

PACIFIC NORTHWEST
ASSOCIATION OF
MASTERS SWIMMERS

U.S. MASTERS
SWIMMING IN
WESTERN
WASHINGTON

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The WetSet

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President's Message

By Sally Dillon, PNA President

Over the past couple of months, PNA has increased its presence on social media. Newly elected to the PNA board in the At Large Director position, Isaac Contreras Sandoval has taken on the responsibility for setting up and maintaining PNA's new Facebook and Twitter accounts while long-time Board member Steve Peterson maintains the website.

Amazingly, two of PNA's sanctioned open water swims have already taken place. The Swim Defiance and Whidbey Island Adventure swims both occurred in June in Puget Sound waters. Congratulations to the swimmers who completed these challenging swims; results are available [here](#), [here](#), and on the [PNA website](#).

Get connected here:

Facebook: <https://www.facebook.com/SwimPNA/>

Twitter: <https://twitter.com/PNWastersSwimm>

Website: www.swimpna.org

Still to come are two events that will likely attract many swimmers from both in and out of state. On July 15, Fat Salmon Open Water Swim competitors will take off from under the west end of the I-90 bridge and finish 3.2-miles later at Madison Park. (This event is also the 2017 NW Zone Open Water Championship.)

The final OW event for the summer is Last Gasp of Summer, which takes place September 23 at Angle Lake Park in SeaTac. 1-mile and 2-mile distances will be conducted but the 1-mile event should draw the most swimmers since it is the USMS Sprint Distance Open Water National Championship. This is the first time an open water National Championship has been held in the state of Washington, so don't miss it!

Finally, at PNA's board meeting in May, an exploratory committee was formed to review the requirements for hosting a National Championship meet and recommend to the PNA board whether we should submit a bid for the 2020 Spring National Championship meet (short course yards). An organizing committee will be formed if the decision is a "yes" and at that point we will be recruiting volunteers. Stay tuned!

The Joy of Open Water!

By Guila Muir, ORCA

When you think of swimming outdoors, do you start hearing the "Jaws" soundtrack? If so, you are not alone. The good news is that countless swimmers have discovered how rewarding it is swimming in the natural world.

You can do it!

First, know that you will never see a pointy fin swimming toward you in Northwest lakes and coastal waters. We are blessed with some of the finest, clearest, most swimmable bodies of water in the world.

Whether you choose to wear a wetsuit or go "skin" (no wetsuit), follow the tips below to increase your confidence and competence in the open water.

Three Tips to Enhance Your Enjoyment

1 - Take It Slowly

Even if you can swim long distances in the pool, swimming outdoors is entirely different. There is no line on the bottom to guide you and no walls to hem you in. Experienced open water swimmers love this freedom, and you will learn to cherish it, too.

However, do take things slowly. To acclimate properly, make your first swims very short - maybe only three to five minutes. Most people acclimate fairly rapidly, and can soon extend their time in the water. Bring plenty of warm clothes to change into, even if the sun is high. By taking steps to keep comfortable, you will relish returning to the open water - filled with confidence.

2 - Be Seen

New open water swimmers can be narcissistic. That is, they think the whole world is looking at them! Take it from the most experienced swimmers in the world: Jet skis, power boats, and most anything else in the water (including other swimmers) cannot see you at all, no matter how bright your swim cap.

The importance of being seen in the water cannot be overstressed. Always swim close to shore, and wear a Swim Safety Device (e.g., the ISHOF SaferSwimmer Float) to increase your visibility. Swimming with friends helps make you more visible, and increases the fun you have as well.

Swimming is the ultimate all-in-one fitness package. Whether you participate in triathlons or swim just for fun, swimming offers a supreme and satisfying workout. In study after study, swimming has been shown to:

- *Build flexibility, strength, and endurance.*
- *Strengthen the heart and reduce overall inflammation.*
- *Relieve arthritic symptoms.*
- *Increase muscle tone.*
- *Burn calories.*

In a recent study, swimming was even shown to increase our life spans!

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The Joy of Open Water! (cont)

(Continued from page 2)

3 - Stay Calm

Stay calm and swim on! Even experienced open water swimmers may hyperventilate a little upon entering the water. This phenomenon (called the Mammalian Dive Reflex) is totally normal. Be patient, remain calm, and your breathing will return to normal within minutes.

All you need to do now is follow the tips above and take the plunge. And have fun! These tips will help you become an accomplished and confident open water swimmer. Like many other happy summer swimmers in the Northwest, you may well discover a new life passion.

Guila Muir is the founder of Say Yes to Life! Swims, a Northwest company providing escorted open water swim adventures and outdoor swim lessons. Contact her at www.sayyestolifewswims.com.

