

# THE WETSET

## USMS Convention

by Hugh Moore, USMS Board Member

I've been attending the USMS national convention for over 25 years and believe that it keeps getting better.

As the number of delegates and committees has grown, the House of Delegates has become more efficient and accomplished more. We've even found time to have educational workshops. This year, nine LMSC development workshops were held as well as a Sports Medicine lecture. These workshops were all taped and will eventually be available on the web.

PNA was once again well represented. **Sarah Welch** stepped in to chair the Finance Committee meeting this year as the chair was attending his daughter's wedding. In addition, **Kathy Casey** chaired the Rules Committee, **Sally Dillon** chaired the Recognition and Awards Committee, and **Jane Moore** chaired the Sports Medicine and Science Committee. **Jeanne Ensign** completed her term on the USMS Board of Directors, while **Lee Carlson** (Officials), **Kelly Sharitt** (Recognition and Awards), **Steve Peterson** (Legislation) and **Walt Reid** (Records and Tabulation) were all busy with their respective committees, as I was with LMSC Development.

## Pacific Northwest Association of Masters Swimmers



*Team One (of six!) shows off their BAMFest IX Fantasy Relay trophy. Names in Leading Off, page 2.*

There were several significant announcements:

### Spring Nationals

**(SCY):** Greensboro Aquatic Center, Greensboro, NC April 26-29, 2012

### Summer Nationals

**(LCM):** Qwest Center, Omaha, NB July 5-8, 2012 (immediately following the 2012 USA Swimming Olympic Trials)

The **2012 One Hour Postal** will be hosted by Federal Way Masters.

### 2 Mile Cable Swim:

COMA, Sweet Home, OR (Note: COMA is already hosting the 1 mile cable swim

in 2011). It will be a "homecoming" for me as I learned to swim in Sweet Home and my first exposure to competitive swimming was there nearly 50 years ago.

The recipients of the **Kerry O'Brien Coaching Award** were announced, including Federal Way Masters coach **Wendy Neely**.

As a newly elected member of the USMS Board of Directors, I'm very excited about our future. I have little doubt we will reach our goal of 100,000 members – the only question is how soon?

## LEADING OFF



BY PNA  
PRESIDENT  
STEVE  
PETERSON

We've come a long way since I wrote my first article for

*The WetSet.*, extolling the virtues of the Internet. There are caveats, of course, but what a convenience! Getting information from our websites, entering meets and renewing your USMS and PNA membership has become quick and easy. (Now, if those persistent Nigerians would send the millions they promised, I'd be a billionaire...)

If you haven't done so already, please take a moment to renew your membership. By registering before December 31, you'll get an email 'welcome' from USMS Executive Director Rob Butcher offering discounts exceeding \$30 from eight USMS sponsors. As Registrar Arni Litt noted in last month's issue of *The WetSet.*, you can do this

online right now for all of 2011 (making your process - and her job - much easier). The PNA Board decided earlier this year to keep PNA's dues at \$15. With USMS dues at \$29 (representing the second year of a five-year program of annual \$2 increases), total 2011 dues are \$44. Optional requests for reduced-rate membership renewals still require paper registration, but we're working on that.

Speaking of websites, we gave our Website Update task force approval to hire their recommended contractor to redesign the PNA website. Thank you Sarah Welch, Lisa Dahl and Ron Rhinehart for your work! Look for a more vibrant site with some cool new features before the end of the year. Also, we now ask our meet hosts to use online entry for all future meets - you can sign up right now for the second annual North Whidbey Masters SCM meet on Sunday, November 21, from our current web page.

