

The WetSet



U.S. Masters Swimming in Western Washington

Pacific Northwest Association of Masters Swimmers

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Amateur on Set!

For The Love of Swimming

by *The WetSet* Editor, Chericka Ashmann



With the new year comes an influx of hopeful and well-meaning resolutions that sadly seem to fall by the wayside by at least early spring. "Speak for yourself," you may say but how many times have you sat down, pencil and paper in hand or with a very clear and focused mind, and listed all of the positive changes you intend to make for the coming year? Or maybe you're one who has given up on resolutions altogether, cursing the very thought of trying to make a change because it hasn't worked so far. I have yet to meet a swimmer who I didn't think was kind or intelligent or reaching for something better in life, which brings me to the conclusion that we all want to be better – better at something, better to the people we admire and love, better human beings in general. Let me ask this: how many of you have vowed to be better to yourself?

At what point do we stop working so damn hard and enjoy what we have instead of spinning our wheels trying to get something more out of life? I made a decision late in 2013 that involved doing the things I really wanted to do. Not because it would get me anywhere, not because it would impress someone, not because it would bring me wealth but because it would just make *me* happy. I decided the money I had saved wasn't doing what I wanted it to. I decided I wanted to travel. I decided to start a non-profit. I decided I wanted to be more healthy than I have ever been in my life. I decided I didn't want to buy into not being able to run anymore. I decided that I didn't really want to compete but just simply *enjoy* swimming.

After reading a ton of research on arthritis and links to food, I consulted with my naturalist and quit drinking cows milk, started taking supplements and eating *even* better. My kitchen has become

a food pharmacy. I am amazed by the transformation large doses of ginger, turmeric, magnesium, and calcium have had on my muscles and joints. Should you give a naturalist a chance? (No, I'm not a doctor and you shouldn't change your medical regimen based on my testimony but Google can be a pretty powerful tool for educating yourself.) In addition, a trusted physical therapist gave me an assessment and determined that swimming had really strengthened the muscles in my legs while keeping all the pressure off my joints. He taught me some additional exercises and off I went. I started lifting weights and remembered how much I enjoy manipulating my own strength with slow methodical movements and deep breathing. I've started running again – completely pain free – and joined a track group for organized workouts. And though I'm really enjoying myself when I'm out there running, I'm thinking, "I'd rather be swimming!"

This fall when the big swells returned to the Washington coast I couldn't think of one good reason I shouldn't try to surf outside my comfort zone. I just happened to catch a 12 footer one October day that I'll never forget. Nor will I forget that after I caught it, I wasn't quite prepared what to do with it next. No sooner did my feet hit the board than it was gone like a broken elevator plunging to the bottom floor. The big burly men out there in the lineup, who I might add have been surfing their entire lifetimes, shared how impressed they were with my paddling abilities, my courage and my strength.

The fact that the wave picked me up, threw me down, sucked me under, flipped me head over heels, spit me out, and sucked me back under again should have scared the crap out of me. I didn't know when I was coming up but I will tell you I thought of all those breathless 25's in Masters practice, I instantly relaxed, and again my fondness for swimming returned. I survived and kept at it without a second thought. And I've really been enjoying my swimming since then. I guess sometimes you gotta get away from the things you really love to learn to appreciate them again.

In closing, I wish you a happy, healthy, and selfish new year. There's only one of you and being treated right begins with you. I'm signing out for New Years, the big 40, more waves, and the Colegio Mexico Americano 50 meter pool supposedly located somewhere near Puerto Vallarta. See you on the flipside!

POSTAL SWIM UPDATE

By PNA Postal Coordinator Sally Dillon

The final USMS National Championship Postal events were held this fall when swimmers from across the country competed in the 3000 and 6000 yd distances. The events had to be swum between September 15 and November 15 and could be swum in either a 25-yard or meter pool. My teammate and I observed that by swimming in the Bellevue Club's 25-meter pool, we actually swam a full 4 minutes longer than would have been necessary in a 25-yard pool because the online entry system converts meters results automatically for integrating with 25-yard times after you complete the swim.

Thirteen PSM swimmers competed in the events, garnering an abundance of medals as they individually took 3 firsts, 5 seconds and a third. Ten of the swimmers made the "top ten" in their individual events.

Swimmer	Age	3000 Time	3000 Place	6000 Time	6000 Place	
Bruce Deakyne	23	32:26.60	1st	1:06:54.22	1st	The club was able to enter five relays – the Men's 18+ 3X6000 yd team of Deakyne, Phillips, and Colella had a combined time that not only finished first but set a new USMS National record! Other award winning relays were the Men's 18+ 3X3000 (Deakyne, Phillips, and Scott) - 1 st place, Women's 25+ 3X3000 (Ohlson, McRae and Keith) – 2 nd place, Women's 45+ 3X3000 (Pappalardo, Pace and Kassen) – 3 rd place, and Mixed 18+ 4X3000 (Deakyne, Phillips, Keith and McRae) – 1 st place.
Michael Scott	27	41:15.17	4th			
Alexey Panteyev	38	47:14.00	11th			
Dan Phillips	50	35:43.62	2nd	1:13:43.49	3rd	
Rick Colella	61			1:10:52.05	1st	
Michelle Ohlson	31	44:17.00	8th			
Michelle McRae	38	38:16.77	2nd	1:16:59.04	2nd	
Lisa Keith	43	45:11.21	8th			
Susan Pappalardo	47	43:43.69	16th			
Lisa Pace	52	38:56.66	7th			
Lee-Lee Miao	57	1:14:49.87	32nd			
Elizabeth Kassen	61	43:20:32	2nd			
Sally Dillon	67	45:12.02	2nd			

Blue Wave Aquatics did not have any participants in these postal events.

37th ANNUAL USMS NATIONAL CHAMPIONSHIP ONE-HOUR POSTAL SWIM AKA "HAPPY HOUR" IN YOUR LOCAL POOL

January has arrived and thousands of Masters swimmers around the country will be taking up the challenge to see how far they can swim in one hour. This event is open to any USMS registered swimmer whether they are fast, slow, or in-between. The "hour" can be swum in ANY pool 25 yards or longer. It's ok to swim backstroke, sidestroke, or any other stroke and you can even switch strokes whenever you choose. Last year PSM swimmer Doug Jelen swam a continuous IM going 15 minutes for each stroke! It is NOT ok to wear fins, buoys, paddles, snorkels, wetsuits or other aids for speed (including the old tech suits that are no longer allowed).

Once the swim is completed, your official entry can be submitted online or on "real" paper (see details and entry form on pages 5-6). The cost for an individual to enter is a mere \$7. PSM and BWAQ clubs will enter and pay for their own relay teams using the results from individual entries once that entry deadline has passed.

There are a few rules that must be followed by competing swimmers:

- You must have an official timer/lap counter who will record splits after every 2 lengths.
- Official forms and split sheet are available on the PNA website at swimpna.org
- Your swim MUST take place DURING the month of January . . . not before or after!
- Entries must be submitted by February 10.