Why Swim Outdoors?

Just being in nature increases our emotional and mental well-being. What could be better than combining the physical benefits of swimming with natural mood enhancement?

And, of course, if your summer plans include triathlons, practicing outdoors is a must.

Whidbey Adventure Swim

It was another successful year for the Whidbey Adventure Swim, held at Seawall Park in Langley, WA, on Saturday, June 17. The event featured 29 swimmers competing at a 1.2-mile distance and another 25 swimmers at 2.4 miles.

Zena Courtney (57) was the overall winner in the 1.2-mile event with a finish time of 29:31.4. Following less than a minute behind her was Emma Gaulke-Janowski (25) in 30:20.1. Rounding out the top five were Fiona Clauson (51) in 31:11.8, Mary Lippold (61) in 31:28.4 and top male finisher Peter Oakley (55) in 34:39.3.

In the 2.4-mile event, Kevin Jackson (23) finished first overall in 49:15.4 and Michael Lockett (37) was second in 50:23.0. Other top-five finishers were Aaron Wilson (38) in 50:51.3, Andy Iyall (50) in 55:40.5, and Declan Bradshaw (47) in 56:59.6. Top female finishers were Wendy VanDeSompele (51) in 1:03:35.1 and Rachel Petersen (27) in 1:06:20.7 for eighth and ninth places overall.



Oh, What A Swim!

By Zena Courtney, Swim Defiance Race Director

At 3:30am, I smelled the coffee brewing and then I remembered....I forgot to pick up the three pounds of coffee specially ground for the 100-cup coffeemaker sitting idle elsewhere. Darn!

My hubby started making coffee pot after coffee pot and pouring it into the Starbucks travel boxes I happened to have. With two travelers of coffee and one traveler of hot water ready at 4:30am (that would have to do!), we filed out into the cool, dark morning. We motored off in single file to Owen Beach to set up for the EPIC Swim Defiance! My family does this heavy lifting with me every year! They wonder why I do it - well, who else is gonna?

We got to the beach and were met by many early rising volunteers, BWAQers, and others. Many hands made quick work of unloading three cars, but we were quickly chastised by the on-duty park guy for driving on the promenade. Really? You expected us to haul a 250-pound finish arch from the parking lot?



We ignored him, only to find out we had no power at the shelter! How were we going to make the hot water for the oatmeal? I crossed my fingers and called the contact number from last year and we ended up with the same park guy to come reset the breaker, cursing about my car being by the shelter. "It's a warming car," I tried to explain, but he still had no idea what I was talking about, even though I had been assured and reassured that our event was thoroughly talked about at the park staff meetings. I wonder why this guy was excluded...???

And so it went, each volunteer with their task to do, making complete harmonic chaos. We forgot to blow up the two buoys for the Vashon side, first thing! Oh well, the Safety Director took them to the boat safety meeting at the Pier and figured it out. The registration tables were all abuzz with check-ins, body markings and t-shirt sizing. The 20-foot inflatable arch got rolled out and inflated, the huge hot water pot got plugged in, the food, giveaways and awards got set out and the finish line chute got assembled on the beach.

This was our 4th year at this location, so I didn't have to tell folks where stuff should go. These are the best volunteers, period! Some even do double duty - help set up AND swim - while others came to help and then slipped away to meet their other life obligations. Lots got done from 5:30-6:30am, it truly was amazing! I hustled the kayakers and lifeguards off to their own safety briefing and John Williams, our ever-reliable emcee, provided clear direction to swimmers: "Swim EAST, against the currents that usually run swiftly WEST," so all was (mostly) going to plan.



(Continued on page 5)

Oh, What A Swim! (cont)

(Continued from page 4)

Then the unthinkable happened - the current on the Vashon side of the course picked up to 2 knots (~2.3mph) and was going in the opposite direction than expected. CRAP! Then the 5K swimmers drifted into the ferry lane! DOUBLE CRAP! We had the Tacoma Maritime Institute boat support team quickly contact and reroute the ferry for each trip across! (They can do that!)



We also relayed the change of current direction to the 3K swimmers, who were on Vashon Island wondering where the 5K swimmers went! "Swim WEST toward Gig Harbor due to a wicked easterly current!" They were also pulled into the ferry lane, TRIPLE CRAP!

When it seemed that the 5K swimmers would never swim against the current to reach the two upstream turn buoys, we had the Fire Department zodiac kayakers turn everybody around, no matter where they were. With both the 3K and 5K swimmers

in the ferry channel, the ferry made a wide berth but this time to the west of the swimmers. As participant Steve Peterson observed, "Weird to suddenly see the MV Chetzemoka between me and the huge yellow finish arch (which remained so tiny for sooo long...)"



