

THE WETSET

Race Report - North Whidbey Masters SCM Meet

by Ron Rhinehart

Another year, another NWM meet, another world record. Last year, Lincoln Djang of Richland left the November SCM meet with the M50-54 400 IM world record. This November, Megan Jendrick walked out of the John Vanderzicht Memorial Pool in Oak Harbor with the W25-29 50 Breast world mark.

Jendrick, who won gold in the 100 Breast at the 2000 Sydney Olympics, began swimming in Masters meets earlier this year and has set multiple national and world marks. Just as with Djang's swim last year, the crowd stood and cheered from the starter's gun until Jendrick's hand touched the wall at 31.87, breaking the record by one-tenth of a second.

Over 100 swimmers registered for the meet, although the threat of inclement weather changed some travel plans. Jendrick's plan to attack the 100 Breast record later in the day fell victim to the weather as well, as she needed to return home earlier than originally planned.

In addition to Jendrick's world mark, seven PNA records were set during the meet. Melissa Chamberlin set two records in the W25-29 age group, winning the 200 Free and 400 Free in 2:16.48 and 4:44.24, respectively. Kyle Heaton won the M30-34 50 Back in 29.29,

Pacific Northwest Association
of Masters Swimmers



Megan Jendrick, after setting the W25-29 50 Breast world record at the NWM meet in Oak Harbor.

while Kim Jeter won the W35-39 50 Free in 28.78. Two 50 Fly records fell, as Larry Wright won the M60-64 and Paul Monohon won the M65-69. Finally, Harvey Prosser (of the host North Whidbey Masters) won the M80-84 1500 Free in 30:19.54. Cheers to those who set records, to those who won their age groups, to those who set PR's, and most importantly, to everyone who participated!

So, now the question is, who will set a world record at next November's North Whidbey Masters SCM meet? Rumor has it that Janet Evans is considering racing in Masters meets. Then again, there's Megan Jendrick and that 100 Breast record...

Burn Calories and Build Endurance in December!

by Sally Dillon, PNA LD/OW Chairperson

December, with all the yummy goodies available, is the perfect month to be focused on fitness! And there's no better way to get fit than to emphasize long swims as preparation to swim "one hour straight" in January.

The **34th Annual One Hour Postal** swim takes place the entire month of January. This USMS National Championship can be done in your own pool. Thousands of Masters swimmers – serious competitors and fitness swimmers alike – challenge themselves with this event each year. Training for and competing in the One Hour Swim will provide you with a good fitness base for your 2011 goals.

Set a date in January with your coach or teammates. Remember only two people can share a lane – no circle patterns - and each lane will need someone to count laps and record splits. A post-event breakfast or lunch will be a fun and well deserved celebration!

See page 9 for important information about this event in the **Postal Swims Q & A.**

LEADING OFF



BY PNA
PRESIDENT
STEVE PETERSON

Thanks!
Toby Coenen
has assisted
GLAD with
the Fat Salmon

Open Water Swim, served the 2007-2009 term as PNA Treasurer and this term as an At-Large Representative. Family obligations and job demands now limit Toby's ability to be as active as he'd have liked, so he regretfully resigned his At-Large position. Thanks for your service, Toby! I'll miss your insight and hold you to your promise to return when the time is right!

Each registered team of eight or more swimmers is allowed a team rep on the PNA board. At-Large representatives give voice to our unattached swimmers, members of unregistered teams and those on teams of less than eight. There are three At-Large reps, one each from Zip codes less than 98100, between 98100 - 98199 and greater than 98199. If you're interested in serving PNA as an At-Large rep for that first Zip code group, let me know! Toby's unexpired term runs through April.

Elections for the next two-year terms for PNA officers and At Large reps will be coming up in March.

Clinics! Megan Jendrick hosted a successful breaststroke and freestyle swim clinic last month, with 30 participants. Sarah Welch is assembling final plans for two clinics in January, both of which will be exciting. PNA's 2009 New Swimmer Clinic and Practice Meet was so well received that we're doing it again on January 8. For those wanting advice and motivation at the other end of the competitive spectrum, world-class swimmers Rich Abrahams and Bob Strand will be here January 29. They'll present strategies, techniques and examples to help you improve. Details on both clinics are on pages 7 and 8, respectively.

