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The Youngsters of PSM!

You've probably seen them at meets - they're young, they're enthusiastic, and they swim fast.

WWUS is the club swim team at Western Washington University in Bellingham. It is a group of approximately 30 student athletes who seek to spread awareness and passion for swimming, while fostering a friendly and inclusive environment. Though partly sponsored by the University, WWUS competes solely through USMS as a workout group under Puget Sound Masters.

Daily practices are one-and-a-half hours and are run by captains Jackie DeLong, Caroline Baber, Nick Pederson, and Austin Clark – all of whom are students who volunteer their time. The club offers a range of opportunities for swimmers of all abilities, including one-on-one assistance for new swimmers as well as strategic sets for swimmers working to reach their full potential. They are a group of swimmers with varying goals, but who all share a passion for swimming.

"The overarching drive of our club comes from self-motivation fueled by a desire to become a better swimmer as well as a more well-rounded person, which is why we are so unique," noted one WWUS member. "Whether a swimmer seeks to stay in shape, to improve their stroke and times, or to have a great support group at Western, they will find what they are looking for with our team."

WWUS members say they find it incredibly rewarding and inspiring to be part of Masters Swimming.



WWUS at Lake Washington Masters Meet, front-to-back, L-to-R: Jackie DeLong, Charlotte Berkman, Emily Deardoff, Miranda Caulfield, Madelynn Sare, Jordan Anderson, Justin Atwood, Caroline Baber, Allie Monsen, Austin Clark, Anna Novack, Ava McCrea, Elle Roberts, and Blake Nixon

The Youngsters of PSM! (cont)

(Continued from page 1)

“One of the main differences we’ve noticed transitioning from club and high school to Masters is the atmosphere,” reported a WWUS swimmer. “Everyone at Masters meets is welcoming and encouraging while still maintaining friendly competition. We view our fellow swimmers as positive role models, pushing us to be the best we can be and motivating us to pursue a lifelong swimming career. This community places an emphasis on fun and self-improvement, allowing us to step back from the other stressors we face as students.”

Each year, WWUS competes at the USMS Spring Nationals Competition, which allows its swimmers to see these benefits on a national level. They are proud to represent both Western Washington University and Puget Sound Masters.

The opportunity is quite expensive, however. WWUS wants to provide all of its swimmers an equal opportunity to attend regardless of their financial situation, so it does its best to minimize out-of-pocket costs. The team gets some funds from the school and also organizes fundraisers, such as bake sales and donation nights at local restaurants.

Despite their best efforts, sustaining the team costs more than they have been able to raise. They are reaching out to the PSM community for help paying for pool space and to reduce out-of-pocket costs for events like Nationals.

Donations to the WWUS team can be made online at app.mobilecause.com/form/XCKWYw or on their website www.edu/swimclub/. They can be contacted at westernswimming@gmail.com.

“We look forward to seeing all of our PSM teammates at our upcoming meets and are thankful to be a part of this wonderful community.”

Donations to the WWUS team can be made online at app.mobilecause.com/form/XCKWYw or on their website www.edu/swimclub/. They can be contacted at westernswimming@gmail.com.

WWUS team at 2016 Nationals, bottom-to-top/L-toR: Alex McKiernan, Allie Monsen, Emily Monsen, Cara Prange, Caroline Barber, Angela Barnick, Nick Kelly, Jackie DeLong, Jon Scott Wrigley, Jeff Propersi, Jordan Reid, Katie McGrew, Meg Monsen, Ian McCallum, Austin Clark, Josh Pehrson, and Jenna Whitney.

The team is raising funds to be able attend 2017 Nationals and other meets.



Warner Inducted Into Kitsap Sports Hall of Fame

Puget Sound Masters swimmer Frank Warner has been inducted into the Kitsap Sports Hall of Fame.

Warner's swimming career began during his junior year of high school at age 15 and is continuing with Masters Swimming at age 68. Over those 53 years, while he has competed in various distances in both freestyle and backstroke events, it is backstroke where he has had most of his success. Warner achieved All-American status during his high school career at Peekskill HS Academy in New York and has also achieved All-American status with US Masters Swimming several times in various age groups.

Swimming has taken the former Lehigh University swimmer all over the globe. On the national Masters swimming level, he has competed in the US Championships since 1981, winning six national titles and recording 136 top-10 places in national rankings. He has also competed in numerous YMCA National Championships, the most recent being the 2016 championships where he won two silver and one bronze medal. At the first-ever USA Masters Games held in Greensboro, NC last summer, he won three gold, one silver, and two bronze medals.

