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Leading Off

Bylaw Changes – Please Vote!

By PNA Board President, Lisa Dahl



The PNA board is all about making Masters swimming enjoyable and rewarding for all who participate. We maintain a website, publish *The WetSet* newsletter, host clinics, train coaches, encourage and assist teams to host competitions and we sanction those events.

In addition, the PNA Board ensures that our Masters swim meets are safe and fair by developing and enforcing bylaws and policies. We enforce stringent safety requirements for our open water competitions. We attend conventions and get involved with national committees. We do all of this to maintain and improve your Masters Swimming experience.

What do Masters swimmers do then besides swim and have fun? They Vote! They nominate their coach for ***Coach of the Year***. They nominate swimmers for the ***Dawn Musselman Inspirational Swimmer Award***.

Soon we will be asking you to approve a set of proposed changes to our Bylaws that streamline our LMSC governance structure. The board has put a lot of time, energy and thought into this and, particularly because a minimum 30% of our membership must approve changes to the Bylaws, we urge you to honor that effort with your vote.

Thank you,
Coach Lisa

P.S. – It's time to submit your *PNA Coach of the Year* and *Dawn Musselman Inspirational Swimmer* nominations! See pages 11 and 12 for the details.



POSTAL SWIM UPDATE
By PNA Postal Coordinator Sally Dillon

HAPPY HOUR FOR PNA SWIMMERS

The first USMS National Championship of 2014 took place in January when nearly 3000 Masters Swimmers participated in the Speedo One Hour Postal Swim (AKA "Happy Hour"). PNA was well-represented with 16 *Blue Wave Aquatics* and 55 *Puget Sound Masters* swimmers challenging themselves to see how far and fast they could swim in one hour. Five PNA men exceeded 5000 yards and four women exceeded 4000 yards.

USMS awards medals to the top ten finishers in each age group. Sixteen swimmers from PNA appear to have earned an award. Special recognition goes to four PSM members who finished FIRST in their respective age groups: Bruce Deakyne, Kirk Nelson, Rick Colella, and Harvey Prosser. See the results for all medalists below.

Both clubs entered relays but preliminary results were not available at press time. Look for relay results in the next issue of *The WetSet*. You can check out results in your age group at <http://www.usms.org/longdist/ldnats14/> (scroll to the bottom of the page).

| Name | Age | Yards | Place |
|---|-----|-------|-------|
| BWAQ Swimmer Placing In The Top 10 | | | |
| Zena Courtney | 52 | 4510 | 10th |

| | | | |
|---|----|------|-----|
| PSM Swimmers Placing In The Top 10 | | | |
| Sue Dills | 68 | 4045 | 2nd |
| Sally Dillon | 67 | 3990 | 4th |
| Toni LeClercq | 65 | 3715 | 5th |
| Janet Kavadas | 82 | 1620 | 7th |
| Betsey Kassen | 61 | 4090 | 8th |
| Michelle McRae | 38 | 4545 | 9th |

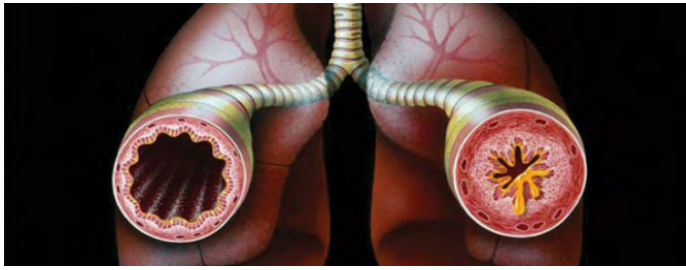
| | | | |
|-----------------|----|------|------|
| Bruce Deakyne | 24 | 5510 | 1st |
| Kirk Nelson | 43 | 5235 | 1st |
| Rick Colella | 62 | 5125 | 1st |
| Harvey Prosser | 85 | 2730 | 1st |
| Dan Phillips | 50 | 5025 | 5th |
| Lars Durban | 56 | 4780 | 6th |
| Steve Peterson | 67 | 4330 | 7th |
| David Postetter | 27 | 4745 | 9th |
| Mats Nygren | 47 | 5070 | 10th |

PNA Annual Meeting
Open to all PNA members
Saturday, April 5, 2014
9 AM to 10 AM – business meeting
10 AM to noon – board workshop
100 Timber Ridge Way NW, Issaquah
RSVP and more information will be provided
Sally Dillon at salswmr@comcast.net or 425-961-0023

Amateur on Set!

Your Lungs and Chlorine

by *The WetSet* Editor, Chericka Ashmann



Some pools make me cough. I'm not talking about a "cough" in which I'm attempting to clear my throat or recover from having swallowed something incorrectly. This cough is more like a full-on-fit my lungs experience that sometimes becomes so forceful it causes me to gag. Sorry, too much information, but a few of my coaches have witnessed one of these coughing fits; they, like me, had no suggestion as to why I was experiencing the respiratory episodes.