Board Meeting and Mini-Retreat! We didn't do a full-blown retreat this year, opting instead to include some brainstorming time in an extended October board meeting at Sally Dillon's (thanks, Sally!). In order of priority, we elected to concentrate on coaches training, fitness swimmer challenges and events, managing the LMSC and Club as two separate PNA entities, volunteer recognition, dual-sanctioned meets,

(continued on page 3)

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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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

Leading Off *(continued from page 2)*

a strategic plan, and developing a relationship with USA Triathlon. December's board meeting was devoted to finalizing PNA's 2011 budget. We have a lot to do in the coming New Year and I sincerely thank my board members for helping me get through 2010!

I wish you a swimmingly great holiday season!

Steve

What Does 'Unattached' Mean?

by Ami Litt, PNA Registrar

Unattached: "Not committed to or dependent on another person or group."

Have you ever wondered about those unattached swimmers that show up in the list of Teams and Workout groups? They don't really fit Webster's definition of unattached. As swimmers we're sure they know about commitment. So what ARE unattached swimmers?

The Pacific Northwest Association of Master Swimmers (PNA or PN) is part of USMS and falls into the following hierarchy: **USMS - Zone - LMSC - Club - Teams/Workout Groups**

USMS = United States Masters Swimming

Zone = Northwest Zone (Montana, Oregon, Utah, Idaho, Alaska & Washington)

LMSC (Local Masters Swim Committee) = **PNA or PN** (Pacific Northwest Association of Master Swimmers)

Club = PNA (Pacific Northwest Aquatics) **or Unattached to a Club**

Team or Workout Groups or Unattached to a Team (At this time, USMS does not recognize a team or workout group as an entity. USMS views each of us as part of Club PNA or Club Unattached.)

The PNA has one Club and over 50 teams/workout groups. Even if a workout group has 'club' in its name, it is not the same as a Club recognized by USMS. Currently, all our teams are part of one Club, Pacific NW Aquatics. (Other LMSCs may have different practices; for example, California has many USMS Clubs and no workout groups.)

As members of Club PNA, you can swim on a relay with members of other teams (within Club PNA) and even unattached (Club PNA) members at national championships.

If you are unsure of whether or not you are part of Club PNA, look at your USMS membership card. To the right of your USMS number is your Club. 001-PNA is club PNA's identification number. 000-Unattached means unattached to a Club.

Although USMS puts certain restrictions on changing Clubs, such as a 60 day waiting period between competing for one Club and competing for another nationally, it does not mean you cannot swim in the meet. It just means that you will swim as unattached and cannot compete in any relays.

In 2010 we had 75 swimmers that were unattached to a team. Most because they could not find a group that swam when it was convenient for them and some because they just enjoy swimming by themselves. If you are an unattached swimmer and would like to find other swimmers in your area to join or start a new team, please contact the Registrar.

A Swimming Oasis In The Iraqi Desert

by Laura S. Jones.

As published on usms.org, November 2010. Reprinted with permission from U.S. Masters Swimming.

The crush of daily life and its attendant responsibilities gets in the way of ideal training for almost all Masters swimmers, but for some folks, life erects exceptionally large hurdles. But often those people, and Randy Rogers is one of them, just find a way to make it work, wherever they are. Because of that drive, and a little luck, even being assigned to Iraq didn't make Rogers miss a stroke in the pool.

Rogers, 51, swims for Pacific Northwest Aquatics when he's not in Iraq. Freestyle and butterfly are his strokes, and he enjoys open water as well. Rogers graduated from the U.S Naval Academy in 1981 and served until 1992, rising to the rank of Lieutenant Commander. He then worked for the U.S Maritime Administration until August 2010, when Rogers began service as the Chief of Staff for the Office of the Transportation Attaché at the U.S. Embassy in Baghdad, Iraq. His job is to improve Iraq's transportation infrastructure and assist the Attaché in working with the Iraqi Government to bring American and foreign investment into their transportation system.