Congratulations to Bainbridge Aquatic Masters (BAM), new Meet Director/Coach Kate Carr, Brian Russell, Coach April Cheadle and all  
*(continued on page 5)*

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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Bylaws: Jane Moore

Fitness: Sarah Welch

Historian: Tom Foley

Meets: Lee Carlson

Records/Top Ten: Walt Reid

Officiating: Kathy Casey/Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Hugh Moore

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## **PNA Board Minutes (Summary) - August 25, 2010**

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A brief summary of actions taken by the PNA Board of Directors on August 25, 2010, as recorded in the Minutes:

Treasurer **Jeanne Ensign** reported that year-to-date swimmer registration revenue had decreased about 6 percent from 2009, but PNA's operating surplus had increased, due primarily to a significant decrease in printing and distribution costs for The WetSet.

Jeanne reported that the **NW Zone LCM Championship** in Port Orchard July 9-10 would show a small profit after all expenses were paid.

The Board granted \$300 to **Bainbridge Aquatic Masters** to offset part of the cost of purchasing Hy-Tek's Meet Manager software for online registration to run BAMFest on October 9.

The Board approved membership dues increases for 2011, from \$42 to \$44 for regular members; and from \$30 to \$35 for senior and need-based memberships. (No increase in PNA's \$15 portion). Members are encouraged to renew memberships online, beginning November 1. Seniors and need-based members will still use the paper forms if they wish to receive the discount.

### **Up to two months free!**

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

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

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### **Seattle U Redhawk Masters program returns!**

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A thriving Masters program took a hit in the summer of 2009 when Seattle University had to close one of their two pools for structural repairs. As multiple aquatics programs tried to squeeze into the remaining pool, the Masters program was the odd man out and had to be cancelled. On October 18, the repairs completed and the pool re-opened, the Seattle U Redhawk Masters program came back to life.

Thirty swimmers registered during the first week, as new coach Evan Bernier directed two one-hour-long practices each morning, Monday through Friday. Bernier, who captained the swim team at UW en route to All-American honors, emphasizes technique development and progressive workouts to meet the needs of swimmers from novice to expert.

Practices are held at the Connolly Center (550 14<sup>th</sup> Ave, between Cherry and Jefferson) on the Seattle University campus. Most workouts are in the East Pool, which is the deeper, competitive pool except for two workouts that utilize the shallower West Pool due to conflicts with the university's varsity swim team practices.

Swimmers looking for a downtown workout location can contact Kristen Christopher, Coordinator of Fitness & Educational Programming, at [christok@seattleu.edu](mailto:christok@seattleu.edu) or 206-296-2842 for registration or general program questions.

Welcome back, Seattle U Redhawk Masters!

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## International Masters Swimming Hall Of Fame Inductees

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*excerpt from IMSHOF press release*

The prestigious IMSHOF class of 2010 includes four world-class swimmers this year:

**Honor Swimmer Lois “Kivi” Nochman (USA)** began swimming Masters in 1989 in the 65-69 age group. Since 1989, she has been in the top ten 20 times swimming predominately the I.M. and Butterfly. She has set 23 Masters World records in long course meters and 26 world records in short course, for a total of 49 FINA Masters World records.

The second woman to be inducted this year is **Bonnie Pronk of Canada**. Bonnie has been competing in Masters swimming since 1972 and has competed in six age groups (35-39 thru 65-69). She has set 34 FINA Masters World Records. Bonnie set a few World records in the 1980's and excelled mid 1990's to the present. She has been in the Top Ten consistently since 1995 and two times in the late 1970's for a total of 16 times. She has set a total of 11 long course FINA Master World records and 23 short course records for a total of 34 World records in the breaststroke, backstroke and the I.M.

**Barry Young of New Zealand** is the first of the two male Honor Swimmers being inducted as part of the IMSHOF Class of 2010. Barry has been competing since 1984 in all four strokes, but primarily in the backstroke and the I.M. Barry has set 43 FINA Masters World records, 31 long course and 12 short course from 1984 to present in the backstroke and I.M. with a few butterfly and one freestyle early in his career.