I felt I needed to figure out the problem, then share the information because although I'm not alone most people seem unaware of how swimming could wreak havoc on your lungs. Once, during a coughing fit, a fellow swimmer politely shared that she also felt some sort of negative respiratory effect and reported that, unlike other pools, she needed to use her inhaler while swimming at this particular pool – except not all the time!

I thought my coughing had something to do with the ventilation system because the two pools in particular where I have difficulty breathing seemed "stuffy" at the time the coughing occurred. The one pool I swim at regularly causes the coughing fits only once in a while but I can feel it almost instantly when walking on deck. I also experience a high rate of sneezing, something I never suffered before becoming a swimmer. Anyhow, it took me a few searches by playing around with the wording, but I finally found one answer via Google. You might be surprised at what I learned about chlorine and chloramines when I read this article in the *New York Times*:

http://well.blogs.nytimes.com/2009/07/22/are-indoor-pools-bad-for-your-lungs/?_r=0

It's good to know that the benefits of swimming far outweigh the risks because I don't plan on quitting swimming anytime soon. Hopefully, you won't either. However, it's good to understand potential causes and how to avoid problems by learning what to look for in a well-kept pool.

SINK OR SWIM

Book Club in the Women's Locker Room at the Y

By Skagit Valley Masters Swim Club Member Greta Perales

"I sent my mother-in-law *Fifty Shades of Gray* for her birthday!" I was in the locker room at the Y getting ready to swim and could not contain my emotional angst any longer. My training partner, Joanna, appeared startled and started slowly inching away. I looked up to find three elderly women fresh out of water aerobics drawing closer. I actually said, "I sent my mother-in-law pornography," hence the rapt attention. One of the ladies, who must have been edging towards 90, leaned in and said, "What was that dear?" Since I have always been told not to lie to my elders, I quickly repeated what I had said. She looked a bit surprised and yet came in closer.

I had nowhere to go. With my swimsuit half on and only one flip flop in hand, running was not an option. Hiding under the bench would further complicate matters. So instead I took a deep breath and explained that my mother-in-law had mentioned the book when I called to ask what she wanted for her birthday. She lives in California, so I thought *perfect* – I will order it on Amazon and have it shipped direct. I was so impressed with my streamlined approach to gift giving that I ordered the book the next day. I was even more thrilled to find out instead of one book it was a trilogy and I could give her all three. I am a giver by nature. After I hit send, I casually mentioned to a co-worker how happy my mother-in-law was going to be to get three books.

After a few wordless moments, my co-worker gently asked if I had read the series. I indicated no, but I had seen it mentioned in the news; it sounded really popular. She suggested I might want to Google a snippet of it when I had a moment.

I Googled, I read, and then I said Holy Cr&*! I just sent my mother-in-law porn! At this point one of the YMCA water aerobics ladies asked for the title and author of the book. She then asked if I would hold on a minute while she grabbed a pen and paper. Another of the ladies indicated she lived alone and liked to eat popcorn in the evenings while she read; however, with this book she might forego the popcorn to avoid choking.

What does this have to do with swimming? Everything! I was so traumatized by this experience I almost drowned during my workout. Every time I started to swim, I started to giggle. Every time I tried to focus, images of a mass stampede to the local bookstore came to mind. On a side note, my mother-in-law, who had not read a book in over twenty years (she prefers magazines), read all three books in record time.

Sincerely,

Greta "I may still be banned from the YMCA" Perales

MASTERS CALENDAR

LOCAL/REGIONAL POOL EVENTS

March 15, 2014

MEET:

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

Seattle, WA

[More info: Bob Moore](#)

March 29, 2014

MEET:

[2014 Emerald City Pentathlon](#)

Kirkland, WA

[More info: Brock Jones](#)

April 12-13, 2014

MEET:

[PNA Champs and NW Zone Meet](#)

Federal Way, WA

[More info: Steve Freeborn](#)

For the latest information, see PNA's
calendar on line:

www.SwimPNA.org/w/PNA/calendar/

LOCAL/REGIONAL OPEN WATER

July 19, 2014

[Fat Salmon](#)

Madison Park, Seattle

July 27, 2014

[Orca Open Water Swims](#)

Luther Burbank Park, Seattle

August 2, 2014

[Whidbey Adventure Swim](#)

Langley, WA

NATIONAL EVENTS

May 1 - 4, 2014

MEET: **Deadline: March 27**

[USMS SCY Spring Nationals](#)

Santa Clara, CA

August 14-17, 2014

MEET:

[USMS LCM Summer Nationals](#)

Univ of MD, College Park, MD

INTERNATIONAL EVENTS

August 3 - 10, 2014

MEET:

[FINA World Masters Swimming
Championships](#)

Montreal, Canada

PNA BOARD MEETINGS

April 5, 2014

PNA Board Meeting

9 am - Noon

[Sally Dillon's](#)

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](#)

PNA Bylaws Changes

The ad hoc PNA Governance committee generated a set of changes to PNA's Bylaws to create a more efficient structure and one that conforms to Washington State law regarding non-profit organizations.