Will your swim group organize opportunities to swim the 1-Hour Postal National Championship in January 2014? (See pages 4 or 14 for info on BWAQ's OHP fundraiser!) Can you offer lane space to others? Please let PNA Postal Coordinator Sally Dillon know of your plans and she will spread the word! Questions – Contact Sally as well at salswmmr@comcast.net

SINK OR SWIM

Confessions of a newbie Masters swimmer

By Skagit Valley Masters Swim Club Member Greta Perales

October 2013

To say or not to say, that is the question often asked at the pool. Let me give you a few scenarios.

Scenario #1 – You are a woman (men, visualize please) and you are in the locker room. You look over and notice the gal next to you is wearing a swimsuit that is completely see-through in the back. To make it worse, she is probably in her 80s and getting out of her water aerobics class. What do you do? Do you say anything? Do you walk away and hope to God someone she knows says something? Hell no, you man up and say something. Chances are her friends are wearing similar suits or don't see as clearly as in their younger years.

Ladies, we have to protect ourselves and others. My training partner and I have an unwritten code, where we have promised to always tell the other if our swimsuit is a tad sheer. You may have, in fact, walked in on us in the shower while one of us is bent over in front of the other, in the yoga pose downward facing dog, to test the suit's seaworthiness under stress. We are militant about it and will go to great extremes to protect one another's backend from ridicule.

Scenario #2 – The guy next to you is wearing a Speedo one size too small. First question is why the Speedo? Those went out in the 80s and should be worn only by

future Olympians. The situation becomes even dicier when the Speedo is too small.

How does one handle this situation without offending? I recommend the three prong approach. Prong number one, loudly and with great excitement compliment another man on his lovely swim shorts. Men, you can do this too without fear of odd looks. I promise, just use your deepest voice and put a lot of oomph behind it. For example, you could bellow across the pool, "Yo dog, you be kickin' it in *those* swim shorts!" Second prong, have the coach send out mass emails on newest men's swim attire and the benefit of providing proper circulation in all the right spots. Third and final prong, stare at the Speedo in question with a quizzical look that is part fear and part horror.

Scenario #3 – The person sharing your lane is hogging the center and hitting you throughout the workout. Simple answer ... smack them back.



Sincerely, Greta "I got your back" Perales

Swim Group Review: *Blue Wave Aquatics* by *The WetSet* Editor Chericka Ashmann

After months of swimming on my own or with my husband's small, informal group two days per week, I finally found a swim home that now keeps me working out consistently. I always wondered about Blue Wave Aquatics (BWAQ) as it's large and one of the two swim clubs that currently exist within the Pacific Northwest Association of Masters Swimmers. I wasn't really sure about the team and club relationships until the recent name change (Puget Sound Masters replacing Pacific Northwest Aquatics) to clarify the difference between club (PSM) and LMSC (PNA).

I formerly swam with the Lake Washington Masters team and the South Sound Masters Swim Team and before that a number of others – all workout groups within PSM. There is a difference between the two clubs, PSM and BWAQ. While PSM consists of many different workout groups located all over the northwest, BWAQ is one big club with different workout locations in South Seattle, Federal Way, Sumner, Covington and Fife. When all of the teams from PSM come together at the PNA Champs in the spring they all represent PSM. BWAQ is just BWAQ and what a great team it is!

I'm really enjoying the different workout locations. Federal Way Community Center is a beautiful facility located fairly close to the Weyerhaeuser King County Aquatic Center. If you have the time, you should definitely check it out. The coaching staff is pretty amazing as well. Wendy Neely's approach to coaching is equal parts technical, aerobic, endurance and speed. I am REALLY enjoying Coach Jenn Metzler. I don't want to make any comparisons but she is very much like one of my other favorite coaches at Lake Washington. ;-)

Rachel Turley is a great distance coach. Although I didn't do any open water swimming with the team this past summer, many of the members rave about the coaching they receive outdoors. Yes, I mean, BWAQ actually offers several open water practices per week! I heard one member say just before Christmas they were already looking forward to outdoor swimming again. Maybe I'll get there someday. Right now, I'm happy with my new team!

MASTERS CALENDAR

LOCAL/REGIONAL POOL EVENTS

January 19, 2014

MEET:

[Thunderbird Masters Meet](#)

Anacortes, WA

[More info: Jason Hunter](#)

February 1, 2014

MEET:

[Beat the Clock Meet](#)

Olympia, WA

[More info: Mel Smith](#)

February 23, 2014

MEET:

[Lake WA Masters Meet](#)

Kirkland, WA

[More info: Linda Chapman](#)

March 15, 2014

MEET:

[Sand Point CC Ides of March Meet](#)

Seattle, WA

[More info: Bob Moore](#)

March 29, 2014

MEET:

ORCA Pentathlon

Kirkland, WA

More info: coming soon

LOCAL/REGIONAL POOL EVENTS

April 12-13, 2014

MEET:

PNA Champs

Federal Way, WA

[More info: Steve Freeborn](#)

LOCAL/REGIONAL OPEN WATER

NATIONAL EVENTS

January 1 - 31, 2014

POSTAL:

[One Hour Postal](#)

[Add'l Info / paper entry](#)

May 1 - 4, 2014

MEET:

[USMS Spring Nationals](#)

Santa Clara, CA

Aug 14-17, 2014

MEET:

USMS LCM Nat'l Champs

Univ of MD, College Park, MD

INTERNATIONAL EVENTS

August 3 - 9, 2014

MEET:

[FINA World Masters Swimming Championships](#)

Montreal, Canada

PNA BOARD MEETINGS

January 21, 2014

PNA Board Meeting

6:45 pm

[Sally Dillon's, Issaquah](#)

February 25, 2014

PNA Board Meeting

6:45 pm

by Conference Call

April 5, 2014

PNA Board Meeting

9 am - Noon

[Sally Dillon's, Issaquah](#)

May 20, 2014

PNA Board Meeting

6:45 pm

Jan Kavadas', Edmonds

July 8, 2014

PNA Board Meeting

6:45 pm

[Hugh & Jane Moore's, Tacoma](#)

2014 USMS One Hour Postal Swim/Evergreen Fundraiser Sunday, January 26th 9:00 - 10:00 am

BWAQ is hosting a One Hour Postal swim on Jan 26, combining it with a fundraiser for Burien's Evergreen Community Aquatic Center. Any USMS swimmer registered for 2014 is welcome.

Online registration only at: <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1400&cid=59560>



37th Annual
2014 United States Masters Swimming
**Speedo 1- Hour Postal
National Championship**
Hosted by Indy Aquatic Masters
Sanctioned by Indiana LMSC for USMS, Inc. # 164-S001



SAVE PAPER, SAVE TIME, AND AVOID ERRORS: ENTER ONLINE at
https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=4912

DATE: The One Hour Postal must be swum in its entirety during January 2014. **All individual entries must be received by Monday, February 10, 2014. All relay entries must be received by Thursday, February 20, 2014.**

OBJECTIVE: To swim as far as possible in one hour in any pool you choose that is 25 yards or longer. Event results are sent in electronically or by mail so you can compare yourself to other swimmers doing the same event. Some people do the One Hour Postal for competition, while others do it for fitness; all who wish to participate are welcome. The recorded distance (total yards swum) that you submit determines the order of finish. If two or more swimmers report the same distance, a tie will be declared.