The water was cold for June, averaging 51°F versus the 55°F experienced last year. Although the water looked calmer on the surface in the morning, the swift currents made swimming across the channel just as challenging as previous years. This year was also the inaugural introduction of the 3K Julie Montiel Friends and Family Wave, which had five registered swimmers who were allowed to use swim aids to help them cross comfortably. We also had six skin (no-wetsuit) swimmers this year - one male and five females!



Isaac Thomas (37) of Seattle was the top male skin swimmer in 1:06:54, and top skin female swimmer, Tacoma's Saskia Kroesen (24), blew away both the wetsuit and no-wetsuit female division with a finish in 46:57, a new skin course record! The second no-wetsuit female finisher was Seattle's Rebecca Smith (43) in 1:08:50; and finishing third was Rachael Deaderick (43) of Fife in 1:14:05.

Top wetsuit 3K male finisher was Robbie Allen (52) from Port Hueneme, CA with a time of 36:11 (new course record); second was Sam Chao (43) from Gig Harbor in 42:58 and third was Peter Berner-Hayes (61) from Seattle in 43:44. The top wetsuit female 3K finisher was Heather Sinnott (46) of Victoria, BC in 1:09:04, second was Fiona Clausen (52) of Kenmore, in 52:16 and third was Rose Filer of Seattle in 52:28.

(Continued on page 6)

Oh, What A Swim! (cont)

(Continued from page 5)



Top 5K male finisher was Kevin Jackson from Olympia, WA, at the ripe age of 23, with a time of 59:28; second was Aaron Wilson (38) from Lafayette, CO (by way of Federal Way High School) in 1:02:10 and one second behind for third was Andy Iyall (51) of Federal Way in 1:03:10. The top female 5K finisher was Jayden Pettit (50) from Vancouver WA defending her title from last year with a time of 1:09:04, second was Laurie Bauder (49) of Seattle in 1:10:02 and third was Jessica Phillipi (29) of Tacoma in 1:17:20.

(Since the 5K course was cut short, those 2017 times are ineligible for course records.)

We had four swimmers in the warming tent, one of whom needed additional medical care at Tacoma General. All who went in, came out. After seven years of doing Puget Sound swim races and 400 swimmers later, we take the no-wetsuit hypothermia case very seriously and will institute a more rigorous wetsuit exception policy going forward.



Official results can be found at:

5K: http://aasportsltd.com/results/pages/2017/res_s017

3K: http://aasportsltd.com/results/pages/2017/res_s117

Julie Montiel Fun Swim (3k): http://aasportsltd.com/results/pages/2017/res_s217

Are you coaching a Masters workout group, team, or club? If so, PNA Coaches Chair Wendy Neely wants to hear from you. It appears that some coaches have not been identified so please drop Wendy a note at pncollectors@usms.org.

Introducing the official *Swim Defiance* Theme Song, sung to the 1963 tune “Oh What A Night”
by Frankie Valli & The Four Seasons

“Oh, What A Swim!”

Oh, what a Swim. Early June in twenty seventeen. What a very special time for me, ‘cause I remember what a Swim.



Oh, what a Swim. You know I didn’t even look for game, but I was never gonna be the same, some adventure, what a swim.



Oh, I. I got a funny feeling when I walked in the Sound, and I, as I recall it ended not too soon.

Oh what a Swim, hypnotizing, mesmerizing me. It was everything I’d dreamed it’d be. Sweet surrender what a swim!

(trumpet solo here)



I felt a rush like a rolling bolt of thunder, spinning my head around and taking my body under. Oh what a Swim!

Oh, I. I got a funny feeling when I walked in the Sound, and I, as I recall it ended not too soon.

Oh what a Swim, Why’d it take so long to reach the beach? Seemed so long but now it seems just right. Some adventure, what a Swim.

(another trumpet solo here)



I felt a rush like a rolling bolt of thunder, spinning my head around and taking my body under. Oh what a swim!

(Do, do, do, do, do. Do, do, do, do, do.) Oh, what a Swim!

(Do, do, do, do, do. Do, do, do, do, do.) Oh, what a Swim!

Open Water Training Tips

By Guila Muir, ORCA

1. Get Ye to the Pool

First, find out when lap swim hours (or open swim) occurs. Then, gather up your equipment (swimsuit, goggles, towel, cap, flip-flops, ear plugs, nose clip, etc). Set aside time at least once a week to swim for a minimum of thirty minutes. As you swim, focus on stretching your body and feeling as streamlined as possible. Steadily work to increase your heart rate.