Instructions on how to vote either on line or via paper ballot will be coming soon – please review the material and submit your vote. A minimum of 30% of our membership must respond in order to ratify these changes to our Bylaws -- your vote counts!

**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

Orca Swim Team
2014 Emerald City SCY Pentathlon
March 29, 2014
Warm-up: 1:00 PM Meet starts at 2:00 PM
Sanctioned by PNA for USMS Inc.
#0364-S005



LOCATION: Juanita Aquatics Center
 10601 NE 132nd St. Kirkland WA 98034

FACILITY: 25yrd 6 lane pool, 82 degree water, additional warm-up area available throughout the meet.

MEET DIRECTOR: Brock Jones, brockhj@gmail.com, 503-939-4257

MEET REFEREE: Teri White teriwhite53@gmail.com

CONCESSIONS: Available on deck.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2012 USMS or foreign registered swimmers 18 and above as of 3/29/2014. Age groups based on the swimmer's age as of 3/29/2014.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Friday, March 21, 2014, or online by 11:59 PM (Pacific) Wednesday, March 26, 2014. NO race day entries accepted.

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

CHECK-IN: Positive check-in required for the 400 IM by the conclusion of event #6. Swimmers missing the check-in deadline may be scratched from the event.

AWARDS: Ribbons for places 1-3 in individual events. Medals may be purchased at meet. Special pentathlon awards for first place in for each age group and pentathlon length.

ORDER OF EVENTS:

| | | | |
|------------------------|---------------|------------------------|-------------|
| 1 | 200 Fly*** | 9 | 50 Breast* |
| 2 | 100 Fly** | 10 | 200 Free*** |
| 3 | 50 Fly* | 11 | 100 Free** |
| 4 | 200 Back*** | 12 | 50 Free* |
| 5 | 100 Back** | <i>10 Minute Break</i> | |
| 6 | 50 Back* | 13 | 400 IM*** |
| <i>10 Minute Break</i> | | 14 | 200 IM** |
| 7 | 200 Breast*** | 15 | 100 IM* |
| 8 | 100 Breast** | | |

PENTATHLON RULES:

Short pentathlon events include 50 fly, 50 back, 50 breast, 50 free & 100 IM (marked * above).

Medium Pentathlon events include 100's of each stroke & 200 IM (marked ** above).

Long Pentathlon events include 200's of each stroke & 400 IM (marked *** above).

Swimmers do not have to participate in the pentathlon to compete in the meet. Swimmers may register for a maximum of any 5 events, but must register for corresponding events to participate in the pentathlon.

Disqualifications in individual events will normally not disqualify a swimmer from the pentathlon. An additional 10 seconds will be added to the swimmers time for each 50 yards of the race and that time will be used in the pentathlon portion of the meet. The meet referee may suspend this at his/her discretion if it is believed the swimmer did not attempt the proper stroke. The event will still be recorded as a DQ in official meet results.

ONLINE ENTRIES: Enter online at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=5159

ENTRY FEES: \$16 meet surcharge PLUS \$2 per individual event (US or Canadian; includes LMSC and timing surcharges) (optional \$16 fee for seniors and needs-based swimmers). Entry fees include WA State sales tax.

PAPER ENTRIES: Use the PNA Generic Entry Form available on the PNA Website or in the WetSet. Make checks payable to Orca Swim Team and mail to: Orca Swim Team, PMB 869, 1122 E Pike St, Seattle WA 98122

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

ENTRY QUESTIONS: Jim Lasersohn,

2014pentathlonregistration@orcawimteam.org

ADDITIONAL INFO: The ORCA SWIM TEAM is a 501(c)(3) non-profit corporation dedicated to promoting the sport of swimming and to educating the public about the value of sports in fitness and community-building. The team is comprised of gay/lesbian and gay/lesbian-friendly swimmers and welcomes all Masters Swimmers to its swim meets. ORCA SWIM TEAM is a member of Pacific Northwest Association of Masters Swimmers (PNA), International Gay and Lesbian Aquatics (IGLA) and Team Seattle.

PNA Coach of the Year Nomination

Nominate your favorite Masters coach for their outstanding dedication towards their swimmers. The winner will be acknowledged at PNA Champs with a plaque and letter. See page 11 for nomination process information.

**2014 PNA Championship and
Northwest Zone Championship Meet**
Saturday April 12th and Sunday April 13th, 2014
Hosted by Blue Wave Aquatics
Sanctioned by PNA for USMS Inc. #364-S006

LOCATION: Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023 206-296-4444

FACILITY: 50-meter championship pool set up as two 25-yd courses, each with 9-ft wide lanes and a water depth range of 9'-10.5' Continuous warm-up available in 7-lane, 25-yd dive tank. 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.