Warner won one gold, two silver, and two bronze medals at the first FINA World Masters Swimming Championships in 1986 at Tokyo, Japan. Since then he has competed in 13 World Championships, winning numerous medals in his backstroke and freestyle events. In the 2015 FINA Championships held in Kazan, Russia, he placed sixth.



Warner at the 2015 FINA Championships. He is a member of the PSM workout group YMCA Pierce/Kitsap Sea Dragons (YPKC). He was inducted into the Kitsap Sports Hall of Fame on 1/28/17.

The first World Masters Games were held in Toronto, Canada in 1985, where Warner won two silver and two bronze medals swimming in the 35-39 age group. Since that event, generally held every four years, he has competed in six more games winning a total of 23 medals, including four gold.

While a lifetime of hard training has given Warner some great rewards, it has come with a cost. Since his mid-40s, he's had four shoulder and two neck surgeries, keeping him out of competitions for months at a time. He had a pacemaker installed when he turned 60 to help counter the effects of what his cardiologist called "Athlete's Heart." He's already on his third one, with a battery change coming up.

Warner, who still works part-time as a certified public accountant in Silverdale, is currently training for the April 2017 World Masters Games in New Zealand and is looking forward to the FINA World Masters Swimming Championships in Korea when he turns 70.

Thunderbird Aquatic Masters Meet

The 27th annual Thunderbird Masters SCM Swim Meet was held February 4 in Anacortes. The event featured 105 swimmers registered for 389 events.

The host team, with 26 swimmers, dominated the competition, outscoring 25 other teams to win the meet with 703 points. Rounding out the top five teams were Western Washington University Swimming (206 points), Skagit Valley Masters Swimmers (176), Bainbridge Aquatic Masters (161), and Stanwood-Camano Washington "Y" Masters (109).

Individuals winning five events for a perfect 35-point individual score included Heather Adkins-Narte (60-64), Denise Dumouchel (55-59), Dan Larson (50-54), Kathleen Horr (45-49), Amy Arisco (50-54), and Chantal Lauzon (40-44). Swimmers winning all four of their events included Brad Hering, Kevin Anderson, Katie Kaestner, Don Rehfeldt, Betsey Kassen, Jennifer Carlson, Jim Kendrick, Jillian Dees, Wendy Hoffman, Stephen Fogg, Isaac Contreras-Sandoval, and Jordan Anderson.

After the meet, Coach Calvin Milbach and volunteers from the Thunderbird Aquatic Masters team hosted the "First Annual Social Swim" pizza-eating event at Village Pizza, where swimmers enjoyed the company of fellow competitors, spouses, and kids and downed large quantities of pizza and beverages.



Stanwood-Camano Washington "Y" Masters (SWYM) was among the 24 teams competing at Anacortes on Feb 4. Pictured are: Renee Barrie, Carolyn Skahan, Steve Fogg, Laura Laures, and Coach Brad Hering. Also entered were Dan Bailey, Sarah Bailey, and Paul VanSant.



The Thunderbird Aquatic Masters hosted their 27th annual meet on Feb 4. Pictured are: Kathleen M. Horr, Amy M. Arisco, Jillian R. Dees, Katie A. Kaestner, Sandi York, Callie K. Martin, Elisha Botnick, Sarah Wheatley, Donna J. Fostvedt, Carrie G. Apple, Hilary Andersen, Ken L. Hansen, Kevin D. Anderson, Kenneth Ellis, Matt Castle, Doug S. Thompson, David Hansen, Brandon C. Tennant, Thomas R. Stevens, Calvin J. Milbach, and Trevor D. Johnson.

Lake Washington Masters Meet

This year's Lake Washington Masters Invitational was held Sunday, February 19, at Juanita Aquatic Center in Kirkland. The event featured 122 swimmers registered for 437 events. The host team had 18 members competing while Western Washington University Swimming (WWUS) arrived with 14.

Thanks to the Western and Central Washington college teams, the 18-24 age bracket had by far the largest number of competitors. Jeevan Philip of Husky Masters won the 100 breast, 50 fly, and 200 & 400 IM and placed second in the 50 free while Justin Atwood (WWUS) won the 100 free and 100 & 200 back.