We were able to correspond with Rogers by email, and he answered our questions about what it is like to swim under such difficult conditions. While he is delighted that there is a 25 meter pool in the U.S. Embassy compound, there aren't any other Masters swimmers. There is a USMS flyer, though, so maybe a few will be encouraged to join. (We'd love to know who posted that – if you're reading this and it was you, please let us know so we can say thanks!) The pool is used mostly by recreational swimmers and a few triathletes, so Rogers says the temperature is a little high, sometimes getting up to 86 degrees. Although compared to the outside temperatures he has endured (up to 132 degrees), he says it is refreshing.

Rogers says he swims by himself most mornings before work for about an hour. While he hasn't yet met any Iraqis who swim, we're hoping he'll keep us updated if he runs into any. Here is an excerpt from our email interview with Rogers:

USMS: How does swimming make your time better in Iraq?

Rogers: It a GREAT stress reliever. We must always be conscious of the fact that we are in a high-threat environment. Security is paramount and we must be aware of our surroundings 24/7.

USMS: What do you miss about swimming with a team?

Rogers: The social aspect is really enjoyable. Also, the team camaraderie and competitiveness with my friends is always very fun and makes me a better swimmer. I miss that swimming by myself in Iraq.

USMS: What is your favorite workout?

There are so many. I usually warm-up with a 400 swim, 200 kick and 200 pull. Then, because it takes me longer to get warmed up, I continue with something like four 50's backstroke @ 60, then six 50's or three 100's kick @ 60/1:50, and eight 50's hypoxic @55 (breathing every 1/2/3/4 cycles per 25). Next, as I'm a distance swimmer, I'll go into a set of something like 15-20 100's @ 1:30/1:40 and try to hold a 1500 or longer pace to get used to open water racing. I also like a broken 1500 (by 500's with 20 sec rest) or a 400 ladder with short rest. I also wanted to mention that because of the

A Swimming Oasis In The Iraqi Desert *(continued from page 4)*

great efforts of Rob Sleamaker and Karen Bisbee of Vasa, I have been able to get a Vasa Ergometer shipped to the Embassy here in Baghdad.

USMS: Is there any advice you can give to other self-coached swimmers? (Albeit in less difficult situations...)

Rogers: As Karlyn Pipes-Nielsen stated recently in *Swimming World* magazine, "Get out the door." If you can do that, and get to the pool, you are almost guaranteed of feeling better afterwards. I absolutely agree with that philosophy. Sometimes it is tough to just get out of bed at 5:00 a.m. and get out the door, especially if the weather is cold and nasty outside. But, after swimming, you will feel better and the rest of your day will go smoothly....almost every time. If it is important to you, then make it a priority.

USMS: How did the BAMfest meet go in October on your first trip home? (organized by Bainbridge Aquatic Masters)

Rogers: It was wonderful. Thanks to the support of my wife, Leigh, coach April Cheadle, and my BAM swimming buddies, John Keppeler and JB Goessman, I was able to swim in a relay and have a wonderful time while home on break for three weeks. Although we didn't win the relay, it was a blast. As for individual events, I only swam the 500 but won my age group in 5:39. I was very pleased as I was still suffering from jet lag after travelling 40 hours straight to get to Seattle via Paris, Amman, Jordan and Baghdad. I am looking to swim an open water event next summer during one of my future R&R breaks before my tour ends in August 2011.

So all in all, Rogers knows he is lucky to have pool access and Vasa training, but he is looking forward to returning to normal life and being back with his team, a sentiment many Masters swimmers share. In the meantime we wish him good luck and a safe year of service to our government and to the people of Iraq.

CLINIC RECAP

Olympic gold and silver medalist Megan Jendrick hosted approximately 30 Masters swimmers on November 13 in Des Moines for a stroke clinic. The two-time Olympian presented breaststroke and freestyle technique and attendees gained new perspectives on their strokes and personalized tips, as well as advice for improving their swimming by using one of Megan's favorite methods outside of the pool: goal setting.

Participants also took advantage of viewing underwater video of some of the world's most elite swimmers to get a new perspective on proper technique. In the end, the swimmers--some of whom came from as far away as Oregon--were able to put their new strokes to work, racing their Olympian host in some sprint 25's.