LOCATION: Swimmers shall swim the One Hour Postal in any pool 25 yards or longer. **Please submit your splits and final distance in the course that you swam your event. For events swum in meter pools and entered using a paper entry form – multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards. For online entries for events swum in meter pools, the final distance will be converted automatically by the online entry system by multiplying the distance swum in meters by 1.0936 and then rounded down to the nearest five yard increment and integrated with the yard distances.**

ELIGIBILITY: **This is a USMS-sanctioned event and all participants must be registered for 2014 with USMS (or the equivalent FINA organization for foreign swimmers) on or before the day of their swim.** Foreign swimmers are not eligible for USMS records or All-American status. **A copy of your current 2014 registration card must accompany your entry.**

INDIVIDUAL EVENTS: Men and women compete separately in age groups of five-year increments: 18-24, 25-29, 30-34,...100+. The swimmer's age on the day he or she actually completes his or her swim will determine his or her age group. Swimmers who change age groups during the event may enter twice, but must swim the event twice, once in each age group.

RELAY EVENTS: Relay events will be contested in three categories: 3 men, 3 women, or 4 mixed (2 men, 2 women). Each relay member **MUST** also enter the individual event and be registered with the same USMS Club. Unattached swimmers are not permitted on relays. Participants shall be allowed to swim in only one same-gender and one mixed-gender relay event. The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+,...95+. The cumulative yardage for the individual swims will be the relay yardage.

CLUB EVENT: Each Club will be entered automatically in the Club event. At least three divisions will be recognized, based on the number of individual entries from each club, as determined by the event host and the Long Distance Committee Chair. Relay yards will not be included.

FEES: \$7.00 for each individual entry (\$10.00 for foreign swimmers) and \$12.00 for each relay entry. Fees are non-refundable and are payable by check or money order only – no cash -- or by credit card if entering online. Foreign entrants must submit fees in U.S. funds via international money order or bank check drawn on a bank with a U.S. affiliate. **Online entries are preferred.**

AWARDS: The top 10 finishers in each age group in the individual event and the top 6 relay teams in each relay age group will receive USMS Long Distance National Championship medals. First place finishers in each individual and relay age group will also receive a USMS championship patch. Only one patch per event per participant will be awarded.

RULES: The 2014 USMS Rules govern these events, including [USMS Rule 102.12.1](#) regarding swimwear. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, snorkels, wet suits, etc.) are not permitted. No more than two swimmers may share a lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming). An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps and record cumulative splits every 50 yards or 50 meters. The timing of the event may be done with a stopwatch or electronic timing device. Cumulative split times must be recorded to the nearest second (final times for national records to the nearest 100th) on the official event split sheet. Any split submitted without tenths or hundredths will be defaulted to .99 second. Any split submitted with tenths (.x) will be defaulted to .x9 second. Do not enter .00 if you have no tenths or hundredths of a second as a documented split. This split sheet must be kept for each swimmer and a copy included with the entry form. Distances are to be **rounded down** to the nearest completed five yard increment (i.e., round 2764 yards to 2760 yards). See Location section for conversion from meters to yards. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

UNSPORTING CONDUCT: Any act of fraud, deception or dishonesty in connection with this event or knowingly providing false information including name, date of birth, age or gender on this event entry form may result in disciplinary action by USMS pursuant to [USMS Rule 402.3, 402.4.3 and 402.4.4](#)

SPLIT SHEETS: Please use the official split sheet for this event: http://www.usms.org/longdist/1hr_3000_6000_splits.pdf
Individuals entering by mail MUST include their official split sheets with their entry form to be deemed complete. Complete split sheets **will not be required** to be submitted to the event director for individuals entering online **UNLESS** that entrant has broken an individual national record. However, split sheets must remain available upon request of the event director; if it is not provided upon request, the individual entry and applicable relays may be disqualified. Please retain a copy of your completed split sheet for one year after the entry deadline.

T-SHIRTS/CAPS: The 2014 USMS 1-Hour Postal National Championship T-shirts and caps will be available for purchase and will be mailed to the participants **AFTER** the event has concluded and the results have been finalized in March. See pricing on page (2) of the entry form.

RESULTS: Complete results will be available via the internet or by mail if indicated below. Preliminary results will be posted on the USMS website at www.usms.org by February 21, 2014 for two weeks. All corrections must be sent to the event director during those two weeks. Final results will be posted approximately one week later.

QUESTIONS: Contact event director Mel Goldstein at goldsteinmel@sbcglobal.net or 1.317.253.8289

Staple a copy of your USMS (or equivalent) Registration Card here.

2014 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP INDIVIDUAL ENTRY FORM

NAME: _____ GENDER: _____ AGE: _____ BIRTHDATE: ____/____/____
Name as it appears on Registration Card M/W Day of swim MM DD YY

ADDRESS: _____ PHONE: _____-_____-_____

CITY: _____ STATE: _____ ZIP: _____ COUNTRY: _____

CLUB: _____ CLUB ABBR: _____ REGISTRATION NUMBER: _____
2014 USMS or FINA

E-MAIL ADDRESS: _____ Check here if you want hard copy results. _____

Check if you want to decline any awards you may earn. _____

Preliminary Results posted at www.usms.org by February 21, 2014

USMS LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SWIMMER'S SIGNATURE _____ **DATE** _____

In addition, I certify that I have read the rules of this competition and that on January _____, 2014,

I swam _____ yards OR _____ meters

at Pool name/City: _____

Swimmer's Signature: _____

Verifier's/Timer's Name, PRINTED: _____

Verifier's Phone Number or Email Address: _____

Entry Fee: US\$7, USMS per event
 US\$10, FINA Masters per event = US \$ _____

T-Shirts and caps: Please indicate quantities below

T-shirt and cap designs may be viewed at the online entry link below.

Short sleeved t-shirts – unisex sizes:

\$17 each for US address; \$19 each for non-US address

S _____ M _____ L _____ XL _____ = US \$ _____

Caps:

\$8.00 for US address _____

\$10.00 for non-US address _____ = US \$ _____

TOTAL Enclosed US \$ _____

Include: Copy of 2014 USMS or FINA
REGISTRATION CARD, Entry form and split sheet
Check Payable to: **INDY Aquatic Masters**

Send to: 2014 1-Hour Postal National Championship
Mel Goldstein
% Indy Aquatic Masters
PO Box 30145
Indianapolis, IN 46220 USA

Must be RECEIVED by February 10, 2014

ONLINE ENTRIES: https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=4912

FOR OFFICIAL SPLIT SHEET SEE:

http://www.usms.org/longdist/1hr_3000_6000_splits.pdf

**Thunderbird Aquatic Club Masters
2014 TAC SCM Masters Meet**

January 19, 2014

Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanctioned by PNA for USMS Inc. # 364-S001

LOCATION: Fidalgo Pool, 1603 22nd St. Anacortes, WA, 98221

FACILITY: 25 meter pool, 6 lanes, two side warm-up area. Temp 83°F

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

MEET DIRECTOR: Jason Hunter

jhunter@fidalgopool.com,

360-293-0673 ext. 14

MEET REFEREE: Heather Brennan

brennan@wavecable.com

CONCESSIONS: None

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all USMS 2014 registered swimmers, 18 and above as of January 19, 2014. Bring a copy of your Masters registration card if you are not a USMS member. Age groups based on age of swimmer as of Dec 31, 2014

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by January 13th or online by 11:59 PM (Pacific) January 15th. NO race day entries accepted.