The final Masters Swimmer Honoree to be inducted as part of the IMSHOF Class of 2010 is **Richard Burns (USA)**. Rich began competing in the 35-39 age group of USMS in 1981 with backstroke being his primary stroke. He appeared on the Top 10 list for 23 of the next 25 years. He has set 37 FINA Masters World records swimming mainly backstroke with four I.M. and one butterfly record – 22 long course meters and 15 short course meters.

This year in addition to the four Honor Swimmers, IMSHOF will induct an Honor Masters Diver and an Honor Master Contributor. **Honor Diver John Conner (USA)** [had his] first international competition in 1988 at the Second Masters World Championships in the 50-54 age group and continues today in the 80-84 age group. In the 11 World competitions in which John competed, he won eight gold and three bronze medals. John competes on both the 1 and 3 meter boards.

**Honor Contributor Andy Burke** has been active in the sports of water polo and swimming for 64 years. Andy has been involved in water polo as an athlete, coach, team leader, and administrator from 1945 to the present day. He was a member of the USA Olympic Water Polo Committee from 1961-1976, Chair, 1961-1965, and elected to the USA Water Polo Hall of Fame in 1982. In addition to the duties as the Olympic Club Masters Team Leader, Andy served as Director of Water Polo at the 2006 FINA Masters World Championships in Stanford, California.

For more and information, please visit the ISHOF website at [www.ishof.org](http://www.ishof.org).

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## **Leading Off** *(continued from page 2)*

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their volunteers for a successful BAMFest IX. It had a remarkable turnout of over 130 participants, including 40 new competitors! Each swimmer in this year's Fantasy Relay had to wear an XXL tee shirt and then transfer it in turn. Team One (Lynn Wells, Jack Bevier, Christopher Pierce, Andrea Powell, Ian Wooller and Spencer Cotton) brought home the custom-made trophy [photo on page 1]. Put BAMFest X on your calendar for 2011!

While competition provides for exciting reading in The WetSet, fitness remains our underlying goal. Whether you're a veteran or a new swimmer, use your Internet access to (re)read the six articles on this USMS page: [www.usms.org/fitness/content/gettingstarted](http://www.usms.org/fitness/content/gettingstarted). Then click on "Go The Distance" for instructions on setting up your "My USMS" area and FLOG (Fitness Log) to track your progress online – it's free!

Have a great Thanksgiving!

**Steve**

P.S. – Breaststroke is my favorite stroke, and I even did a 500 Breast once. But check out the USMS website article about former PNA member Jason Lassen, who accomplished his goal to swim the 26-mile Catalina Channel Swim - all breaststroke. Not only did he finish, but his 15 hour 59 minute time broke the initial mark set in 1927!

### **Registration Forms Available Online!**

Individual and Team Registration forms are available on the PNA website  
at [www.swimpna.org](http://www.swimpna.org).

A link to your personal online registration form will be emailed to you between October 31 and November 6th. If you do not receive yours, go to the PNA website and select 'register online'.

Personalized paper forms will be mailed during the same timeframe for those members without email addresses.

Questions? Contact PNA Registrar Arni Litt at [arni\\_13@q.com](mailto:arni_13@q.com)

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## MASTERS CALENDAR

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**LOCAL EVENTS**

**November 12-13, 2010**  
**NW Zone SCM**

**Championships**

South Davis Recreation Center  
Bountiful, UT

Info: Dennis Tesch,  
[d.tesch@comcast.net](mailto:d.tesch@comcast.net)

**November 21, 2010**  
**North Whidbey SCM**

John Vanderzicht Mem. Pool  
Oak Harbor, WA

Info: Craig Carlson,  
360-675-7665,  
[director@oakharborpool.com](mailto:director@oakharborpool.com)

**January 23, 2011**  
**Anacortes Masters**

Fidalgo Pool  
Anacortes, WA  
Info: coming soon...

**February 5, 2011**  
**South Sound Masters**  
**SCY**

Briggs YMCA  
Olympia, WA  
Info: coming soon...