Megan and Nathan Jendrick, founders of event organizer ACQUA, would like to thank all who attended and supported the clinic. Future ACQUA events can be found as they become available at www.acquaswim.com <<http://www.acquaswim.com/>>

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 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

For information call 206-359-2588 or contact sarahwelch@comcast.net

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
USMS Registration Number (required)	Zip
USMS Registration Number (required)	email address
Phone Number(s) (home) (work) (cell)	@ \$ Amt Enclsd

Checks payable to PNA. Mail to Sarah Welch, 4742 42nd Ave. SW #151 Seattle, WA 98116

Rich Abrahams & Bob Strand Present The Super Sessions Clinic

Rich Abrahams and Bob Strand will be in the Seattle area at the Bellevue Club on January 29 to present their Super Session Clinic. PNA is pleased to host this clinic, targeted at competitive swimmers focusing on race and training strategies, at the Bellevue Club, a world class training facility near downtown Bellevue. The goal is "Preparation and Execution" of your prime race objective (such as Nationals, Regionals or your back yard grudge match with your kid!).

Between them, Bob and Rich have set over 100 Masters world records and 150 Masters national records.



Bob Strand has dominated breaststroke for 20 years and was recently elected to the International Swimming Hall of Fame.



Rich Abrahams is the fastest sprinter in the world for his age group (M65-69), and might be the overall best sprinter in the world

The clinic program will feature 'in pool' race work, starts and turns with video and dryland weight training. The trainers will share their experience on topics such as Maintaining Excellence Over Time, Nutrition, Confrontation of the Aging Process, and Race Day Focus - What Works for You And How to Find Out. The session will also include race strategy discussions and significant Q & A time. Bob and Rich will share highlight video swims as well.

Date, Schedule and Fees

- **January 29, 2010 from 9 am to 5 pm** at the Bellevue Club at 11200 Southeast Sixth Street, Bellevue, WA 98004. Phone: 425-455-1616. For more information: info@bellevueclub.com
- Bring suit, towel, sweats, etc., so you're comfortable in and out of the water. Catered lunch provided.
- Clinic Fee: \$135 each for PNA registered swimmers. (Non-USMS Swimmers are welcome to attend upon purchase of a 'day of event' USMS registration for a \$20 additional fee.)

Register Online at www.swimpna.org: Follow the Super Session Clinic link on the home page through Club Assistant. For information or a paper entry form, contact sarahwelch@comcast.net.

This clinic also sponsored by two USMS sponsors: **Blue Seventy** and **Hammer Nutrition**. Sign up to learn what these sponsors have to offer our clinic swimmers!



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

Bainbridge Aquatic Masters

Cynthia Shea

Blue Water Aquatic Masters

Marian Brennan

Judy Coe

Miranda Cox

Joy Eastlack

Chris Severns

Reid Winkler

Central Area Aquatics Team

Russell Berrett

Katie McDorman

Green Lake Aqua Ducks

Laura Rogneby

Husky Masters

Eric Epler

Katelyn Judge

Brandon Ringstad

Mercer Island Redwoods

Matt Patterson

North End Otters

Renee Blattner

North Whidbey Masters

Katelin Fitzgerald

Sherry Rhinehart

Olympic Aquatic Club

Alicia Cole

Erin Hennings

Heidi Hottinger

Orca Swim Club

Kevin Brooks

Leo Moyer

Jason Simmons

Eric Stevenson

Erin Williams

South Sound Masters Swim

Mica Marquez

South Whidbey Island Masters

Marni Zimmerman

Thunderbird Aquatic Masters

Callie Martin

Tacoma Swim Club

Kris Furrer

Unattached *(see note below)*

Jon Allen

Doug Mason

Thomas Pierce

Mark Urquhart

Western Washington University Swimming

Lacey Carlson

Erin FitzGerald

Kaitlyn Lowder

Cole Phelan

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

Start The New Year With A Meters Meet

January 23, 2011

Thunderbird Aquatic Club, Masters and Anacortes High School Swim
Teams

will host a SCM meet at Fidalgo Pool in Anacortes, WA.

Six lanes available, promising fast times and good hospitality.

Postal Swim Q & A

by Sally Dillon, PNA LD/OW Chairperson

The 34th Annual One Hour Postal Swim

You'll find the official entry information in the November/December issue of *SWIMMER* magazine and the complete entry and split forms on the USMS and PNA websites. PNA wants to submit relay teams but you **MUST** enter the event as an individual first! Once you have done that, please send your results to PNA's postal coordinator at salswmr@comcast.net or Sally Dillon, 100 Timber Ridge Way NW #6103, Issaquah, WA 98027. A copy of your split form would be appreciated!! **DEADLINE** to submit your results: February 8!