SEEDING: All events slow to fast, age group and sexes mixed. Pre-seeding except for the 400 IM and 400 Free.

CHECK-IN: Positive check-in required for 400 Free by 9:30AM and for the 400 IM by the end of event 13. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

AWARDS: Available for purchase at meet.

ENTRY FEES: \$16.00 (US or Canadian; includes LMSC and timing surcharges) PLUS \$1 per individual event (optional for seniors and needs-based swimmers). Entry fees include WA State sales tax. No charge for relays.

ORDER OF EVENTS - TAC - SCM

#	EVENT	#	EVENT
1	400 Free	12	100 Free
	Break	13	200 Back
2/3	W/M 200 Free Rly	14/15	W/M 200 Medley Rly
4	50 Breast		Break
5	100 Fly	16	200 Breast
6	200 Free	17	200 Fly
7	50 Back	18	50 Free
8	100 IM	19	100 Back
	Break	20	200 IM
9	Mixed 200 Free Rly		Break
10	100 Breast	21	Mixed 200 Medley Rly
11	50 Fly	22	400 IM

ONLINE ENTRIES:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=5045

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on PNA's website or here in *The WetSet*. Make checks payable to **TAC** and mail to: **Jason Hunter**, Fidalgo Pool, 1603 22nd St. Anacortes, WA, 98221

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 blocks to 22nd street and turn left. Go up the hill to J Ave (about six blocks) Fidalgo pool is on the left

ENTRY QUESTIONS: [Jason Hunter](#) contact info above.

LODGING:

[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

South Sound Masters
Beat the Clock VIII Masters Meet
Saturday, February 1, 2014
Warm-up: 8:30 AM Meet starts at 9:00 AM
Sanctioned by PNA for USMS Inc. #363-S004

LOCATION: Briggs YMCA, [1530 Yelm Hwy SE, Olympia, WA 98501](#), (360) 753- 6576

FACILITY: 25 yard pool, 6 lanes, separate warm-up pool. Temp 81.5°F

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1

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

MEET REFEREE: Mike Stein, mestein@mail.tss.net

CONCESSIONS: Available

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2014 USMS or foreign registered swimmers 18 and above as of 02/01/2014. Age groups based on the swimmer's age as of 02/01/2014.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Friday, January 24 or online by 11:59 PM (Pacific) Wednesday, January 29th. NO race day entries accepted. 1650 is limited to the first 18 entries. See Note below. Enter at: https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=5048

SEEDING: All events slow to fast, age group and sexes mixed. Pre-seeding except for 1650 free, 400 IM, and 500 free.

CHECK-IN: Positive check-in required for the 1650 Free by 8:45 AM, 500 Free by 9:15am and the 400 IM by the conclusion of event #8. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

AWARDS: Available for purchase at meet

ENTRY FEES: \$16 (US or Canadian; includes LMSC and timing surcharges) PLUS \$3 per individual event (optional for seniors and needs-based swimmers). Entry fees include WA State sales tax. No charge for relays.

ORDER OF EVENTS:

#	Description	#	Description
1	1650 Free* Warm down pool available for 500 Freestyler warm ups		
	--- 15 min Warm-up ---		25 yd pool warm up for 500 freestylers.
2	500 Free		
	--- 30 min Warm-up ---		25 yd pool warm up for rest of meet
3/4	W/M 200 Free Relay	14	50 Breast
5	100 Back	15	400 IM
6	200 Free		Break 15 minutes
7	50 Fly	16/17	W/M 200 Medley Relay
8	200 Breast	18	50 Back
9	100 IM	19	100 Free
	Break 15 minutes	20	200 Fly
10	200 Mixed Free Relay	21	100 Breast
11	200 Back	22	200 IM
12	50 Free	23	200 Mixed Medley Relay
13	100 Fly		*1650 Free limited to 18 entrants

ONLINE ENTRIES: Enter online at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=5048

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on PNA's website or here in *The WetSet*. Make checks payable to **Aquatics Dept, Briggs YMCA** and mail to: **Mel Smith, Masters Coach; c/o Aquatics** see location (above) for address.

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

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

NOTE: If there are open lanes for the 1650 after the positive check-in deadline, swimmers already in the meet may deck enter the 1650 and will be placed in open lanes in the first heat only. A first-come first-served sign-up sheet will be available at the meet for swimmers interested in deck entering the 1650. Only swimmers already entered in the meet may deck enter.

**Lake Washington Masters – LWM Invite
Sunday February 23, 2014**

**Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanctioned by PNA for USMS Inc. #364-S003**

LOCATION: [Juanita Aquatics Center, 10601 NE 132nd St. Kirkland, WA 98034](#) @ Juanita High School

FACILITY: 25 yard, 6 lanes, separate warm-up area.
Temp 82°F

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

MEET DIRECTOR: Linda Chapman,
chapman_family@comcast.net, 425-890-3751

MEET REFEREE: Dick Chapman
dick_chapman@comcast.net

CONCESSIONS: None. Bring your own snacks

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2014 USMS or foreign registered swimmers 18 and above as of 02/23/2014. Age groups based on the swimmer's age as of 02/23/2014.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Saturday, February 15th, 2014 or submitted online by 11:59 PM (Pacific) Tuesday, February 18, 2014
https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=5152

DECK ENTRIES: Only in OPEN LANES and available only to swimmers already entered in the meet, and who are entered in less than the entry limit of 5 individual events.

SEEDING: All events slow to fast, age groups and sexes mixed. Pre-seeding except for 400 IM and 500 Free.

CHECK-IN: Positive check-in required for the 500 Free and 400 IM. Check in for the 500 Free by 9:20 AM and check in for the 400 IM by the conclusion of event #18. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

AWARDS: Available for purchase at meet.

ORDER OF EVENTS:

1	400 IM	13	100 Fly
2/3	W/M 200 Free Rly		--- 5 min Break ---
4	50 Free	14/15	W/M 200 Mdly Rly
5	100 Breast	16	200 Free
6	200 Back	17	50 Breast
7	50 Fly	18	100 Back
8	200 IM	19	200 Fly
	--- 5 min Break ---	20	100 IM
9	Mixed 200 Mdly Rly		--- 5 min Break ---
10	100 Free	21	Mixed 200 Free Relay
11	200 Breast	22	500 Free*
12	50 Back		* 500 Free limited to 36 entrants

ENTRY FEES: \$16 (US or Canadian; includes LMSC and timing surcharges) PLUS \$3 per individual event (optional for seniors and needs-based swimmers). Entry fees include WA State sales tax. No charge for relays.