TIMES: Saturday, Apr 12: Warm-up 9:00-9:50am, meet starts 10 am
Sunday, Apr 13: Warm-up 9:00-9:50am, meet starts 10 am

MEET DIRECTOR: Steve Freeborn, 206-940-7442.
pnachamps@bluewave-aquatics.com

CONCESSIONS: Vendor contracted with KCAC, available in lobby.

RULES: Current USMS rules will govern the meet. Strictly forbidden: Using hand paddles, fins or kick boards in warm-up areas; Diving in warm-up areas unless in designated sprint lanes.

ELIGIBILITY: Open to all 2014 USMS or foreign registered swimmers 18 and above as of 04/13/2014. Age groups based on the swimmer's age as of 04/13/2014.

ENTRIES: Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be **received** by Friday, April 4, 2014 11:59 PM (Pacific Time).

No entries will be accepted after April 4th deadline.

SEEDING: Two courses will be used for the 400 IM, 500 Free, 1000 Free and 1650 Free. A single course will be used for all other events. All events slow to fast. Pre-seeding except for asterisked events, below.

CHECK-IN: 1000 Free – end of Event #6; 500 Free – 9:30am Sunday; 1650 Free – end of Event #18. Swimmers missing the check-in deadline will be scratched from the event.

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. Mixed relays require two men and two women. Relay entries due by noon each day of the meet.

AWARDS: Ribbons for individual places 1 – 6 for both PNA Champs and NW Zones. Medals may be purchased at meet. Plaques for PNA team awards.

SCORING: Scoring will be 9-7-6-5-4-3-2-1 for Individual Events and 18-14-12-10-8-6-4-2 for Relay Events

ORDER OF EVENTS:

| Saturday, April 12th | | Sunday, April 13th | |
|--------------------------|--------------------------|------------------------------------|------------------------|
| 1 | 400 Individual Medley | 13 | 500 Free * |
| 2 | 50 Back | 14 | 100 Breast |
| 3 | 200 Fly | 15 | 50 Fly |
| 4 | 100 Free | 16 | 200 Free |
| Break (10 Minute) | | Special Awards Presentation | |
| 5 | 100 Back | 17 | 50 Breast |
| 6 | 50 Free | 18 | 200 Back |
| 7 | 200 Breast | 19 | 100 Fly |
| 8 | 100 Individual Medley | 20 | 200 Individual Medley |
| 9 | Women's 200 Medley Relay | 21 | Women's 200 Free Relay |
| 10 | Men's 200 Medley Relay | 22 | Men's 200 Free Relay |
| 11 | 200 Mixed Free Relay | 23 | Mixed 200 Medley Relay |
| 12 | 1000 Free * | 24 | 1650 Free * |
| | | PNA Team Awards | |

ENTRY FEES: \$32.50 (US or Canadian). Includes LMSC and NW Zone surcharges. **PLUS** \$2 per individual event (optional for seniors and needs-based swimmers). No charge for relays. Fees include WA state sales tax.

ONLINE ENTRIES: Enter online at:
<https://www.ClubAssistant.com/club/meet/information.cfm?c=1449&SMID=5142>



PAPER ENTRIES: Use this Entry Form:

NOTES: This is the NW Zone Championship Meet as well as the PNA Championship. Individual awards will be presented for both events.

NW Zone Forum Sunday 8:30 am.

DIRECTIONS: From North or South Bound I-5 take exit 142 B. Proceed west on South 348th St for 2 miles. South 348th changes to SW Campus Dr. at 1st Ave. The pool complex is on the right.

NAME: _____ M F AGE: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
PHONE _____ Email _____
BIRTHDATE: ____/____/____ USMS #: _____

Include a copy of your USMS Registration if not a PNA member

| | |
|---|--|
| LMSC: (PNA, Oregon, Inland NW, etc.) | PNA Club: (UC36, BWAQ, PSM, ROCK) |
| PSM Team: | |

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

| Event # | Event Name | Entry Time |
|---------|------------|------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

ENTRY FEE: Fees include WA State Sales Tax

| | | | | | | |
|------------------------------------|----------------|--|-------|-------|----|----|
| SURCHARGE | \$32.50 | | | | | |
| INDIVIDUAL EVENTS | + | \$2 Per Event. No charge for relays. No charge for seniors (65+) or need-basis | | | | |
| T-SHIRTS@\$20 UNISEX SIZING | + | X Small | Small | Med | Lg | XL |
| T-SHIRTS@\$22 UNISEX SIZING | + | XXL | XXXL | XXXXL | | |
| TOTAL | \$ | Make checks payable to BWAQ . Mail to: Blue Wave Aquatics, PO Box 24083 Federal Way, WA 98093 | | | | |