**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](mailto:blackburn88@msn.com)

**January, 2011**  
**USMS One Hour Postal**  
**Championship**

(25 yard, 25 meter or 50 meter  
pools)

Info: [www.usms.org/longdist/](http://www.usms.org/longdist/)

**INTERNATIONAL**  
**EVENTS**

**November 14, 2010**  
**UBC Masters SCM**

UBC Aquatic Centre,  
Vancouver, BC

Info: [www.msabc.ca](http://www.msabc.ca)

**November 27, 2010**  
**Ebbtides 30th Annual Swim**  
**Meet**

Nanaimo Aquatic Centre  
Nanaimo, BC

Info: [www.msabc.ca](http://www.msabc.ca)

**CLINICS**

**November 13, 2010**  
**Megan Jendrick**

**Breaststroke and**  
**Freestyle Swim Clinic**

Mt. Rainier High School Pool  
Des Moines, WA

Info: [www.acquaswim.com](http://www.acquaswim.com)

**January 8, 2011**  
**PNA New Swimmer Clinic**  
**and Practice Meet**

Evergreen Pool  
Seattle, WA

Info: [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net)  
or 206-359-2588

**January 29, 2011**  
**Super Sessions with Bob**  
**Strand & Rich Abrahams**

Evergreen Pool  
Seattle, WA

Info: [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net)  
or 206-359-2588

**MEETINGS**

**December 7, 2010**  
**PNA Annual Meeting &**  
**Potluck**

Arni Litt's home,  
Seattle, WA

Info: [arni@qwest.net](mailto:arni@qwest.net)

## Want a Stress Free Experience for Your First Swim Meet?

### Bringing Back the PNA New Swimmer Clinic and Practice Meet

#### Get Ready for PNA's Meet Season

PNA is sponsoring a clinic to prepare swimmers to compete in their first (or first in a long time) swim meet. This clinic, taught by leading PNA coaches will offer 'stations' for basic skills areas: starts, turns and stroke technique, race strategy and an orientation to the meet-where to go and what to expect. The sessions are followed by a practice meet. This experience will ready you to sign up for the upcoming meets at Anacortes, Briggs Y and PNA Champs and other meets to be announced. PNA conducts at least one meet a month all winter and spring and this is the way to get yourself to the blocks.

**PNA Coaches:** will be on hand teaching the clinic.

#### **Date, Schedule and Fees**

- **January 8, 2010 1 pm-5 pm**

- Location: Evergreen Pool 606 SW 116th St, Seattle, WA 98146-2270, (206) 588-2297
- Bring suit, towel, sweats, etc., so you're comfortable in and out of the water. Light Snacks provided.
- Clinic Fee: \$25 per PNA registered swimmer. (Non-USMS Swimmers are welcome to attend upon purchase of a 'day of event' USMS registration which costs \$20 additional fee)

#### **Register on Line At Club Assistant:**

Registration will be available this week through the Club Assistant website. Go to [swimpna.org](http://swimpna.org) for the link.

#### **Schedule of Clinic Activities:**

¼ hour	Registration, introductions and overview of what to expect at a meet
2 hour	Pool Session for skills and drills, four practice stations: Starts, Turns, Race Strategy, Swim Tips (note-this is not a swim technique session).
1.5 hour	Practice Swim Meet (Swimmers have the opportunity to swim up to 3 timed events and fun relays).
¼ hour	Wrap Up and closing

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For information call 206-359-2588 or contact [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net)

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#### **Paper Registration Form (Please detach or copy and mail with your check made out to PNA)**

**We strongly encourage on line registrations but here is a paper entry.**

First Name	Last Name		
Address-- Street		City/State	Zip
			@
USMS Registration Number (required)		email address	
			\$
Phone Number(s)	(home)	(work)	(cell) Amt Enclsd

**Checks payable to PNA.** Mail to Sarah Welch, 4742 42<sup>nd</sup> Ave. SW #151 Seattle, WA 98116

## Race Report - AquaRun and Swim For Adoption

by Zena Courtney, Race Director

The Inaugural AquaRun (2K swim/5K run) and 2K Swim for Adoption went off with a "BANG" on Monday, September 6, 2010 in the "balmy" 58 degree water of the Puget Sound! Over \$10,000 was raised to benefit post-adoptive services for teens in foster care, targeting the alarming growth in the number of homeless teens in the US.