Cute couple alert! Meet Referee Dick Chapman and Meet Director Linda Chapman kept things running smoothly.

Swimmers winning three or more events included Amelia Ferrel, Felicia Werchan, Jakub Kotynia, Valerie McHenry, Michael Porter, Jay Pearson, and William Hayes, Allison Cox, Katy Smith, Hannah Gottschall, Katherine Beirne, Amy Wolfe, Kris Speir, Ann Dennison, Elizabeth Horgan, Heather Adkins-Narte, Barbara Johnson, Ryan Robertson, Matthew

Woare, Doug Jelen, Maoz Alsberg, Pete Colbeck, Carl Haynie, Dan Underbrink, Richard Adcock, Steve Peterson, Bob Davis, and Don Rehfeldt.



Don Rehfeldt (82) was the oldest competitor and competed in the 500 free and 50, 100, & 200 breast

Victoria Masters Meet

Nine PSM swimmers traveled north for the Victoria Masters meet on January 28. The group scored 548 points to place seventh overall among 31 clubs.

Leading the effort by winning all their events were Michael McColly (70-74, 100 & 200 back, 200 & 400 free), Carl Haynie (55-59, 50, 100, & 200 back, 200 breast) and Charlotte Davis (65-69, 100 breast, 50 fly, 50 free).

Kerry Ness (45-49) won the 400 and 800 free and was second in the 100 breast. Placing top three in all their events were Shannon Singer (45-49, 200 back, 50, 400, & 800 free), Dan Underbrink (60-64, 100 back, 100 breast, 400 IM, 800 free) and Chris Foster (55-59, 200 back, 50, 400, & 800 free).

Also competing were Tom Fritschen (60-64) and Mary Underbrink (55-59).



L-to-R: Carl Haynie, Michael McColly, Kerry Ness, Charlotte Davis, Shannon Singer, Chris Foster, Mary Underbrink, Dan Underbrink, and Tom Fritschen - photo by Terry Risdon

Dawn Musselman Award 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 ten PNA records in the 70-74 age group, competitive participation is not a criterion for this award.



Dawn Musselman

Any PNA member may submit a nomination. 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 always
- 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 on Sunday, April 9.

Submit your nomination by Saturday, March 18 to: PNA Secretary Sally Dillon, salswmmr@comcast.net. If you have questions, call Sally at 425-961-0023.

Past recipients of the Dawn Musselman Inspirational Swimmer Award

1986 - Dawn Musselman	2002 - Barb Gundred
1987 - Marlene Holmes	2003 - Chaya Amiad
1988 - Maxine Carlson	2004 - Kathy Casey
1989 - Jim Penfield	2005 - Gene Crossett
1990 - Tom Foley	2006 - Jeanne Ensign
1991 - Karen Jost	2007 - Lee Carlson
1992 - Jan Kavadas	2008 - June Van Leynseele
1993 - Robin O'Leary	2009 - Steve LaHaie
1994 - Marion Mueller	2010 - Betsey Kassen
1995 - Tammi Keeler	2011 - Sarah Welch
1996 - Ian Thompson	2012 - Kiko Kimura Van Zandt
1997 - Suzanne Dills	2013 - Rick Colella
1998 - Clark Pace	2014 - Charlotte Davis
1999 - Dan Frost	2015 - Sally Dillon
2000 - Joan Davis	2016 - Steve Peterson
2001 - Paul Ikeda	2017 - <i>Nominate now!</i>

PNA Coach of the Year Nominations

Each year PNA honors a local coach with the PNA Coach of the Year Award. Nominations are accepted from any PNA member and it is time to submit your nomination for 2017. Recognize your coach for the outstanding contributions to Masters Swimming that he/she has made. Show how much you love and appreciate your coach by nominating them for the Coach of the Year Award.

Your nomination should address any, or all, of the following selection criteria:

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

To nominate your coach, compose a letter with the following information:

- Your name and email address
- Nominee's name and email address
- Name of the team, workout group or club
- Number of years the nominee has coached the team/workout group/club
- Coaching experience
- Coaching accomplishments
- Examples of improvement and/or enhancement of program or new program
- Examples of contributions to PNA
- Evidence of nominee's coaching skills and knowledge
- Impact of nominee's coaching efforts on others



Submit your nomination by Saturday, March 18 to Matt Edde at matthewledde@outlook.com. If you have questions, call Matt at 360-624-8557. Available previous recipients of the Coach of the Year Award will serve on the selection committee.