Questions? Email Steve Freeborn at pnachamps@bluewave-aquatics.com
Paper entries must be **received** by Friday, April 4, 2014. Online entries are due by Midnight (PDT) Friday, April 4, 2014. All swimmers must have a valid 2014 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry. **NO LATE 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.

| | |
|--------------------------|-------------------------------|
| Signature | Date |
| _____ | _____ |
| <input type="checkbox"/> | This is my first Masters meet |

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

**NOTICE TO ALL USMS MEMBERS
FROM THE USMS RULES and LEGISLATION COMMITTEES**

**FINA CHANGES TO USMS RULES
Effective September 25, 2013 except as otherwise noted**

The 2013 USMS House of Delegates adopted the following changes to USMS rules to conform to rule changes adopted by the FINA Congress July 2013. FINA rule changes are effective September 25, 2013.

Unattached Swimmers:

All swimmers in a meet must belong to a club. If there is even one unattached swimmer competing at a short course or long course meters meet, NONE of the times from that meet will count for FINA Top 10 and World Records.

This rule change is necessary to comply with recent FINA rule changes that will disallow any times from USMS long course and short course meters meets for FINA Top 10 and World Records if a swimmer who does not belong to a club competes in the meet. All other rules regarding unattached swimmers will continue to function as previously interpreted (102.9.1 p. 7, 104.5.4A[3] pp. 32-33, 201.1.2 p. 53, 201.1.3A p. 53, 201.1.3B p. 53, and 201.3.5 pp. 54-55). All currently unattached swimmers will automatically be registered with the club Unattached and do not have to notify their registrars.

201.3 Representation

201.3.4 An unattached swimmer is an individual member who is registered with the club Unattached through an LMSC. Swimmers registered with the club Unattached shall not compete in relays or score club points in competition. Competing while registered with the club Unattached shall not be considered as representing a club for purposes of 201.3.5.

Effective immediately.

Breaststroke:

FINA and USA Swimming have added clarifying language and one change in the following four areas:

- 1) turns
- 2) kicks
- 3) touches at turns and the finish (**new interpretation**)
- 4) incomplete cycle at turn and finish

101.2 Breaststroke

101.2.1 Start—The forward start shall be used.
101.2.2 Stroke—After the start and after each turn when the swimmer leaves the wall, the shoulders must be at or past the vertical toward the breast. The swimmer is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms...at the widest part of the second stroke.
101.2.3 Kick—After the start and after each turn,...and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly (dolphin) kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly (dolphin) kick.

101.2.4 Turns and Finish—At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be ... preceding the touch.

FINA Interpretation of "...the touch shall be made with both hands separated and simultaneously at, above or below the water level...": The hands may touch but cannot overlap or be on top of each other.

Effective September 25, 2013.

Butterfly:

FINA and USA Swimming have added clarifying language and one change in the following three areas:

- 1) turns
- 2) stroke
- 3) touches at turns and the finish (**new interpretation**)

101.3 Butterfly

101.3.1 Start—The forward start shall be used.
101.3.2 Stroke—After the start and after each turn...until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.
101.3.3 Kick—All up and down...scissors kicking movement is not permitted.
101.3.4 Turns—At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above or below the water surface. Once a touch has been made...swimmer leaves the wall.
101.3.5 Finish—At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above or below the water surface.

FINA Interpretation of "...the touch shall be made with both hands separated and simultaneously at, above or below the water level...": The hands may touch but cannot overlap or be on top of each other.

Effective September 25, 2013.

Backstroke:

FINA and USA Swimming have added clarifying language two areas:
1) the finish (delete "at the finish" from permission to be completely submerged to clarify that a swimmer cannot be completely submerged prior to the touch)
2) turns

101.4 Backstroke

101.4.1 Start—The backstroke start shall be used.
101.4.2 Stroke—Standing in or on...throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.
101.4.3 Turns—Upon completion...the wall. During the turn the shoulders may be turned past the vertical toward the breast, after which an immediate continuous single arm pull or an immediate

continuous simultaneous double arm pull may be used to initiate the turn. Once the body...leaving the wall. **Note:** The swimmer...turning action.

Effective September 25, 2013.

Swimwear:

FINA and USA Swimming have added power bands and adhesive substances to the list of devices or substances that are not permitted.

102.12 Swimwear for Pool Competition

102.12.1 Design

E No swimmer is permitted to wear or use any device or substance to enhance speed, pace, buoyancy or endurance during a race (such as webbed gloves, fins, power bands, adhesive substances, snorkels, neoprene caps, etc.). Goggles...by the referee.

102.13 Disqualifications

102.13.9 No swimmers are permitted to wear or use any device or substance to enhance speed, pace, buoyancy or endurance during a race (such as webbed gloves, fins, power bands, adhesive substances, snorkels, neoprene caps, etc.). Goggles may be...referee.