2. Practice "Alligator Eyes"

The "Alligator Eyes" drill will build your ability to sight effectively in the open water, helping you to swim straight when there is no line at the bottom of the pool.

How to do it: Enter the pool at the shallow end. Look at the pool wall at the deep end. (In most pools, this will be 25 yards away.) Then, begin to slowly swim free-style. Every five to six strokes, look up just far enough to see the wall. Imagine yourself as an alligator, its eyes only partially showing above the water line. Lift your head as little as possible to prevent your feet and legs from sinking. Repeat for several crossings.

3. Swim in a Tight Pod of Friends

This tip is primarily for those who want to compete in open water races and triathlons. In short, swim in a pool lane with three or four friends, close together. Get used to accidentally touching. This will boost your confidence on the day of your race, when unexpected physical contact is bound to occur.

You're Ready to Swim Outside!

Consult with your local Parks and Recreation Department to find your city's designated swim areas. Find out when and where lifeguards start working. Most cities also allow swimming in non-designated areas, but always check local ordinances. (For example, swimming along the City of Seattle's shorelines is allowed so long as the swimmer stays within fifty feet of shore.)



<https://www.facebook.com/SwimPNA/>



<https://twitter.com/PNWMMastersSwimm>

Board Meeting Highlights

April 22 - Sally Dillon presided over the meeting, which took place in Issaquah, WA. Leading her first meeting as President, she announced that Matt Edde had resigned as the Coaches Chair and she had appointed Wendy Neely (BWAQ) to take his place. After serving many years as the Bylaws Chair, Jane Moore resigned and Hugh Moore volunteered to take on the position. Sarah Welch was appointed to replace Hugh in the Appointed Director position and Lisa Dahl was appointed to the Club Director position.

Treasurer Arni Litt reported that PNA's total assets/liabilities are \$46,452. Current membership totaled 1422, twenty more than 4/22/16. Meets Chair Linda Chapman announced that the PSM short course meters meet will take place the weekend before Thanksgiving. The board approved the meet's budget. Isaac Contreras provided an update on plans to provide Facebook and Twitter accounts for PNA. He will be working with Registrar Stephanie Hiebert, Webmaster Steve Peterson, and *The WetSet* editor Lucianne Pugh to link our communication platforms together.

Committee members signed on to review PNA Policies as well as the job descriptions for the various board positions. Revisions will be considered over throughout the rest of the year. The board members shared their individual goals for the next twelve months.

May 30 - President Sally Dillon presided over the meeting, which was held by teleconference. She reported that BAM coach April Cheadle will be nominated for the USMS Coach of the Year award. Also noted was that three long-time employees at the USMS National Office, Jim and Anna Lea Matysek and Tracy Grilli, are retiring. Anna Lea and Tracy were the main contacts for LMSC leaders and Jim headed the IT department.

Arni Litt reported that the net income (January-April) was \$10,298 and the total liabilities/equity were \$47,327. Current membership totaled 1500, 752 women and 748 men. Linda Chapman reported that online entry for the Senior Seattle Open LCM meet was open. Unfortunately, due to a new rule passed at the 2016 USMS Convention, times won't count since the pool uses salt water rather than fresh water. Isaac Contreras noted that PNA's Facebook page went live in April and he has kept busy posting articles and monitoring the use. Twitter was due to go live the next day.

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Next PNA Board meetings

7/18 - 6:45pm
Kim's house in Federal Way

9/5 - 6:45pm
Conference call

10/28 - 1-4pm
Sally's house in Issaquah,

CONTACT US

PNA Voting Board Members

President - Sally Dillon
Vice President - Zena Courtney
Secretary - open
Treasurer - Arni Litt
Past President - Mike Grimm
At-Large Director - Kathy Casey
At-Large Director - Isaac Contreras Sandoval
Bylaws - Hugh Moore
Meets - Linda Chapman
Membership - Stephanie Hiebert
Open Water - Jim Davidson
Appointed Director - Sarah Welch
Appointed Director - Bob DeWard
Club Director - Kim Boggs
Club Director - Lisa Dahl
Club/Coach Coordinator - Steve Peterson

Coordinators/Standing Committees

Awards - Kerry Ness
Coaches - Wendy Neely
Fitness - Sarah Welch
Newsletter - Lucianne Pugh
Officiating - Teri White
Postal - Sally Dillon
Records/Top Ten - Doug Jelen
Social Media - Isaac Contreras Sandoval
Webmaster - Steve Peterson

Sink or Swim

By Greta Perales, Skagit Valley Masters Swimmers

Open water swimming is upon us and I am beyond excited. No more floating Band-Aids in the pool, no more questionable clumps of hair wafting by, causing me to forget if I am on lap 44 or 45. Or was it 46? Also, I can swim from one side of the lake to the other without giving thought to if I have to pee.