ONLINE ENTRIES: Enter online at:
https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=5152

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on PNA's website or here in *The WetSet*. Make checks payable to Wave Aquatics and mail to: **Linda Chapman 17532 NE 142nd St. Redmond, WA 98052**

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

ENTRY QUESTIONS: Linda Chapman,
chapman_family@comcast.net

LODGING:
<http://www.marriott.com/hotels/travel/seatc-courtyard-seattle-kirkland/>

**Sand Point Country Club “Ides of March Open”
Outdoor Short Course Yards Masters Meet
Saturday, March 15, 2014
Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanctioned by PNA for USMS Inc. #364-S002**

LOCATION: Sand Point Country Club, 8333 55th Ave NE, Seattle, WA 98115

FACILITY: 25 yard pool, 6 lanes, no separate warm-up area. Temp 83°F

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1

MEET CO-DIRECTORS:

Bob Moore bbmoore.moore@gmail.com, 206-356-6875

Tom Linde pool@sandpointcc.com, 206-525-5766

MEET REFEREE: Dick Chapman, dick_chapman@comcast.net, 425-829-5250

CONCESSIONS: Available.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2014 USMS or foreign registered swimmers 18 and above as of 03/15/2014. Age groups based on the swimmer’s age as of 03/15/2014.

ENTRIES: Swimmers may enter up to **4** individual events. Entries must be postmarked by **Saturday, March 1** or online by 11:59 PM (Pacific) **Friday, March 7**. NO race day entries accepted.

Enter at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=4985

SEEDING: All events slow to fast, age group and sexes mixed. Pre-seeding except for 500 free.

CHECK-IN: Positive check-in required for the 500 Free by the conclusion of event #5 (50 Breast). Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

AWARDS: Available for purchase at meet, plus special awards for the “heat” winners.

ORDER OF EVENTS:			
1/2	200 W/M Free Relay	12	50 Free
3	200 Fly	10 minute break	
4	200 Back	13/14	200 W/M Medley Relay
5	50 Breast	15	100 Fly
6	100 Free	16	50 Back
10 minute break		17	100 Breast
7	200 Mixed Free Relay	18	200 Free
8	200 IM	10 minute break	
9	50 Fly	19	100 IM
10	100 Back	20	200 Mixed Medley Relay
11	200 Breast	21	500 Free

ENTRY FEES: \$13 (US or Canadian; includes LMSC surcharges) PLUS \$2 per individual event (optional for seniors and needs-based swimmers). Entry fees include WA State sales tax. No charge for relays.

ONLINE ENTRIES: Enter online at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=4985

PAPER ENTRIES: Use the [Generic Entry Form](#) found elsewhere in *The WetSet*. Make checks payable to Sand Point Country Club and mail to: **Bob Moore, 4221 55th Ave NE Seattle, WA 98105**

DIRECTIONS: Please follow the directions listed below or call (206) 525-5766:

North on 1-5

Take Exit #171 - Lake City Way/Bothell

Stay to the right and take NE 73rd Street. Cross Roosevelt Way, go two blocks to 12th Ave NE, and turn left. At NE 75th Street, which is the first light, turn right and stay on 75th until you get to 49th Ave NE. There will be a stone fence and gate to the left. Turn left into the Club compound and follow the "Clubhouse" signs to your right.

South on 1-5

Take NE 80th Street exit. This exit splits; stay to the left and you will cross over the freeway. After you cross the freeway, stay to your right. Continue on NE 75th Street until you get to 49th Ave NE. There will be a stone fence and gate on your left. Turn left into the Club compound and follow the "Clubhouse" signs to your right.

Coming on Sand Point Way NE

Head West on NE 70th Street. Turn right onto 55th Ave NE, then left again onto NE 75th Street. There will be a stone fence and gate to the right. Turn right into the Club compound and follow the "Clubhouse" signs to your right.

PARKING

There are two lots. The lower lot provides easiest access to the pool area. The upper lot will provide overflow, if the lower lot fills up. Please enter through the marked Pool Area door and not the main entrance.

NOTE

This is an outdoor meet. Tents and bleacher seating are available, and there is space indoors as well. To be as comfortable as possible during an outdoor meet in March in Seattle, we recommend you bring parkas and something comfortable to sit in.

ENTRY QUESTIONS: Bob Moore: bbmoore.moore@gmail.com

**Beware
the Ides of March
(and the 200 fly!)**

Presenting the Second Annual
Sand Point Country Club Outdoor Meet

Saturday, March 15, 2014

PNA GENERIC ENTRY FORM

COMPETITION ENTRY INSTRUCTIONS

Pacific Northwest Association (PNA) Sanctioned Swimming Competitions

AGE GROUPS

Entrants must be at least 18 years old to compete.

Individual Events: 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 72-99, 100-119, 120-159, 160-199, and 40 year increments as high as necessary. The aggregate age of the four relay members shall determine the age group.

ONLINE ENTRIES – EASIEST and BEST Method!

PNA encourages online entries for all of its sanctioned competitions via Club Assistant. The link for each meet's online entry can be found within the description of the meet found elsewhere in this newsletter and also via the Calendar section at www.swimpna.org.

PAPER ENTRIES

Read the following instructions before using the Generic Entry Form below to "paper" enter PNA sanctioned meets. For specific information on each competition, see elsewhere in this newsletter. The link for online entries will be located with the meet specifics found elsewhere in *The WetSet*. Current USMS and PNA rules govern all swim meets.

ALL COMPETITIONS

Entry Procedures: Read the specific info for each competition. Swimmers not registered with PNA must include a photocopy of their Masters Swimming registration card. Individual event information must be completed in the designated area on the form.

Check-in Requirements: Swimmers may need to check in at meets and in accordance with meet specifics.

POOL COMPETITIONS

Relays shall be entered at the meet using cards provided by the meet host.

Strictly forbidden: Entering more than five individual events per day; Using hand paddles in warm-up areas; Diving in warm-up areas unless in designated sprint lanes; Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS (OW)

Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of using soft hand paddles or fins for prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing a highly visible cap is mandatory. Each course is patrolled by safety craft and unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced. If awards are given, swimmers using non-porous neoprene swimsuits, wetsuits, or other non-porous attire will compete in separate divisions from those wearing traditional swimsuits.

----- Cut Here -----

GENERIC ENTRY FORM • PACIFIC NORTHWEST ASSOCIATION

Name: _____ Sex: M F Birthday: __/__/____ Age: _____

Address: _____ City: _____ State: ____ Zip: _____

Email: _____ Phone: _____ USMS #: _____

Local team: _____ or UNAT: _____ USMS Club: _____ Club abbr: _____

Emergency Contact: _____ Phone: _____ T-shirt size (OW): _____

Event #	Distance/Stroke	Entry time	Event #	Distance/Stroke	Entry time
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

“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. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.”

Name of Meet	Date of Meet	Signature	Date
_____	_____	_____	_____

This is my first Masters meet

Survey of Preferred PNA Championships Start Times

by Linda Chapman, Meets Coordinator

In the past, **PNA Champs** has started at noon on Saturday and 9 am on Sunday (warm-ups start an hour earlier both days). The current schedule evolved in an effort to provide Saturday morning/Sunday evening travel time.

However, with the growth in meet attendance, the last couple of years the Saturday sessions have ended after 6 pm followed by an 8 am warm-up the next morning.

In an effort to provide the most favorable conditions for swimmers to perform their best at the largest PNA meet of the year, the PNA BOD is considering modifying the meet schedule to provide more time between the end of the Saturday session and the start of the Sunday session.

The PNA Board wanted to know what members thought about the daily start times for PNA Champs. A survey was constructed and sent out in late November and closed December 15.