Effective September 25, 2013.

For any questions about rules in Part 2 contact:

Meg Smath, Chair
USMS Legislation Committee
legislation@usms.org

For any questions about rules in Part 1 contact:

Kathy Casey, Chair
USMS Rules Committee
rules@usms.org



PNA Annual Meeting

Open to all PNA members

Saturday, April 5, 2014

9 AM – business meeting

10 AM to noon – board workshop

100 Timber Ridge Way NW, Issaquah

RSVP and more information will be provided

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

Post Workout Green Juice Recipe

6 celery stalks

2 carrots

1 apple

1 golden beet

½ cucumber

½ lemon



PNA Board Meeting Summary – January 21, 2014

A dozen board members met at Sally Dillon's Issaquah home to conduct LMSC business. Membership Chair Arni Litt reported that current PNA registration was 1160 members: 588 men and 572 women. 138 are swimmers new to PNA and ten members have opted for the newly available USMS vanity ID.

Hugh Moore presented recommendations from the PNA Governance committee – specifically, twelve amendments to the PNA Bylaws. Jane Moore presented ten amendments to the Bylaws that reflect current practice. The board approved both sets of recommendations.

Proposed amendments to the Bylaws require a vote of the membership. The board intends to conduct a membership-wide vote via Survey Monkey and hardcopy (for those members who do not use the internet). Informative articles will appear in the March issue of *The WetSet* and we expect to begin voting by the end of March.

Linda Chapman reported that ORCA had requested a sanction for a pentathlon on March 29 at the Juanita Pool in Kirkland. The event will include all stroke distances (50, 100, 200) plus matching IMs (100, 100, 400). The board approved the event.

PNA traditionally holds its annual meeting in December. It was suggested that we could better include members at large to attend the meeting if it was held at a location that could accommodate more people and on a day that might be more convenient. The board voted to designate the April 5 meeting as the annual meeting for 2014.

Complete minutes from this and all other board meetings can be found on the PNA website at

<http://www.swimpna.org/w/PNA/about-pna/>.

PNA Coach of the Year Nomination Information

PNA recognizes a coach annually for outstanding contributions to local Masters swimming programs and it comes from you, the swimmers. Coaches love to know how much you love and appreciate them. Tell them by nominating them and allowing them to be acknowledged for their dedication.

If you'd like to nominate a coach, submit this nomination sheet addressing any or all of the following selection criteria:

- *Improvement or enhancement of ongoing program or establishment of a new program;
- *Sustained service over a long period of time; contributions to PNA;
- *Commitment to PNA;
- *Willingness to share coaching skills and information;
- *Loyalty of team members;
- *Coaching accomplishments; and/or inspiration to others.

Nominator's Name: _____

Email Address: _____

Candidate's Name: _____

Team/Workout Group: _____

Number years coaching this team: _____

Candidate's coaching experience: _____

Candidate's coaching accomplishments: _____

Candidate's improvement/enhancement of program or development of a new program: _____

Candidate's contributions to PNA: _____

Evidence of candidate's coaching skills and knowledge: _____

Impact of coach's efforts on others: _____

Please submit your nomination by Thursday, March 27, 2014.

Dawn Musselman Inspirational Swimmer Award - 2014

CALL FOR NOMINATIONS

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986). As a long-time PNA member, Dawn inspired others and encouraged them to do their best. While she still holds *eleven* PNA records in the 70-74 age group, competitive participation is not a criterion for this award.

Past recipients of the **Dawn Musselman Inspirational Swimmer Award** are:

| | | |
|-----------------------|----------------------|------------------------------|
| 1986 - Dawn Musselman | 1996 - Ian Thompson | 2006 - Jeanne Ensign |
| 1987 - Marlene Holmes | 1997 - Suzanne Dills | 2007 - Lee Carlson |
| 1988 - Maxine Carlson | 1998 - Clark Pace | 2008 - June Van Leynseele |
| 1989 - Jim Penfield | 1999 - Dan Frost | 2009 - Steve LaHaie |
| 1990 - Tom Foley | 2000 - Joan Davis | 2010 - Betsey Kassen |
| 1991 - Karen Jost | 2001 - Paul Ikeda | 2011 - Sarah Welch |
| 1992 - Jan Kavadas | 2002 - Barb Gundred | 2012 - Kiko Kimura Van Zandt |
| 1993 - Robin O'Leary | 2003 - Chaya Amiad | 2013 - Rick Colella |
| 1994 - Marion Mueller | 2004 - Kathy Casey | 2014 - <i>nominate now!</i> |
| 1995 - Tammi Keeler | 2005 - Gene Crossett | 2015 - |

Nominations are open to all PNA members. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming



Show that teammate your appreciation! Compose a paragraph or two describing their qualifications. (Include an anecdote for fun, too.) The award, consisting of a **personal plaque** and the **perpetual trophy** with the recipient's name added, will be presented at the PNA Champs meet at Weyerhaeuser King County Aquatic Center in Federal Way, April 12-13.