Yes, that is right, it is ok to pee in the lake and in your wetsuit. In fact, you are not a true open water swimmer if you do not pee in your wetsuit. And if you can pee while swimming, then you are as close to achieving the coveted gold medal of open water swimming as you will ever be.

There are other benefits of open water swimming beyond peeing. One of the most liberating is looser restrictions on swim attire and changing etiquette. At the Y or other local club, you are required to change in your designated changing room and you cannot substitute underwear or running shorts if you forget your suit. At the lake, you can get away with almost any type of swimwear (some limitations apply if children are in the area) but no one is going to question your running shorts and bra combo, and with proper towel placement, you can do a complete change on shore or in the parking lot. Car doors provide the perfect coverage when opened at just the right angle.

Floating on your back is also delightful. With that wetsuit on, you can flip over and take a nap if you want. Sure, you could possibly float into someone, but dang it they should be staying out of your way. My bright swim cap should clearly announce that I am swimming or floating and cannot be bothered to watch where I am going. My training partner and I will sometimes hold hands and float together for long periods of time. (And yes, we may be peeing too.) We are obviously meditating on how to get the most power out of our swim strokes with the least exertion of energy.



Finally, messing with new open water swimmers. I have had the joy of introducing several novice triathletes to open water swimming and it has been a sheer delight. I start out with a few lessons on sighting and bi-lateral breathing and then move on to the contact aspect of the sport. I will send them off to the other side of the lake and then start bumping into them or swimming over them. No, I am not mean-spirited or sadistic, but rather a realist. They will be kicked, elbowed, and swum over at some point, so it is in their best interest to have a few trial runs. Plus, I need to have some fun too.

So if you see someone aimlessly floating on their back or aggressively swimming over other swimmers, it is just me out having a good time.

Greta "Beyond Excited" Perales

World Masters Championships

Are you going to Budapest for the World Masters Championships?

North Texas coach Richard Garza has been selected as the USMS head coach for the meet in Budapest, Hungary in August. He and three other coaches will support all USMS swimmers, since most clubs do not send their own coaches. Richard would like to have every USMS swimmer entering the meet contact him at coachrichardusms@gmail.com.

Group communication will be via Facebook at the following links:

Facebook Page: <https://www.facebook.com/2017WorldMastersUSMS/>

Facebook Group: <https://www.facebook.com/groups/2017WorldMastersUSMS/>

A newsletter has been distributed that contains a wealth of info and you can read it here:

<https://www.facebook.com/2017WorldMastersUSMS/posts/1053672944732583>. Sign up with Richard and you will receive more news and updates.

The advertisement features a blue and orange header with the "U.S. MASTERS SWIMMING" logo and the event name "SPRINT DISTANCE OPEN WATER NATIONAL CHAMPIONSHIP". Below this, a large photo of a lake with swimmers is overlaid with text: "SAVE THE DATE:", "SATURDAY", and "September 23, 2017". To the right, there's a "WATCH OUR WEBSITE" section with the URL "WWW.LASTGASPOFSUMMER.COM" and "FOR REGISTRATION AND DETAILS". On the left, two smaller photos show swimmers in action and a participant in a wetsuit. A bulleted list on the right details the event: "1-mile championship and 1 & 2 mile events in beautiful Angle Lake SeaTac, Washington", "Wetsuit & non-wetsuit", and "Customized participant awards for all entrants". The bottom right corner features a stylized sun logo with the text "Last Gasp OF SUMMER" and the website "WWW.LASTGASPOFSUMMER.COM".

5K/10K ePostal Nationals

These two National Championship postal swims must be swum in a 50-meter pool. For a number of years PNA and Puget Sound Masters have financially supported the rental of Colman Pool so that local swimmers can swim and enter either the 5K or 10K event. A new USMS rule passed at convention last September dictates that all pool competitions must be in fresh water. (Colman is a salt-water pool and does not qualify.) We are fortunate to have reserved an indoor 50-meter pool that will accommodate our needs and give swimmers the chance to participate in this fun event.

Event details:

Date/Location - Saturday, August 5 at South Kitsap Pool (425 Mitchell Ave, Port Orchard 98366)
 Time - 10am–1:30pm; arrive by 9:30am
 Cost - \$15 per swimmer payable to PNA to defray pool rental costs
 Participants must sign up in advance and indicate their intended distance (5K or 10K)



Please note:

- 5K & 10K swimmers will start together at 10am unless there is a need to run a second 5K heat. In that case, a second heat will start when the first heat finishes.
- Participants must provide someone to count and time their swim. Official split times per 100 meters must be recorded. An official split sheet will be distributed to those who sign up.
- Participants will likely need to share a lane. If participation is such that more than two swimmers need to share a lane, plans to avoid drafting will be made (drafting is not allowed).