All the participants appeared to have a great time, and the title sponsor, CI Shenanigans Restaurants, provided \$100 gift vouchers to all volunteers and free appetizer vouchers to all participants!

The day was slightly overcast but the race attracted some of the best athletes in the Pacific Northwest. The first wave consisted of adventurous aquathletes and relay swimmers that initiated the 1.2 mile swim course, led by Eddie Switaj of Mercer Island, who established the new course record with a 27:03! The next wave included some speedy swimmers that caught a few of the lead group despite the 15 minute head start, including Scott Lautman of Burien with a 28:24!



The top three male finishers of the 2K Swim were: First Place - Scott Lautman (28:24.8), Second Place - James Littlefield (31:36.6) and Third Place - Scott Matthews (34:11.8). The top three female finishers were: First Place - Pat Duggan (38:41.4), Second Place - Teresa Matthews (45:36.9) and Third Place - Gilda Muir (51:08.8).

In the AquaRun, the top three men were: First Place - Eddie Switaj (50:55.5), Second Place - Greg Kabacy (53:13.8), and Third Place - Robin Sarnier (54:13.2), fresh off Ironman Canada the weekend before. The top three AquaRun women were: First Place - Jennifer Kabacy (1:00:32.3), Second Place - Liz Wilson (1:03:01.7) and Third Place - Kim Lowe (1:22:06.2).

The top three AquaRun relays were: First Place - 'Not your Average JV' with Jennifer Mesler and Victoria Schmidt (1:04:51.4), Second Place - 'AquaMan and WonderWoman' with John Conwell and Francie Faure (1:06:26.1), and Third Place - Connelly Lawyers( Gold Sponsors) with Jack Connelly and Nathan Roberts (1:08:47.0). Complete results online at [www.aquarunforachild.org](http://www.aquarunforachild.org).

Hot refreshments, food, music, unique custom glass salmon, raffle prizes and retro-styled swimming medals for each and every swimmer helped complete a great event at Les Davis Marine Park on the Tacoma Waterfront.

Don't miss this one next year - tentatively scheduled for the last weekend in August!



# WWW.ACQUASWIM.COM

## Megan Jendrick Breaststroke and Freestyle Swim Clinic



**Breaststroke and Freestyle Swim Clinic**  
 November 13<sup>th</sup> 3-6pm  
 (check-in begins at 2:30pm)  
**Mount Rainier High School Pool**  
 22722 South 19<sup>th</sup> 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 9<sup>th</sup>, 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!

PNA Masters Sanction # 360-C 2010 3

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**Registration form for Jendrick Swim Clinic – November 13<sup>th</sup>, 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](mailto:acquaswim@gmail.com) or register online at [www.acquaswim.com](http://www.acquaswim.com)