Q & A

What exactly is a postal swim?

It is a competition that is swum in the pool of your choice – but you **SEND** your results in an envelope or enter online.

Are there any rules that must be followed?

In National Championship postal events, each participant must have someone count and record their lap times. Official split and entry forms must be completed and submitted, along with an entry fee. Directions are on the forms for each event. The participant *and the lap counter* are required to attest to the accuracy of the information submitted.

What events and distances are available as postal swims?

There are *five USMS National Championship* events:

The **One Hour Swim** – how far can you swim in one hour?

The **5K & 10K** swims – how fast can you swim 5 or 10 kilometers?

The **3000 & 6000 Yard** swims – how fast can you swim 3000 or 6000 yards?

Non-championship postal events are also offered. Individual clubs sponsor postal swims such as Minnesota Master's Postal Pentathlon and TAM's Postal 1650. The USMS Fitness Committee sponsors a number of postal fitness challenges such as the **Go The Distance**. Look for entry forms for these events on the USMS web site.

Does it matter what pool I swim in?

Yes. The One Hour Swim may be swum in any 25-yard, 25-meter, or 50-meter pool. The 5K & 10K swims must be swum in a 50-meter pool and the 3000 & 6000 yd swims may be swum in a 25-yard or 25-meter pool.

When can I participate in these swims?

Each event takes place during a particular time of year. Entry forms are available on the PNA and USMS web sites and from PNA Long Distance Coordinator Sally Dillon (see contact info below). The One Hour Swim is held in the month of January. The 5K & 10K is held from May 15-September 15. The 3000 & 6000 events are held from September 15 – November 15.

Are postal swims a “CLUB EFFORT”?

Absolutely! PNA encourages its swimmers to participate in postal swims. Special awards are given for the most yards swum by a club in the One Hour Swim event. Plus, PNA's relay team coordinator will assemble relay teams.

So . . . what is a postal relay team?

Your individual results are combined with others to form relay teams. There are three divisions: 3 men, 3 women, or 4 mixed (2 men & 2 women) per age group. The more PNA swimmers who participate, the more options the relay team coordinator has to form fast relays and to include entrants on at least one relay. PNA covers the cost of the relay team entry fees!

Still more questions?

Please contact Sally Dillon at 425-961-0023 or salswmr@comcast.net

MASTERS CALENDAR

LOCAL EVENTS

January 23, 2011
Anacortes Masters SCM

Fidalgo Pool
 Anacortes, WA
 Info: Jason Hunter,
jhunter@fidalgopool.com,
 360-293-0673 ext 14

Note: this meet is SCM, not SCY, this year!

February 5, 2011
South Sound Masters SCY

Briggs YMCA
 Olympia, WA
 Info: Mel Smith,
melcomplynow@msn.com,
 360-970-9466

April 9-10, 2011
PNA SCY Champs
 Weyerhauser King County
 Aquatic Center
 Federal Way, WA
 Info: coming soon...

NATIONAL EVENTS

January, 2011
USMS One Hour Postal Championship

(25 yard, 25 meter or 50 meter pools)
 Info: www.usms.org/longdist/

April 28 - May 1, 2011
USMS Spring Nationals SCY

Kino Aquatic Complex
 Mesa, AZ
 Info: www.usms.org/comp/

INTERNATIONAL EVENTS

February 13, 2011
EBSC Annual Swim Meet SCM

UBC Aquatic Centre,
 Vancouver, BC
 Info: www.msabc.ca

March 12, 2011
Victoria Masters Annual Swim Meet LCM

Saanich Commonwealth Place
 Nanaimo, BC
 Info: Len Martel,
len.martel@gmail.com or
www.victoriamasters.ca

CLINICS

January 8, 2011
PNA New Swimmer Clinic and Practice Meet

Evergreen Pool
 Seattle, WA
 Info: 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
 or 206-359-2588

MEETINGS

December 7, 2010
PNA Annual Meeting & Potluck

Arni Litt's home,
 Seattle, WA
 Info: arnihope@gmail.com
 Note: Please email if planning to attend!