To sign up: Contact Sally Dillon at pncchair@usms.org no later than July 22

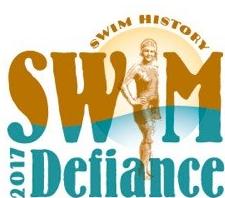
Board Meeting Highlights (cont)

(Continued from page 9)

Vice President Zena Courtney attended the USMS Leadership Summit in March and shared some of the ideas that were generated and experiences that she had. Sally expressed her goal to bring a National Championship pool event back to Federal Way and proposed that an exploratory committee be formed to determine if a viable bid can be made for a 2020 SCY championship meet. A committee was formed and will report back to the board in a few months with a recommendation.

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

2017 PNA Open Water Series



(COMPLETED) 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 Owen Beach and a one-way 3k linear course swim from Vashon Is to Owen Beach.

<http://www.swimdefiance.com>

(COMPLETED) June 17 - The second event is the Whidbey Island Adventure Swim. The course has been extended to be one long, rectangular course, with 1.2-mile swimmers turning mid-course and 2.4-mile swimmers swimming to the farthest buoy and returning.

<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. This race takes place at Angle Lake in Seatac, Washington and includes 1- and 2-mile races on a rectangular course. One-milers swim one lap, two-milers swim two laps.

www.lastgaspoftsummer.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



PNA Open Water Series sponsor

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).

Fat Salmon Open Water Swim

SWIM DISTANCE: 3.2 miles

DAY AND DATE: Saturday July 15th 2017

SANCTIONED BY PNA for USMS Inc. #367-W003

HOSTED BY: Orca Swim Team

LOCATION: Lake Washington from Day Street Park to Madison Park along the western shore of the lake.

COURSE: In water start immediately offshore from Day Street boat launch, finish across timing mats on shore at Madison Park; participants will need to ascend 4 stairs at the completion of this race. Water temperatures are typically in the high 60s or low 70s during the summer but can vary significantly; be prepared for a cold swim. Course will follow the western shore of the lake in a straight line marked with buoys approximately every ½ mile.



TIME:

6:15 AM Swimmer Check in opens

7:15 AM Swimmer Check in closes

7:30 AM Mandatory swimmer Safety Briefing

7:45 AM Swimmers depart for Day Street via carpools

8:15 AM Race start; swimmers will be sent off in 5 separate waves scheduled every 3 minutes.

RACE DIRECTOR:

Meg Meinerz - 919.672.8542

racedirector@fatsalmonswim.com

ELIGIBILITY: Open to all 2017 registered Masters swimmers (USMS or MSC) 18 and above as of 7/15/17. Competitors not registered may sign up for a \$22 One-Event USMS registration. Non-PNA registered swimmers must provide proof of their Masters membership card at check-in.

RULES: Current USMS rules will govern this event. Wetsuits and full-body swimsuits are allowed in the wetsuit division. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.).

Swimmers will have 2 hours to complete this event; any swimmer more than 250 yards from shore at 1:40 minutes will be pulled from the course.

SAFETY: Lifeguards and safety boats will monitor the entire course. All participants MUST attend the safety meeting. Kayaks will assist with escorting swimmers along course and provide assistance in event of an emergency.

AWARDS: All participants to receive a T-shirt as participation award; age group awards will be provided with ribbons and top finishers from each gender and age division will be provided.

ENTRY FEES:

\$70 early (May 1st-May 31st)

\$80 on time (June 1st-June 30th)

\$90 late (July 1st and after)

ENTRY DEADLINE: Online entry only! It opens May 1st at 12:00 (midnight) PST; closes on July 12th at 11:59PST.

ONLINE ENTRY: [Click Here](#). (Paper entries not accepted.)

RESULTS: Posted in person at race site; will be electronically posted to www.fatsalmonswim.com/results as they are collated.

DIRECTIONS: Checkin + safety meeting at Madison Park Beach (43rd and Madison; from i5 exit at Madison ave and continue east until it terminates at 43rd. Beware parking is limited in this area due to residential congestion; we recommend carpooling when possible. Swim start is accessible via carpool, located at Day Street Park (1400 Lakeside Ave) and can be found from the start by following Lake Washington Blvd south to the I90 bridge; the park is located immediately underneath this bridge. Parking will be limited in this area as well, please carpool when possible.