RESULTS:

The survey on PNA Champs start times drew 309 respondents. Of those, 249 people (81%) had attended PNA Champs in the past. Results for each question are shown below for two datasets: ALL 309 survey respondents (All Respondents) and the 249 survey respondents who had previously attended PNA Champs (Past Attendees). The most popular start times are highlighted below.

Survey Question #1: Have you attended PNA Champs in the past?

All Respondents

Answer Options	Response Percent	Response Count
Y	81%	249
N	19%	60

Past Attendees

Answer Options	Response Percent	Response Count
Y	100%	249
N	0%	0

Survey Question #2: How have the traditional start times of noon on Saturday and 9 am on Sunday affected your performance at PNA Champs?

Answer Options	Response Percent	Response Count
Negative impact	5%	16
Somewhat negative impact	16%	48
Neutral: Start times made no	72%	221
Somewhat positive impact	5%	14
Positive impact	3%	10

Answer Options	Response Percent	Response Count
Negative impact	6%	14
Somewhat negative impact	18%	44
Neutral: Start times made no	68%	169
Somewhat positive impact	5%	12
Positive impact	4%	10

Survey Question #3: What is your top choice for SATURDAY SCHEDULE at PNA Champs?

Answer Options	Response Percent	Response Count
Warm-up 8 am Comp 9 am	21%	65
Warm-up 9 am Comp 10 am	44%	137
Warm-up 10 am Comp 11 am	22%	67
Warm-up 11 am Comp 12 pm	13%	40

Answer Options	Response Percent	Response Count
Warm-up 8 am Comp 9 am	21%	51
Warm-up 9 am Comp 10 am	42%	105
Warm-up 10 am Comp 11 am	23%	56
Warm-up 11 am Comp 12 pm	15%	37

Survey Question #4: What is your top choice for SUNDAY SCHEDULE at PNA Champs?

Answer Options	Response Percent	Response Count
Warm-up 8 am Comp 9 am	36%	110
Warm-up 9 am Comp 10 am	51%	158
Warm-up 10 am Comp 11 am	13%	41

Answer Options	Response Percent	Response Count
Warm-up 8 am Comp 9 am	35%	88
Warm-up 9 am Comp 10 am	50%	125
Warm-up 10 am Comp 11 am	15%	36

Survey Question #5: What is your second choice for SATURDAY SCHEDULE at PNA Champs?

Answer Options	Response Percent	Response Count
Warm-up 8 am Comp 9 am	21%	64
Warm-up 9 am Comp 10 am	32%	98
Warm-up 10 am Comp 11 am	35%	109
Warm-up 11 am Comp 12 pm	12%	38

Answer Options	Response Percent	Response Count
Warm-up 8 am Comp 9 am	19%	48
Warm-up 9 am Comp 10 am	30%	74
Warm-up 10 am Comp 11 am	37%	91
Warm-up 11 am Comp 12 pm	15%	36

Survey Question #6: What is your second choice for SUNDAY SCHEDULE at PNA Champs?

Answer Options	Response Percent	Response Count
Warm-up 8 am Comp 9 am	32%	98
Warm-up 9 am Comp 10 am	45%	140
Warm-up 10 am Comp 11 am	23%	71

Answer Options	Response Percent	Response Count
Warm-up 8 am Comp 9 am	33%	82
Warm-up 9 am Comp 10 am	45%	111
Warm-up 10 am Comp 11 am	23%	56

PNA MEET ATTENDANCE – DATA AND ANALYSIS

Swimmer Attendance by Meet

MEET	2009	2010	2011	2012	2013
Anacortes/TAC	165	139	132	145	98
BAMFest/BAM	110	157	144	113	110
Briggs Y/SSM	91	105	91	113	98
Juanita /LWM		130	171	192	142
PNA Chmp/BWA	163	294	353	382	424
Sand Point CC/SP					113
SCM Zone/ORCA				188	
Seattle/ORCA	117	148	142		
Whidbey/NWM		114	111		
Grand Total	646	1087	1144	1133	985

Compiled by Linda Chapman, Meets Coordinator

Although 2013 meet attendance was down slightly in TOTAL vs. 2012, there is evidence of good things happening in the world of PNA meets.

2013 saw a new meet enter the PNA schedule – the Sand Point CC *Pneumonia Open* held in early March. Over 100 swimmers channeled their inner polar bear and competed at this outdoor meet. A good time was had by all and SPCC is back with the *Ides of March* meet on (what else?) March 15.

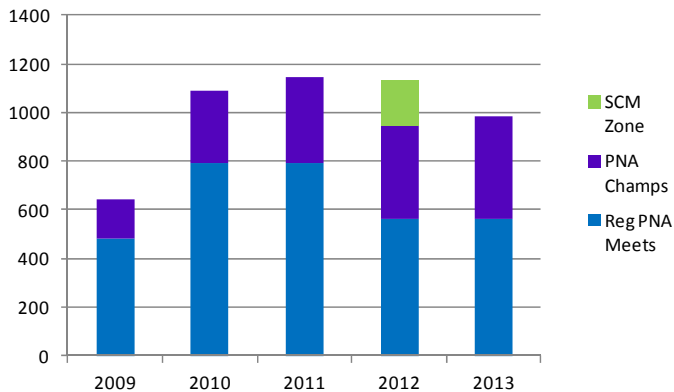
2013 *PNA Champs* had over 400 swimmers! The meet continues to grow each year. Coming up in 2014, this meet will also serve as the SCY NW Zone Champs met.

PNA swimmers are often looking for meets in the summer as well as more meets where they can swim the mile.

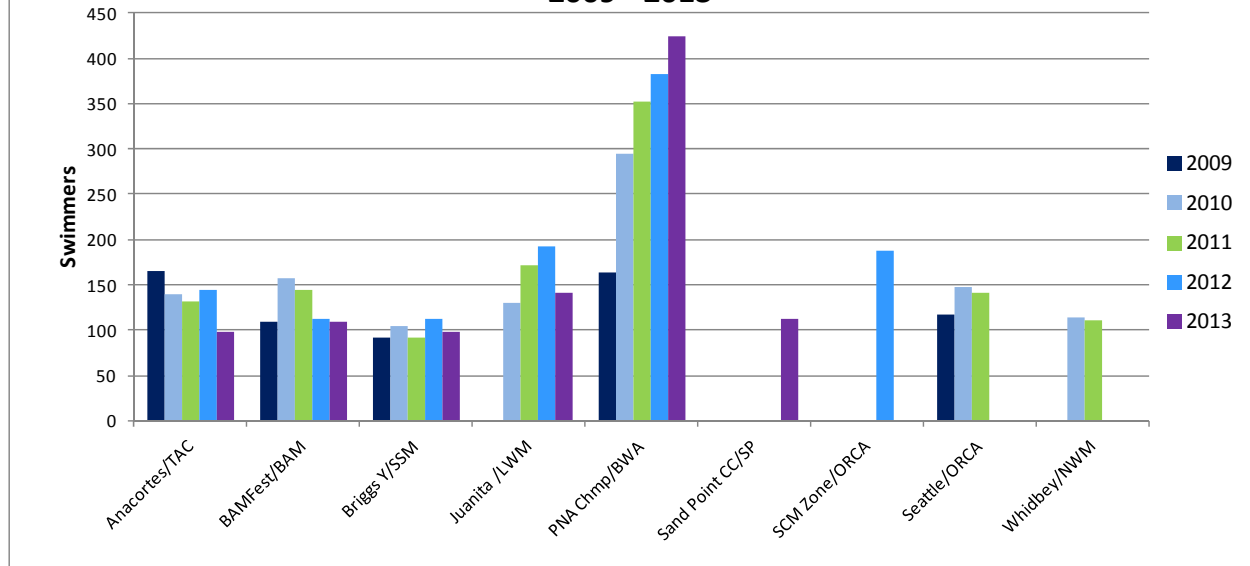
Consider getting together with your workout group and hosting a meet in 2014. There are plenty of open weekends from May – December. Be creative, start small (perhaps distance only and swimmers provide their own timer and counter), start big (full slate of events), or somewhere in between.