Send your nomination to:

Steve Peterson

speterson@bandwagon.net

360-692-1669

11165 Central Valley Road NW

Poulsbo WA 98370-7014

Please submit your nomination by Wednesday, March 26, 2014.

PNA Workout Groups (Teams): Registered and Recognized for Champs

by Arni Litt, PNA Registrar

The two-column table below shows current workout groups (teams) in the PNA: those that have registered with USMS and are part of Club PSM; and those that are recognized by PNA as members of Club PSM but have *not* registered in 2014. ALL the workout groups in this table *plus* separate clubs Blue Wave Aquatic Masters (BWAQ) and Vashon Island Rockfins (ROCK) will be recognized as teams for competing in the PNA Champs meet in April.

If you plan to swim with one of these teams please be sure that you use the correct team acronym when you register! Be sure to check with your swim mates that all of you use the same acronym. You will not be able to change your team affiliation for Champs once meet registration closes. Only members of the same workout group/team will be allowed to swim in relays together. No unattached swimmers on relays!

One or more Puget Sound Masters swimmers (members of Club PSM) may create a new workout group/team to swim together in Champs as long as (a) they submit a unique team name, (b) all members use the same team name and acronym, and (c) the team is created before Champs registration closes. Please send the contact information for any new group to me, your PNA Registrar (PNRegistrar@usms.org).

If you are a member or representative of a currently *unregistered* workout group (“Recognized but not Registered” in the table below) you could help me greatly by emailing me your group’s contact information:

Team Name & Acronym: _____ Address: _____
Contact: Name: _____ Workout Location: _____
Phone: _____ Workout times: _____
Email: _____ Website: _____

If you know that any of these no longer exist, please let me know that too.

PSM Workout Groups (Teams)

| Registered | | Recognized but not Registered | |
|------------|----------------------------------|-------------------------------|---------------------------------|
| Acronym | Name | Acronym | Name |
| AQUA | Aquatic Fanatics | | Aquatic Master Swimmers |
| BAM | Bainbridge Aquatic Masters | BADD | Bellevue Aquatic Divas & Dudes |
| BC | Bellevue Club | BMSC | Bellingham Masters Swim Club |
| CAAT | Central Area Aquatics Team | BTAC | Bremerton Aquatics Club |
| CAC | Columbia Athletic Clubs | EMS | Everett Masters Swimmers |
| DBST | Downtown/Bellevue Swim Team | FSJ | Fins of the San Juans |
| GLAD | Green Lake Aqua Ducks | GOST | Gig Harbor Old Swimmers Team |
| HMST | Husky Masters | GAM | Gold's Aquatics Masters |
| LWM | Lake Washington Masters | GEM | Gold's Eastside Masters |
| LOGS | Logger Masters | IST | Issaquah Swim Team |
| MIR | Mercer Island Redwoods | LWS | Lynnwood Sharks |
| MAMS | Middle Aged Marlin Swimmers | MICC | Mercer Island Country Club |
| MYM | Monroe YMCA Masters | NHM | Newport Hills Masters |
| MUKY | Mukilteo YMCA | NSYG | Northshore Y's Guys |
| NEO | North End Otters | OOPS | Old Olympic Peninsula Swimmers |
| NWM | North Whidbey Masters | OAC | Olympic Aquatic Club |
| OST | Ohana Swim Team | OCAM | Olympic Cascade Aquatic Masters |
| ORCA | Orca Swim Club | PSC | Phinney ridge Swim Club |
| PTMS | Port Townsend Master Swimmers | RAH | Redmond Aqua Hotshots |
| PRO | Pro Sports Club | SAMM | Samena Masters |
| QASC | Queen Anne Swim Club | SAC | Seattle Athletic Club |
| SPCC | Sand Point Country Club | SOWI | Seattle Open Water Irregulars |
| SARC | Sequim Aquatic Recreation Center | SRST | StingRay Swim Team |
| SVMS | Skagit Valley Masters Swimming | LUNA | Team Luna |
| SAM | Snohomish Aquatic Masters | TIG | Tigers |
| SSMS | South Sound Masters Swimmers | UPAC | University Place Aquatic Club |
| SWIM | South Whidbey Island Masters | VFC | Valley Fitness Center |
| TACM | Thunderbird Aquatic Masters | VAC | Vashon Aquatic Club |
| UNA | Unattached to a Team | WSYD | West Seattle YMCA Dolphins |
| WAC | Washington Athletic Club | | |
| WEST | West Coast Aquatics Masters | | |
| WWUS | WWU Masters Swimming | | |
| YPKC | YMCAPKC Sound Aquatic Swimmers | | |