ADDITIONAL INFORMATION: Please stay after the event and support the great Madison Park businesses that help sponsor this event! Sponsoring organizations can be found on our website at <http://www.fatsalmonswim.com>

LINKS: <http://www.fatsalmonswim.com>



2017 Last Gasp of Summer Open Water Swim

USMS Sprint Distance
Open Water Championship, 1 Mile
1 and 2 Mile Events
September 23rd, 2017

Sanctioned by PNA for USMS 367-W004

Hosted by: Blue Wave Aquatics

LOCATION: Angle Lake Park 19408 International Blvd, SeaTac, WA 98148

COURSE: The course is a rectangular course. One mile swimmers swim one lap
two mile swimmers swim two laps. The lake temperature averages in the high 60's
in mid-September.

USMS SPRINT DISTANCE OPEN WATER CHAMPIONSHIP, 1 MILE

CHECK-IN: Sprint Distance check-in will open at 7:30 am. No late check-ins will be allowed.

TIMELINE:

7:30 am	Check-in opens
8:30 am	MANDATORY Safety Meeting
8:45 am	Chip check-in and warmups
9:00 am	START Sprint Distance

TIME LIMIT: The course will be swept at 50 minutes. Swimmers who cannot swim
one mile in 50 minutes should not sign up for the Sprint Distance.

ELIGIBILITY: Open to all 2017 registered Masters swimmers (USMS or FINA). The
eligibility of a swimmer shall be determined by the age of the swimmer on Dec 31st
of the year of competition, except for 18 year olds, who must be 18 on the day that
they swim.

REGISTRATION: Online registration only, no paper entries. USMS membership is
available during the online registration process. No day of race entries, no USMS
one day membership allowed. Online registration closes 11:59 pm PDT on
Thursday, September 21st or sooner if the race is sold out.

RULES: Current USMS rules will govern this event. No wetsuit allowed, no
additional devices to help speed, pace, buoyancy, or endurance are allowed (such
as webbed gloves, fins, snorkels, etc.).

AWARDS: Top six place winners in each age group will receive a national
championship medal or other appropriate award approved by the Long Distance
Committee chair.

NOTES: When you register for the Sprint Distance you may register for the one
mile (wetsuit or no-wetsuit), two mile (wetsuit or no-wetsuit) or Julie Montiel Fun
Swim for no additional charge.

ONE MILE, TWO MILE AND JULIE MONTIEL FUN SWIM

CHECK-IN: One mile, Two mile and Julie Montiel Fun Swim check-in will open at
9:00 am. No late check-ins will be allowed.

TIMELINE:

9:00 am	Registration and check-in opens
10:15 am	MANDATORY Safety Meeting
10:40 am	Chip check-in and warmups
11:00 am	START USA 2 Mile Swim
11:05 am	START USMS 2 Mile Swim
11:10 am	START USA 1 Mile Swim
11:15 am	START USMS 1 Mile Swim
11:20 am	START 1 Mile Julie Montiel Fun Swim
	START USA 500 Meter swim when the course is clear

ELIGIBILITY: Open to all 2017 registered Masters swimmers (USMS or FINA). The
eligibility of a swimmer shall be determined by the age of the swimmer on Dec 31st
of the year of competition, except for 18 year olds, who must be 18 on the day that
they swim. Competitors not registered may either register, for USMS, or pay the
USMS one day membership fee of \$10.00.

RULES: Current USMS rules will govern this event. The use of neoprene wet suits,
or other nonporous attire is allowed. No additional devices to help speed, pace,
buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.).

RULES FOR THE JULIE MONTIEL FUN SWIM: Fins, snorkels, mask and safety
buoy is allowed. Hand Paddles are NOT allowed. This swim is not an official USMS
timed swim and your times will not be eligible for submission.

AWARDS: Participation gift for all swimmers. 1st place award to top men and
women finishers in each age group in each event. Overall award to man and
woman in each event.

ALL EVENTS

SAFETY: The course will be marked with large buoys. Fire Dept. power boat,
kayaks and lifeguards will be located along the course. Swimmers must wear the
swim caps furnished at check-in. A mandatory safety meeting will be held before
the event start. More at: <http://www.LastGaspoSummer.com/safety.aspx>.

TIMING: Timing for this event will be provided by BUDU Racing.

ENTRY FEES:

Event	Thru 08/31	09/01 – 09/21	Day of Race
Sprint Distance	\$60.00	\$70.00	Not eligible
1 Mile, 2 Mile and Julie Montiel Fun Swim	\$60.00	\$70.00	\$80.00
USMS One Day Membership fee (NO Sprint Distance)	\$10.00	\$10.00	\$10.00

Online open water registrations are non-refundable and non-transferable.