PNA guarantees meet hosts \$6/swimmer profit for all properly sanctioned meets.

PNA Meet Attendance by Type of Meet 2009 - 2013



PNA Meet Attendance By Meet By Year 2009 - 2013



What's new in the Registrar's Lane?

by Arni Litt, PNA Registrar

Clubs in the PNA

PNA has two clubs – Blue Wave Aquatics (BWAQ) and Puget Sound Masters (PSM). A very few of you may see your club listed as **UC36** – for Unattached Club 36 (36 being PNA's LMSC number and "club" to satisfy certain FINA qualification requirements). These swimmers choose to be unaffiliated with either BWAQ or PSM but are still part of PNA. The PNA welcomes any group that wants to form a *club*: the upside – you are a more recognizable competitive entity; the downside – your pool of relay swimmers becomes smaller.

Workout Group Registration

As many of you have found, not all our workout groups (teams) are listed in the online registration program. To date, of the 63 active workout groups, 22 have registered and are listed. This does not mean that your team does not exist. You know this because you are still swimming together. What it means is that the team has not registered with USMS.

Although USMS has stated, and I have reiterated, it is not mandatory for workout groups to register, if they do not, they will not be listed on the registration program. I have added a place for swimmers to write in their workout group, but that means I have to sort through the entire list of swimmers to review and sort those entries. Then I have to decide what acronyms or names belong with which team. Then, should the team finally register, I assign their swimmers to that group, one at a time.

So while your Registrar is not complaining yet, it is taking a lot of time. This became most noticeable when I went to compile the list of new swimmers for this issue of *The WetSet*. With nearly 50 new swimmers, 25% of them have no workout group designation listed so I must examine each one to determine to which group they belong.

If your coach or team representative – or you – want to find out who is on your team, the online tool offers no way to do that if the team is not registered. You can search through the entire database for members' names, but you will not be able to see the field where members wrote in their workout group's name.

The solution is to *register your workout group*. There are a lot of perks. It costs the team just \$13 more than when PNA registered the group and you get more bang for your buck *and* you save me a lot of work. For really small groups, officially, the swimmers will be listed as part of Club PSM but unattached to a workout group. Not a problem. Other groups might like to affiliate with each other and choose some really cute name – *lost sheep, holdouts, too small to ...*. Our only official competition among workout groups is during PNA Champs. Your group will still be recognized for that meet as long as your members include the workout group name on their meet entries.

Vanity ID Numbers

Those of you registering online know that USMS is now offering a vanity ID to replace those numbers and letters assigned to you for life. I apologize to those using the paper form. There is no mention of this.

For a one-time cost of \$50, a swimmer may purchase a five letter-number combination to replace the one auto-assigned by USMS. This will become your (new) permanent ID. It is first-come, first-served so if you want one, act now. No combination that conflicts with USMS values will be allowed. Those of you who have already registered can still purchase a vanity ID. Write to me if you are interested. By the way, the PNA gets no part of the fee.

2014 USMS One Hour Postal Swim/Evergreen Fundraiser

Sunday, January 26th 9:00 - 10:00 am

BWAQ is hosting a One Hour Postal swim on Jan 26, combining it with a fundraiser for Evergreen Community Aquatic Center in Burien. Any USMS swimmer registered for 2014 is welcome. This is a great event for the distance swimmer (in or out of shape) and swimmers with a big heart!

Online registration only at: <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1400&cid=59560>

Cost: \$40.00 entry fee includes entry into the USMS One Hour Postal plus \$30.00 donation to ECAC pool (tax deductible).

BWAQ has room for 18 swimmers from 9:00 - 10:00 am. If more than 18 swimmers register, they will add another heat from 10:00 - 11:00 am.

WELCOME NEW SWIMMERS

(Registered as of 11/29/2013)

Blue Wave Aquatics – BWAQ

David Babcock
Chelsey Coble
Stacy Dilworth
Spencer Hanel
Betsy Mosquera
Anya Tronson
David Rosas
Amy Sato
Teri Sato

Bainbridge Area Masters – BAM

Ken Bennett
Michael Rosen
Mary Tuffley

Bellevue Club – BC

Renee Russak

Central Area Aquatics Team – CAAT

Marc Kittner
Jo Scherer

Columbia Athletic Clubs – CAC

Kristi Andersen
Claudia Huebner

Green Lake Aqua Ducks – GLAD

Andrew Seitz
Nancy Angell

North End Otters – NEO

LeeAnn Duncan

Orca Swim Club – ORCA

Daniel Acosta
Oscar Brain
Atinna Gunawan
Gabriel Lupson-Cook

Skagit Valley Masters Swimming – SVMS

Francean Brown
Susan Brown
Ellen Dale
Cody Fitzgibbon
Keegan McAdams
Jennifer Menzies
Kurt Von Pessler
Mark Roth

West Coast Aquatics Masters – WCAM

Tom Fritschen

Western Washington University Masters – WWUS

Abigail Kuchar
Keely Hausken

PSM Unattached to a Workout Group

Thomas Angel
Beckett Bayer
Carolyn Caviezel
Kelsey Lane
Hannah Locke
Jennifer Kolowinski
Karl Olson
Benedetto Proietti
Mitchel Schoenfeld
Rosser Stevens
Nathan Weed

Unattached to a Club

Marlyn Chisholm

NOTE: Please email error corrections (and names of unattached swimmers who want to change their affiliation to a specific workout group) to pnaregistrar@usms.org

Announcements

Are you a USMS registered coach with a PNA registered team? Post your contact info for private lessons and clinics here for free!!!

PNA Board Meeting Minutes Posted

Find the final approved minutes of all PNA board meetings on www.swimpna.org under *About PNA / About PNA / Meeting Minutes Archive*. Treasurer's reports will be added as they become available.

Who's inviting me

to swim with them next?!

Have a swimming-related story that would be of interest?

Email me: TheWetSetEditor

Every story deserves to be told!

PNA 2014 Operating Budget Established

Board members approved the 2014 operating budget at PNA's December 3rd Potluck and Board Meeting held at Arni Litt's home. Details will be posted with the meeting's minutes after approval at January's board meeting.