SANCTIONED BY PNA FOR USMS INC. SANCTION#361-001
SHORT COURSE METERS MEET: January 23, 2011
 Hosted by Thunderbird Aquatic Club & Masters
 and Anacortes High School Swim Team

EVENTS (ORDER #1)	
#	Event
Sunday, Jan. 23	
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
break	
13	200 Medley Relay
14	200 Free
15	50 Breast
16	100 Back
17	200 Fly
18	100 IM
break	
19	200 Mixed Medley Relay
20	400 Free

DATE: Sunday, January 23, 2011
TIME: Warm-up: **9:00 AM**;
 Meet starts **10:00 AM**

PLACE: Fidalgo Pool, Anacortes, WA
 1603 22nd
 Anacortes, WA
Phone: 360-293-0673 ext. 14

MEET DIRECTOR: Jason Hunter
jhunter@fidalgopool.com

FACILITY: Six-lane 25 meter pool
 Warm-up: two side warm up areas
 Water temperature: ~ 83 degrees F

CONCESSIONS: None

RULES: Current USMS Rules will govern meet.

ELIGIBILITY: Open to all USMS 2011 registered swimmers, 18 and above as of *January 23, 2011*. Bring a copy of your Masters registration card if you are not a USMS member.

SEEDING: Slow to fast **TIMING:** Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* with proper aggregate age group (e.g., 160-199) to ensure correct intent and results.

Positive check in required for 400 IM by 9:30 AM and for the 400 Free by the end of event 13.

DIRECTIONS: From I-5, take exit 230. Go west on Highway 20 to its end in Anacortes. Turn right onto Commercial Ave. and go about ten block to 22nd street and turn left. Go up the hill to J Ave (about six blocks) Fidalgo pool is on the left

Motels:

The Marina Inn ... 3300 Commercial 360-293-1100
 Anaco Bay Inn..... 916 33rd (kitchens) 360-299-3320
 Islands Inn..... 3401 Commercial (complimentary Dutch breakfast) ... 360-293-4644

EMERGENCY CONTACT _____

PHONE NUMBER _____

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA Local Masters Swimming Committee
MEET ENTRY FORM: January 23, 2011 **Meet Sanction #361-001**
Hosted by TAC/TACM/AHS Swim Team

NAME: _____ M F AGE 12/31/2011 : _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

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

AGE GROUP (determined by your age as of December 31, 2011):

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: \$ 16.00 (includes LMSC and electronic timing surcharges)

Individual Events: + _____ (\$1 each; optional for age 65 and over or needs based)

(No charge for relays)

Total: \$ _____ [from \$16.00 (relays only) to \$21.00 (five events)]

Register online at: <https://www.clubassistant.com/>

If you submit a paper entry then make checks payable to: **TAC**

Mail this entry form **Jason Hunter**
 and fees to: January Masters Meet
 Fidalgo Pool
 1603 22nd
 Anacortes, WA 98221

Entries must be postmarked by Thursday, January 13 or online by January 18.

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 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: _____



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.

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
 _____ E-Mail: _____
 City State Zip+4
 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.

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

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. See <http://www.usms.org/giving/>

International Swimming Hall of Fame Fund
Dedicated to the recognition of the famous swimmers, divers, water polo players, synchronized swimmers, and persons involved in life saving activities and education, throughout the world. <http://www.ishof.org/about/>

Pacific Northwest Association of Masters Swimmers
This is your organization and supports clinics, education, The Wetset, and future projects. The Senior and Need-based discount is funded in part by donations.

Please consider making a tax-deductible donation to 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."

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 2011 Local Team Registration

To register your team for 2011, 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 2011 as of Nov 20, 2010.

<p>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 BWAQ: Blue Wave Aquatics 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 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</p>	<p>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 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</p>	<p>SAC: Seattle Athletic Club SVMS: Skagit Valley Masters Swimming 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 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 WPKC: YMCAPKC Sound Aquatic</p>
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11/20/2010

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

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- * MEET ENTRY FORMS FOR
 - * THUNDERBIRD SCM (JAN 23)
 - * OLYMPIA SCY (FEB 5)