# WWW.ACQUASWIM.COM

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

Bainbridge Aquatic Masters

Rodney Dwyer

Central Area Aquatics Team

Katherine Lomatawana

Federal Way Masters

Lisa Alkin

Michele Guillote

Jacob Hall

Tanna Reeves

James Van Atta

Kari Vreugdenhil

Nicole Zerbato

Gold's Aquatics Masters

Guillermo Romano

Green Lake Aqua Ducks

Angela Manning

Nancy Mathias

Issaquah Swim Team

Chris Marley

Lake Washington Masters

Felipe Cruz

Maxima Patashnik

Mercer Island Redwoods

Sandy Krause

Monroe YMCA Masters

Kelli Harris

Mary Underbrink

North End Otters

Collins Dierdre

Carolyn Hope

Orca Swim Club

Gregory Calip

Derek Chan

Joshua Jepsen

Lon Kissinger

Robert McDonough

Tyson Nevil

Seattle Athletic Club

Pam Stachovich

South Sound Masters Swim

Chericka Ashmann

Ricardo Garibay

Hannah Pietrick

Lauren Troyer

Mary Donovan

Nicholas Pappas

Margarita Takach

Unattached *(see note below)*

Richard Mayfield

Rachael McKay

Ashley Taylor

YMCA PKC Sound Aquatic Swimmers

Lauren Bridges

*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](mailto:pnaRegistrar@usms.org)*

### Want To Host A Meet In 2011?

If your workout group is interested in hosting a meet next year, download a Meet Bid Packet from the PNA website at [www.swimpna.org/](http://www.swimpna.org/)

Questions?

Contact the PNA Meets Committee Chair, Lee Carlson, at [lee.carlson211@gmail.com](mailto:lee.carlson211@gmail.com).

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

**South Davis Recreation Center, Bountiful, Utah**  
**Friday & Saturday, November 12<sup>th</sup> & 13<sup>th</sup>, 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. 1<sup>st</sup>, 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 12<sup>th</sup>, warm-ups start at 4:00pm, competition begins at 5:00pm. Saturday Nov 13<sup>th</sup>, 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 Min. \_\_\_\_\_ sec \_\_\_\_\_

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 Min. \_\_\_\_\_ sec \_\_\_\_\_

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 \_\_\_\_\_

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:	<a href="https://www.clubassistant.com/club/meet_information.cfm?c=1577&amp;smid=2551">https://www.clubassistant.com/club/meet_information.cfm?c=1577&amp;smid=2551</a>  <b>NWAC</b>
Mail this entry form and fees to:	<b>Craig Carlson</b>
	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: \_\_\_\_\_

Editor's Note: Entry form contains one reference to Sunday, November 22, which is incorrect. The meet will occur on November 21.



**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](http://www.swimpna.org) and follow the instructions.

**2011 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

City State Zip+4 E-Mail: \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_

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

**TEAM Affiliation** \_\_\_\_\_ see team list on next page

Please check all that apply: [

Masters Coach , Certified Official , YMCA , USA Swimming , USA Triathlon

Choose a membership level A or B below for 11/01/2010 thru 12/31/2011.

<b>A. Regular:</b>	<b>\$44</b>	
<b>B. Need-based or Seniors (65 &amp; over):</b>	<b>\$35</b>	
<i>Optional Donations:</i>		
Swimming Saves Live		\$
International Swimmers Hall of Fame		\$
<b>TOTAL</b>		<b>\$</b>

**Swimming Saves Lives**  
Just \$1 from each of us has the potential to add \$55,000 annually to further adult swimming opportunities, sports, medicine research, education and outreach through grants.

**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](mailto: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."

**2011 Annual Fee:** Of your membership fee \$29 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** \_\_\_\_\_

## 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

<b>Team Name:</b>		<b>Abbreviation (4 letters max):</b>	
<b>Team Rep</b>	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	e-mail:		
<b>Team Coach</b>	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	e-mail:		
<b>Workout Pools</b>	Pool name:		
	Address:		
<b>Website</b>			
<b>Workout Times</b>			
<b>Rule Book</b>	Please send to:		

Mail this form and check to:

Arni Litt, Registrar    [pnaRegistrar@usms.org](mailto: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.