The WetSet Editor

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Vacant At-Large Position

open!**Registrar**

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aqua_man@hotmail.com**Bylaws**

Jane Moore

janemoore.jm@gmail.com**Coaches****open!****Fitness**

Sarah Welch

sarahwelch@comcast.net**Historian****open!****Meets**

Linda Chapman

chapman_family@comcast.net**Officiating**

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Jon Walker

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Pacific Northwest Association of Masters Swimmers (PNA)

You may fill out the paper form below and mail it with a check or register online with a credit card at <http://www.usms.org/reg/register.php>

2014 Membership Application

New Swimmer Returning USMS Swimmer, ID if available _____

Name: _____ Birth date: _____
Last First Initial Month Day Year

Address: _____ Age: _____ Male Female
Street or box number

City State Zip+4 E-Mail: _____

Primary Phone (_____) _____ Contact via text? Secondary Phone (_____) _____ Contact via text?

FIRST choose a CLUB Affiliation

- Puget Sound Masters (PSM) [formerly PNA]
- Blue Wave Aquatics (BWAQ)
- Unattached to either Club

THEN choose a TEAM Affiliation (PSM only)

See team list on next page or www.swimpna.org for team acronym _____

Choose a membership level A or B below for 11/01/2013 thru 12/31/2014.

A. Regular:	\$50	
B. Need-based or Seniors (65 & over):	\$40	
<i>Optional Donations or payments:</i>		
Recognized Masters Coach designation (See usms.org for details on this optional payment)	\$30	
USMS Swimming Saves Lives		\$
International Swimmers Hall of Fame		\$
Pacific NW Association (PNA) Support		\$
TOTAL		\$

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

USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Swimming Saves Lives Foundation

Focuses its resources on the vital lifesaving and lifetime benefits of swimming. Just \$1 from each of us has the potential to add \$59,000 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 (ISHOF)

Is 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

Supports clinics, education, [The WetSet](#), open water and pool events, 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.

A link to the PNA newsletter, *The WetSet*, will be sent by email 6 times/year unless you check here to have *The WetSet* sent by U.S. Postal Mail.

PNA always needs volunteers to help with meets, clinics, committees and much more.

- Check here to volunteer and someone will contact you about where you could make a difference.
- Check if you are a Masters Coach? Are you a Certified Coach Yes

2014 Annual Fee: Of your membership fee \$35 is sent to USMS and \$15 remains with PNA to support our programs. 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, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS.

➔ **Signature** _____

Date _____

Pacific Northwest Association of Masters Swimmers (PNA) Information page

Remember to check out PNA LMSC's website at www.swimpna.org and the U.S. Masters Swimming website at www.usms.org for information, updates, and changes.

The WetSet Newsletter

Six (6) times a year you will receive an email link to *The WetSet*. All the newsletters are archived at <http://www.swimpna.org/> and you can read back issues anytime. If you DO NOT HAVE EMAIL or cannot easily access the online version, we will send you a paper copy. Be sure to check the appropriate box on the registration form.

What does your Membership number represent?

The format of your ID is AABC-DDDDD. AA=LMSC number =36=PNA; B=4=2014, C=a computer generated authentication number/letter, and DDDDD=your personal 5 digit *permanent* ID number. Membership IDs never contain the letters O, I, L, or Q; these characters will always be the numbers zero or one.

Organizational Hierarchy:

USMS United States Masters Swimming

Zone Northwest Zone

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

Club **PSM** (Puget Sound Masters), **BWAQ** (Blue Wave Aquatics) or Unattached to a Club
Team or **Workout Groups** (see below)

At this time, all members of any Team/Workout group are part of club Puget Sound Masters. You can be a member of club Puget Sound Masters and be Unattached to a Team. Blue Wave Aquatics (BWAQ) is a Club, not a Team. At this time there are no Teams/Workout Groups within Club BWAQ.

If you lose your membership card, you can print a new one at <https://www.usms.org/reg> and follow the instructions

TEAMS or Workout Groups that are part of the PUGET SOUND MASTERS (PSM) **Teams in bold are registered for 2014**

AQUA: Aquatic Fanatics	MUKY: Mukilteo YMCA	SARC: Sequim Aquatic Recreation Center
PSA: Puget Sound Aquatics	NHM: Newport Hills Masters	SOWI: Seattle Open Water Irregulars
BAM: Bainbridge Aquatic Masters	NEO: North End Otters	SVMS: Skagit Valley Masters Swimming
BC: Bellevue Club	NSYG: Northshore Y's Guys	SAM: Snohomish Aquatic Masters
BMSC: Bellingham Masters Swim Club	NWM: North Whidbey Masters	SSMS: South Sound Masters Swim
BTAC: Bremerton Tennis & Athletic Club	OST: Ohana Swim Team	SWIM: South Whidbey Island Masters
CAAT: Central Area Aquatics Team	OOPS: Old Olympic Peninsula Swimmers	SRST: StingRay Swim Team
CAC: Columbia Athletic Clubs	OAC: Olympic Aquatic Club	TACM: Thunderbird Aquatic Masters
DBST: Downtown / Bellevue Swim Team	OCAM: Olympic Cascade Aquatic Masters	TIG: Tigers
EMS: Everett Masters Swimmers	ORCA: Orca Swim Club	UNAT: Unattached to a Team
FSJ: Fins of the San Juans	PSC: Phinney Ridge Swim Club	UPAC: University Place Aquatic Club
GLAD: Green Lake Aqua Ducks	PTMS: Port Townsend Master Swimmers	VFC: Valley Fitness Center
HMST: Husky Masters	PRO: Pro Sports Club	VAC: Vashon Aquatic Club
IST: Issaquah Swim Team	QASC: Queen Anne Swim Club	WAC: Washington Athletic Club
LWM: Lake Washington Masters	RAH: Redmond Aqua Hotshots	WEST: West Coast Aquatics Masters
LOGS: Logger Masters	SAMM: Samena Masters	WSYD: West Seattle YMCA Dolphins
LWS: Lynnwood Sharks	SPCC: Sand Point Country Club	WWUS: Western WA U Masters Swimming
LUNA: Team Luna	SAC: Seattle Athletic Club	YPKC: YMCAPKC Sound Aquatic Swimmers 12/18/2013
MICC: Mercer Island Country Club		
MIR: Mercer Island Redwoods		
MAMS: Middle Aged Marlins		
MYM: Monroe YMCA Masters		

(This page left blank intentionally. But it could have contained *your* item of interest if you'd submitted it. Consider writing a story about your swimming adventures. How about just a photo with some names? Send it to our editor of *The WetSet*, Chericka Ashmann, thenameiscash@gmail.com. Thanks!)

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

CHANGE SERVICE REQUESTED

Attention swimmers receiving a printed copy of *The WetSet*:

Like every other organization, the PNA is trying to cut expenses. We have been mailing 450 paper copies of this newsletter. However, only 27 of you do not have email addresses. We would encourage you to try the online version or print your own copy (in which case you'll see the photographs in full color!).

You will continue to receive the paper version of *The WetSet* if:

1. You have no email service.
2. Your email bounced and USMS removed this address from their system.
3. You specifically requested a hard copy when you renewed for 2014.

Note: If you do get a paper version and your mailing address changes, it is important that you send the Registrar a corrected US Postal address. Your LMSC pays for every paper issue of the newsletter that cannot be delivered!

You can stop the paper issue by emailing pnaregistrar@usms.org and opting out of the paper version.