WELCOME, NEW SWIMMERS! (Registered as of 2/25/2014)

Blue Wave Aquatic Masters

Alex Coffey
Gloria Fletcher
Sierra Fowler
Roman Gavrishov
Todd Guenzburger
Juan Guerin
Barbara Huseby
Scott Jozefowski
Megan Mansfield
Brien Marcus
Christina McClard
Cynthia Sprenger
Shella Swain
Paul Swartwout
Lucas Vanpay

Unattached to a Workout

Group - UNAT

Dan Benoit
Mike Benoit
Nick Benoit
Rich Benoit
Jason Blosser
Kristina Chalfant
David Dahl
Lisa Dahl
Brian Fritz
Robert Gjertsen
Shaun Greenmun
Robert Johnson
Lorri Johnstone
Timothy Justice
Trevor Kosa
Paul Pham
Scott Schaper
John Sloat
Paden Smith
Jessica Sommerville
Sarah Topping
Theresa Trinka

Aquatic Fanatics

Christine Deladurantey

Bainbridge Aquatic Masters

Debbie Allbritton
Cezanne Allen
Ann Marie Borys
Colleen Chupik
Kerry Eby
Samantha Everett
Elisabeth Hughes
Todd MacCulloch
James McCann

Mary McCurdy
Duncan McIntosh
Adrienne Meehan
Evan Meehan
Frank O'Brien
Christophe Queva
Joanie Ransom
Joe Richards
Naomi Spinak
David Spinak
Rod Stevens
Kelly Thompson
Connie Waddington
Ann Warman

Bellevue Club

Sam Lake
David Mc Cabe

Central Area Aquatics Team

Elizabeth Ford

Columbia Athletic Clubs

Kathleen Pokorny

Downtown/Bellevue Swim Team

Joseph Breit
Gary Cox
Christopher Tanimoto
Petra Vankeppel

Green Lake Aqua Ducks

Jeff Daniels
Margaret Portelance
Ann Stover

Gold Eastside Masters

Dan Morrow

Husky Masters

Erin Best
Kevin Dooms
Vivian Hsiao
Dan Jones
Patricia Nakamura
Nathan Ranno
Marc Schwartz

Lake Washington Masters

Michael Scott

Mercer Island Redwoods

Christine Armstrong

Mercer Island Beach Club

Jennifer Smith

Monroe YMCA Masters

Derik Vessey

North End Otters

Tamara Lund

Northshore YMCA

Todd Haight

Orca Swim Club

Levi Brown
Matthew Connor
Terrence Hecker
Chad Hinke
James Kostoroski
Laura Leland
Cooper Moore
Karen Pavlidis
James Robinson
Kyle Steinman
Timothy Wagner

Pro Sports Club

Roxana Teodorescu

Snohomish Aquatic Masters

Ron Belleza
Robin Griner

Sand Point Country Club

Lindsey Hewes
David Law
Kevin McCain
Steven Stout

South Sound Masters Swimmers

Gareth Adams
Daniel Brown
Charles Dowd
Barbara Johnson
Lea Mason
Jennifer Morgenstern
Crystal Murphy
Lisa Newland
Emily Petrie

Skagit Valley Masters Swimming

E. Faye Daly
Emily Ellis
Amy Felt
Barbara Kline
Carol Ledin
Steve Luther

South Whidbey Island Masters

Annette Fly
Jeff Jacobsen

Thunderbird Aquatic Masters

Brian Hofferth

Washington Athletic Club

Keith Butler
Ryan Cresswell
Andres Hernandez
Robin Johnson
Baird Johnson
Janette Mayes
Janet Morton
Katie O'Sullivan
Erie Stone

West Coast Aquatics Masters

Tasha Penberthy

West Sound Triathlon Club

Susan Simms

Western Washington U

Masters Swimmers

Tim Bultman
Jackie DeLong
Justine Mims
Allie Monsen
Jeffrey Propersi
Elizabeth Yamashita

YMCAPKC Sound Aquatic

Swimmers

Ryan Mansell
James Reehill
Amy Wolfe

Vashon Island Rockfins

Jenna Buffington
Allen Nakano
Donna Nespor
Barbara Owdziej

Not part of a Club – UC36

Tommy Bao
Isaac Contreras Sandoval
Jonathan Faris
Roman Isakov
Meredith Nutt

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

PNRegistrar@usms.org

PNA and USMS membership:

Use this link to register online: www.usms.org/reg/register.php?LMSCID=36

Use this link to print a form to mail in: www.clubassistant.com/c/D63FBF8/file/registration/Regform.pdf

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Vacant At-Large Position

open!

Registrar

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PNRegistrar@usms.org

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

Like every other organization, the PNA is trying to cut expenses. We have been mailing over 300 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 PNRegistrar@usms.org and opting out of printed delivery.