Past recipients of the Coach of the Year Award

2016 – April Cheadle, Bainbridge Aquatic Masters
 2015 – Paul Ikeda, Orca Swim Team
 2014 – Joel Dodds, Mukilteo YMCA
 2013 – April Cheadle, Bainbridge Aquatic Masters
 2012 – Becca Watson, Lake Washington Masters
 2011 – Ken Rice, West Coast Aquatic Masters
 2010 – Shannon Singer, Skagit Valley Masters

2009 – Lynn Wells, Aquatic Fanatics
 2008 – Mel Smith, Briggs Y Masters
 2007 – Robin O'Leary, North End Otters
 2006 – Neil Romney, North Whidbey Masters
 2005 – Michael McKinlay, Downtown/Bellevue Swim Team
 2004 – Wendy and Malcolm Neely, Federal Way Masters

PNA Board meetings**March 7—via conference call, 7pm****April 22—Annual Meeting
in Issaquah, 1-4pm****CONTACT US****PNA Voting
Board Members***President - Mike Grimm**Vice President - Zena Courtney**Secretary - Sally Dillon**Treasurer - Arni Litt**Past President - Lisa Dahl**At-Large Director - Kathy Casey**At-Large Director - Isaac Contreras**Bylaws - Jane Moore**Meets - Linda Chapman**Membership - Stephanie Hiebert**Open Water - Jim Davidson**Appointed Director - Hugh Moore**Appointed Director - Bob DeWard**Club Director - Kim Boggs**Club Director - Sarah Welch**Club/Coach Coordinator - Steve Peterson***Coordinators/Standing
Committees***Awards - Kerry Ness**Coaches - Matthew Edde**Fitness - Sarah Welch**Newsletter - Lucianne Pugh**Officiating - Teri White**Postal - Sally Dillon**Records/Top Ten - Doug Jelen**Webmaster - Steve Peterson*

Board Meeting Highlights

December 13, 2016—President Mike Grimm presided over the meeting, which was held at Arni Litt's residence in Seattle. Arni was thanked for hosting a delicious potluck meal prior to the business meeting. Treasurer Arni reported that net income showed a loss of \$2471.93 as of November, which is a smaller loss than budgeted because of higher than expected registrations in 2016. Registrar Stephanie Hiebert reported that the final registration numbers for 2016 were 872 men and 869 women (1741 total), eight registered clubs and 32 registered workout groups.

Once a year, two Appointed Directors to the Board are elected; Hugh Moore and Bob DeWard will serve in the position for the coming year. The Board also voted to appoint Isaac Contreras to the vacant At Large Director position until April, when the bi-annual election takes place.

The meeting was dedicated to the discussion and approval of the 2017 budget. A final budget anticipating a loss of \$2110 was approved.

January 24, 2017—Vice President Zena Courtney presided over the meeting, which was held via teleconference. The calls for nominations for PNA's Coach of the Year and Dawn Musselman awards failed to be included in the January issue of *The WetSet* so a blast will be sent to the members and the information will be published in the March issue. Treasurer Arni Litt reported that PNA's assets total \$44,569. Current membership totals 1186, with 589 men and 597 women.

Hugh Moore reported that the nominating committee is still seeking a candidate for the Secretary position. They are reaching out to PNA members who have indicated an interest in volunteering in addition to current chairs and coordinators to see if they are interested in a different position. Zena Courtney will represent PNA at the USMS Leadership Summit in Houston, TX March 10-12.

The Board discussed at length communication with team and workout group representatives and coaches. It has become difficult to maintain an accurate list of the reps as well as the information on the Places to Swim list. Suggestions were made and a progress report will be presented at the next meeting.

Complete minutes for Board meetings can be found at <http://www.swimpna.org/w/PNA/more/?artid=3471>.