<b>AQUA</b> Aquatic Fanatics <b>BAM:</b> Bainbridge Aquatic Masters <b>BADD:</b> Bellevue Aquatic Divas & Dudes <b>BC:</b> Bellevue Club <b>BMSC:</b> Bellingham Masters Swim Club <b>BTAC:</b> Bremerton Tennis & Athletic Club <b>CAAT:</b> Central Area Aquatics Team <b>CAC:</b> Columbia Athletic Masters (All) <b>DBST:</b> Downtown / Bellevue Swim Team <b>EMS:</b> Everett Masters Swimmers <b>ESC:</b> Evergreen Swim Club Masters <b>FAST:</b> Foothills Aquatics Swim Team <b>FWM:</b> Federal Way Master <b>FSJ:</b> Fins of the San Juans <b>FTS:</b> Ft. Steilacoom <b>GHY:</b> Gig Harbor YMCA <b>GCMS:</b> Gold Creek Masters (GCM) <b>GAM:</b> Gold's Aquatics Masters <b>GEM:</b> Gold's Eastside Masters <b>GLAD:</b> Green Lake Aqua Ducks <b>HMST:</b> Husky Masters <b>IST:</b> Issaquah Swim Team <b>LLUA:</b> Little Lebowski Urban Achievers <b>LOGS:</b> Logger Masters <b>LUNA:</b> Team Luna	<b>LWM:</b> Lake Washington Masters <b>LWS:</b> Lynnwood Sharks (temp. pool closure) <b>MSVL:</b> Marysville YMCA Masters <b>MICC:</b> Mercer Island Country Club <b>MIR:</b> Mercer Island Redwoods <b>MAMS</b> Middle Aged Marlins <b>FOIL:</b> Milfoil Masters Swimmers <b>MYM:</b> Monroe YMCA Masters <b>NHM:</b> Newport Hills Masters <b>NEO:</b> North End Otters <b>NSYG:</b> Northshore Y's Guys <b>NWM:</b> North Whidbey Masters <b>OAC:</b> Olympic Aquatic Club <b>OOPS:</b> Old Olympic Peninsula Swimmers <b>ORCA:</b> Orca Swim Club <b>OST:</b> Ohana Swim Team <b>PAC:</b> Poseidon Aquatic Club <b>PPST:</b> Poulsbo Piranhas Swim Team <b>PSC:</b> Phinney Ridge Swim Club <b>PTMS:</b> Port Townsend Master Swimmers <b>PRO:</b> Pro Sports Club <b>QASC:</b> Queen Anne Swim Club <b>RAH:</b> Redmond Aqua Hotshots <b>SAMM:</b> Samena Masters <b>SAC:</b> Seattle Athletic Club	<b>SVMS:</b> Skagit Valley Masters Swimming <b>SVY:</b> Skagit Valley YMCA Masters <b>SSTM:</b> South Sound Titans Masters <b>SWIM:</b> South Whidbey Island Masters <b>SSMS:</b> South Sound Masters Swim <b>SSRM:</b> Swim Seattle Redhawk Masters <b>TACY:</b> Tacoma Pierce County YMCA <b>TSC:</b> Tacoma Swim Club <b>TACM:</b> Thunderbird Aquatic Masters <b>TIG:</b> Tigers <b>TOSC:</b> Thurston Olympians Swim Club <b>UNAT:</b> Unattached to a Team <b>UPAC:</b> University Place Aquatic Club <b>VFC:</b> Valley Fitness Center <b>VAC:</b> Vashon Aquatic Club <b>VAVI:</b> Vashon Vikings <b>WAC:</b> Washington Athletic Club <b>WAVE:</b> WAVE <b>WEST:</b> West Coast Aquatics Masters <b>WSAS:</b> West Seattle All-Stars <b>WSYD:</b> West Seattle YMCA Dolphins <b>WWUS:</b> Western WA U Masters Swimming <b>WCY:</b> Whatcom County YMCA <b>YNOT:</b> Y Nauts
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6/1/2010

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

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### **Inside The November Issue:**

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  - \* NORTH WHIDBEY SCM (NOV 21)
  - \* NW ZONE CHAMPS (NOV 12-13)