors (65 & over)

Total: \$ _____

Register online at: If you submit a paper entry then make checks payable to:	https://www.clubassistant.com/club/meet_information.cfm?c=1577&smid=2551 NWAC
Mail this entry form and fees to:	Craig Carlson John Vanderzicht Memorial Pool 85 SE Jerome St Oak Harbor, WA 98277 (360) 675-7665
Entries must be postmarked by Wednesday, November 7 or online by November 17. NO race day entries accepted.	

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 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 individual 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: _____



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 _____ see team list on next page

New Membership 09/01/2010 – 12/31/2010

(*If you membership number starts with 360 you are already registered through 12/31/2010)

A. Regular end of year:	\$27	
<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 \$22 is sent to USMS and \$5 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.)

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➔ **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 June 1, 2010.

AQUA Aquatic Fanatics BAM: Bainbridge Aquatic Masters BADD: Bellevue Aquatic Divas & Dudes BC: Bellevue Club BMSC: Bellingham Masters Swim Club BTAC: Bremerton Tennis & Athletic Club CAAT: Central Area Aquatics Team CAC: Columbia Athletic Masters (All) DBST: Downtown / Bellevue Swim Team 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 GEM: Gold's Eastside Masters GLAD: Green Lake Aqua Ducks HMST: Husky Masters IST: Issaquah Swim Team LLUA: Little Lebowski Urban Achievers LOGS: Logger Masters LUNA: Team Luna	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	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 TSC: Tacoma Swim Club 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 VAVI: Vashon Vikings 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
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6/1/2010

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

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 - * MEET ENTRY FORMS FOR
 - * BAMFEST #9 (OCT 9)
 - * NORTH WHIDBEY SCM (NOV 21)
 - * NW ZONE CHAMPS (NOV 12-13)
-