ENTRY DEADLINE: Online registration opens on Sunday, June 18th and closes at
11:59 pm PDT on Thursday, September 21st or SOONER if race has sold out.

Maximum Sprint Distance: 300 swimmers

Maximum for the other swims: 300 swimmers

ONLINE ENTRY: To register online go to

https://www.clubassistant.com/club/meet_information.cfm?c=1449&smd=8976

RESULTS: Posted onsite after the race. Available online within a few hours on
website <http://www.LastGaspoSummer.com/results.aspx>.

DIRECTIONS: From I-5: Take the South 188th St exit (#152); drive west 1 mile;
turn left onto International Blvd (aka Pacific Highway South); drive south .5 miles;
turn left on South 195th St into the park. Parking is limited at Angle Lake Park.
Free parking available at Angle Lake Light Rail Station (19955 28th Ave South,
SeaTac). It is a 10 minute walk to Angle Lake Park.

ADDITIONAL INFORMATION: Angle Lake is an L shaped community lake in the
heart of Seatac, about 1 mile south of Seatac Airport. The park has a large beach
and picnic area. Restrooms and changing areas are available. Picnic lunch will be
free to all swimmers after the race. Family members and friends are welcome,
donations accepted.

Bring your USA SWIMMERS! More information is available at
<http://www.lastgasposummer.com> or contact Wendy Neely at wendy@bluewave-aquatics.com.

RACE DIRECTOR: Mike Murphy

MeetDirector@BlueWave-Aquatics.com or call 206-316-0234

REGISTRAR: Angela Turley

Registrar@BlueWave-Aquatics.com or call 253-797-4920

LINKS: More information available at <http://www.LastGaspoSummer.com>

**2017 Last Gasp of Summer
Open Water Swim**

**USMS Open Water National Championship One Mile Event
One and Two Mile Events
September 23rd, 2017**

Memorialize your swim with a t-shirt, sweatshirt or other merchandise seen below. Apparel and merchandise can be ordered during registration.

<p>Championship Technical T-Shirt Unisex</p>  <p>S , M, L, XG \$22.00 2XL \$25.00</p>	<p>Fleece 1/4 Zip Sweatshirt Unisex</p>  <p>S , M, L, XG \$38.00 2XL \$41.00</p>	<p>Fleece 1/4 Zip Sweatshirt Womens</p>  <p>S , M, L, XG \$38.00 2XL \$41.00</p>
<p>Last Gasp of Summer Water Bottle</p>  <p>\$15.00</p>	<p>Last Gasp of Summer Towel</p>  <p>\$24.00</p>	<p>Last Gasp of Summer Sock</p>  <p>Baseline 3(3c) Sock 1 1. White 2. Carbon Blue 3. Orange</p> <p>\$15.00</p>



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) <input type="checkbox"/> M <input type="checkbox"/> F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Revised 07/01/2014

PNA Calendar

PNA SANCTIONED OPEN WATER EVENTS:

- 7/15 - [Fat Salmon / NW Zone OW Championship](#), Seattle, WA
9/23 - [Last Gasp of Summer, USMS National Sprint/One-mile Championship](#), Angle Lake Park, Seatac, WA

NON-PNA OPEN WATER EVENTS:

<http://say-yes-to-life-swims.com/>

- 7/29 - [Pontiac Bay Challenge](#), Seattle, WA (1.2- & 2.4-mile distances)
9/16 - [10K Invitational Open Water Swim](#), Seattle, WA
9/24 - [Saltwater Swim Series NW](#), Seattle, WA (.5-, 1-, 1.75-mile distances)
10/7 - [6th Annual Awesome Alki Bash](#), Seattle, WA

USMS FITNESS EVENTS (all year)

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

POOL EVENTS:

- 7/6 to 7/8 - [Senior Seattle Open LCM](#), Seattle, WA
8/2 to 8/6 - [USMS Summer Nationals](#) – Minneapolis, MN
8/5 - 5K/10K Postal swim, South Kitsap Pool, Port Orchard
8/25 to 8/27 - [Gil Young Memorial Swim Meet](#), LCM, Gresham, OR
10/14 - [BAMFest 2017](#)
11/18 to 11/19 - [PSM SCM Champs](#)

BOARD MEETINGS

- 7/18 - Kim's house in Federal Way, 6:45pm
9/5 - conference call, 6:45pm
10/28 - Sally's house in Issaquah, 1-4pm

(Contact Sally Dillon at salswmr@comcast.net for more information.)

[Search USMS Calendar of Events](#)



Discover the joy of open water swimming