2017 PNA Open Water Series



June 3 - The series starts with Swim Defiance, which re-enacts the 1926 Dalco Passage crossing. The race location is Owen Beach in Point Defiance Park on Commencement Bay in Tacoma, WA. There is a clockwise 5k triangular course swim beginning and ending at Owens Beach and a one-way 3k linear course swim from Vashon Is to Owens Beach. <http://www.swimdefiance.com>

June 17 - The second event is the Whidbey Island Adventure Swim. The race includes 1.2- and 2.4-mile races off the shore of Langley, WA. The course follows a rectangular path beginning and ending at Seawall Park. Both distances follow the same course, with the 1.2-milers swimming one lap and the 2.4-milers swimming two laps. <http://www.whidbeyadventureswim.org/>



July 15 - Next is the Fat Salmon Open Water Swim. It's a 3.2-mile race along the Seattle shoreline of Lake Washington. The course runs south-to-north, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 and finishes at Madison Park. www.fatsalmonswim.org/

September 23 - The series finishes with the Last Gasp of Summer, which is the USMS Sprint/One-Mile National Championship. This race takes place at Angle Lake in Seatac, WA and includes a separate one-mile National Championship heat and one- and two-mile races on a rectangular course. One-milers swim one lap, two-milers swim two laps. www.lastgaspofsummer.com/



Enter more than one event and compete for The Open Water Series High Point Awards!

We will be tracking finishes again this year for the Open Water High Point awards. The awards honor the top two male and female swimmers in each age group. To be eligible, each swimmer must swim at least two of the PNA-sanctioned events. The more events swum, the more points accumulated. Points will be awarded to the top 10 PNA registered finishers in each event swum. One-Event registrants are not eligible. Wetsuit swimmers score points separately from those not wearing wetsuits. At the end of the season, points will be tallied and awards will be sent to the winners. See the PNA website for rules.

Win a *blueseventy* Reaction Wet Suit

Each race entry will earn you one ticket into the drawing for a *blueseventy* Reaction Wetsuit (either full or sleeveless at the winner's preference).



PNA Open Water Series sponsor

**2017 PNA Championship and Northwest Zone
Championship Meet
Saturday April 8th and Sunday April 9th, 2017
Hosted by Blue Wave Aquatics
Sanctioned by PNA for USMS Inc. 367-S004**

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 8th: Warm-up 9:00-9:50am, meet starts 10 am

Sunday, Apr 9th: Warm-up 9:00-9:50am, meet starts 10 am

MEET DIRECTOR: Steve Freeborn, 206-940-7442

pnachamps@bluewave-aquatics.com

MEET REFEREE: Mike Murphy swimoff1@gmail.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 2017 USMS or foreign registered swimmers 18 and above as of 04/9/2017. Age groups based on the swimmer's age as of 04/9/2017. If not a member of USMS or MSC, please bring a copy of your 2017 registration card.

ENTRIES:

Individual Entries: Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be received by Sunday April 2nd, 2017 11:59 PM (Pacific Time).

Relay-only swimmers entry deadline same as above for individual entries.

Relay entries available Monday, April 3rd 9:00 am to Thursday, April 6th, 2017 11:59 PM (Pacific Time). Relays may also be entered at the meet.

ENTRY FEES: \$35.00 (US) includes LMSC surcharges. PLUS \$3.00 per individual event (optional for seniors and needs-based swimmers). No splash fee for relays.

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=8432

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA website or in the WetSet. Make checks payable to BWAQ and mail to: Blue Wave Aquatics P. O. Box 24083 Federal Way, WA 98093

**NO INDIVIDUAL ENTRIES ACCEPTED AFTER
SUNDAY APRIL 2nd, 2017 11:59 PM (PACIFIC TIME)**

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

CHECK-IN: Saturday: 1000 Free – end of Event #6; Sunday: 500 Free – 9:30am, 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.** Relays may be entered online from Apr 3 – Apr 6, see above.

AWARDS: Ribbons for individual places 1 – 6. Medals may be purchased at meet. Plaques will be awarded 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 8th		Sunday, April 9th	
1	400 Individual Medley	13	500 Free *
2	50 Breast	14	100 Back
3	100 Fly	15	50 Free
4	200 Free	16	200 Breast
5	100 Individual Medley	Special Awards Presentation	
Break (10 Minute)		17	200 Individual Medley
6	100 Breast	18	50 Back
7	200 Back	19	200 Fly
8	50 Fly	20	100 Free
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	



T-SHIRTS: Championship T-shirts are for sale during registration, we will have a limited number of t-shirts at the meet. Guarantee you get the right size by ordering your Championship t-shirt when you register today!

\$20.00 - Unisex sizing X-small, Small, Medium, Large, X-Large

\$22.00 - Unisex sizing XXL, XXXL, XXXXL

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 is on the right.

QUESTIONS:

Steve Freeborn, Meet Director 206-940-7442

pnachamps@bluewave-aquatics.com

Mike Murphy, Meet Referee swimoff1@gmail.com

Angela Turley, Registrar 253-797-4920

registrar@bluewave-aquatics.com

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 Consolidated Entry Form at the bottom of the page 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: _____

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

Name of Meet

Date of Meet



This is my first Masters meet

USMS Waiver form on next page MUST be completed and signed in order to compete. Read form, complete and include with your entry.



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Whidbey Adventure Swim 1.2 & 2.4 mile open-water swims Saturday June 17th, 10 AM

Sanctioned by PNA for USMS, Inc
Hosted by SWIM - South Whidbey Island Masters

Location: Seawall Park, Langley, Whidbey Island, WA.

Schedule: 8-9:30am - pre-race check-in; 9:30am - MANDATORY meeting for all swimmers; 10am - estimated start time for both swim groups.

Course: The course follows a rectangular path in a clockwise direction beginning and ending at Seawall Park. Both distances have the swimmers on the same course: 1.2-milers turn at a middle point and 2.4-milers swim straight to the farthest buoy, then turn. See website <http://www.whidbeyadventureswim.org> for map and details.

Entry fee: Pre-reg \$55 short course, \$60 long course. Day-of \$65 short course, \$70 long course. Registration includes a groovy commemorative sports towel.

Safety: Lifeguards, motor boats, paddleboards, and kayaks located along course perimeter.

Wetsuits are required. Water temperatures will be 55–60 degrees. Swimmers must wear provided swim caps and attend pre-race meeting.

Online Registration: Opens March 1st. Click the “Register” link on our website:

<http://www.whidbeyadventureswim.org>

Eligibility: 18 years of age or older on race day; USMS or other national swim registration for current year, or \$22 One-Event USMS registration fee.

Rules: Current USMS rules will govern the event. Wetsuits are required. Swimmers must wear swim caps and hand markings given at registration.

Results: Posted at the race after completion of final event, and available on the website the following day.

Directions, ferry info, and pre- and post-race activities available on our website:

<http://www.whidbeyadventureswim.org>

New single-lap course
for 2017!

Saturday June 17, 10 AM

- 1.2 and 2.4 mile distances
- Post-race brunch and raffle
- Never-last guarantee!

More info at:
whidbeyadventureswim.org



Whidbey Adventure Swim

2017

Registration opens March 1st!

PNA Calendar

POOL EVENTS:

- 3/5 - [PASC Masters Meet](#), Port Angeles, WA
4/8 to 4/9 - [NW Zone and PNA Champs](#),
Federal Way, WA
4/27 to 4/30 [USMS Spring Nationals](#) – Riverside, CA
7/6 to 7/8 - [Senior Seattle Open LCM](#), Seattle, WA
8/2 to 8/6 [USMS Summer Nationals](#) – Minneapolis, MN

OPEN WATER EVENTS:

- 6/3 - [Swim Defiance](#), Tacoma, WA
6/17 - [Whidbey Island Adventure Swim](#), Seawall Park,
Langley, WA
7/15 - [Fat Salmon OW Swim](#), Seattle, WA
9/23 [Last Gasp of Summer](#), USMS National Sprint/One-
mile Championship, Angle Lake Park, Seatac, WA

[Search USMS Calendar of Events](#)

CLINICS AND COACHING

- 3/4 – [USMS Level 3 Coach Certification class](#)
3/5 – [USMS Stroke Development Clinic](#)

USMS FITNESS EVENTS (all year)

- USMS [Go the Distance](#), [Check-Off Challenge](#)

BOARD MEETINGS

- 3/7 - PNA conference call, 7pm
4/22 - PNA Annual Meeting; face-to-face meeting
in Issaquah, 1-4pm
(Contact Secretary Sally Dillon at salswmmr@comcast.net
for more information.)

Swim Defiance Sat, June 3, 2017



- **Swim Pacific Northwest history!**
Recreate historic 1926 competitive swim
- **Challenging 3K & 5K races** in 58-60° Puget Sound
- **Largest salt water swim race in Pacific NW**—
escorted, swimmer-friendly, well-run
- **Pre-registration includes multiple free prep swims**
- Check www.swimdefiance.com for details
starting Feb 14



Photo courtesy of Metro Parks Tacoma

www.swimdefiance.com

2017

SWIM HISTORY
SWIM Defiance