

PACIFIC NORTHWEST
ASSOCIATION OF
MASTERS SWIMMERS

U.S. MASTERS
SWIMMING IN
WESTERN
WASHINGTON

CONTENTS

- 1—President's message
- 2—Bellevue Mile
- 2—Thunderbird meet
- 3—Lake Washington meet
- 4—ePostal update
- 5—USMS All-Stars and All-Americans
- 6—Board highlights
- 7—PNA budget info
- 8—Swimmer Spotlight
- 11—New swimmers
- 12—Open water series
- 18—PNA calendar



The WetSet

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President's Message

By Sally Dillon, PNA President

PNA Annual Meeting time!

USMS requires that each LMSC hold an annual meeting that is open to all members. In the past, we have announced the "annual" meeting in The WetSet and invited the team/club representatives and coaches. The response has been underwhelming!

This year we are trying a new tactic by having the Annual Meeting in conjunction with a social and our annual Awards Presentation. The event will take place during the PNA Championship meet on Saturday, April 14, immediately following the day's competition. The PNA board voted to support the event by funding the banquet hall rental at the King County Aquatic Center and subsidizing the meal.

The social will feature a variety of pizzas from Pop's Pizza and Pasta (including gluten free). Salad and dessert are included in the \$15/person fee. A no-host selection of beer, wine, and non-alcoholic beverages will be available as well (cash only). A continuous video will highlight the accomplishments of PNA members over the previous year and the Dawn Musselman and Coach of the Year Awards will be presented. PNA board members will be on hand to make a brief presentation, encourage discussion, and answer questions.

Tickets can be purchased when signing-up for the meet. If you are not entering the swim meet, contact PNA President Sally Dillon at salswmr@comcast.net to purchase tickets.

I hope you will plan to attend this inaugural event!

Please share your photos to be added to the "2017 PNA Highlights" slide show that will be shown at the April 14 PNA Social on Saturday night of PNA Champs. Email pictures to zenacourtney@hotmail.com.

World Records set at Bellevue Mile

Dan Kirkland of Lake Washington Masters set two new SCM World Records at the Bellevue Club Masters' Mile event, which was held January 21st in Bellevue. Kirkland, age 70, earned a 1500-meter time 19:52.89, smashing the old record of 20:54.56 set in 2001 by Olympian Graham Johnston. Kirkland's 800-meter split of 10:28.96 also beat Johnston's 2001 record of 10:52.68.

The meet featured 47 swimmers all competing in the 1500-meter free-style. In addition to Kirkland, swimmers winning their age division were Julia Iyall (W25-29), Ryan Robertson (M30-34), Patricia Davidson (W35-39), Kyle Heaton (M35-39), Colleen Wahlstrom (W40-44), James Adams (M40-44), Jennifer Farinas (W45-49), Doug Winter (M45-49), Mary Armstrong (W50-54), David Kays (M50-54), Jeannie Dodd (W55-59), David Hathaway (M55



Timer Jill Hummelstein and 84-year-old Dave Radcliff

-59), Claire Gordon (W60-64), Dan Underbrink (M60-64), Betsey Kassen (W65-69), Larry Krauser (M65-69), Jackie Marr (W75-79), Tony Ralphs (M75-79), and David Radcliff (M80-84).



Referee Jim Davidson, PNA Officials Chair Dave Baer, and computer guru Todd Doherty

"Bellevue Club Masters hadn't hosted a meet in over 10 years; it was great to be back in the water at that fine swimming facility and a few swimmers traveled from afar to do just that," noted PNA President Sally Dillon.

Radcliff was the oldest participant and traveled from Oregon to swim his mile in 24:13.46. Marr was the oldest female competitor and also traveled the farthest, flying up from San Diego to finish in 29:26.45.

Thunderbird Masters Meet

The 2018 Thunderbird SCM Masters Meet was held Sunday, Feb 4, in Anacortes, WA. The event featured 123 swimmers entered in 419 individual events and 46 relays.

Three swimmers earned perfect 120-point scores by winning six individual events: Dan Underbrink (TWIM, M60-64); Kenneth Hansen (TACM, M50-54), and Casey Boose (UC36, W25-29). Those winning five individual events included Brad Hering (SWYM, M55-59), Denise Dumouchel (BAM, W55-59), and Dick Peterson (BMSC, M80-84).

Host team Thunderbird Aquatic Club Masters dominated the team scoring with 2222 points. Rounding out the top five team finishes were Western Washington University (1272 points), Stanwood-Camano Y Masters (985), Snohomish Aquatic Masters (778), and Bainbridge Aquatic Masters (562).

Lake Washington Masters Invitational

The 2018 Lake Washington Masters Invitational was held Sunday, February 18th, at Juanita Aquatic Center in Kirkland, WA. Twenty-six clubs were represented by 136 swimmers registered for 459 individual events and 33 relay teams.

Host team Lake Washington Masters took high score honors in both the men's and women's events for a combined point score of 502. Other teams finishing in the top five were D-BST Masters, Western Washington University, Team Walker International Masters, and Bainbridge Aquatic Masters.

Top individual scorers at the event were Stephen Fogg (SWYM, M65-69), Chantel Lauzon (EBSC, W40-44), and Joseph Shelly (SVMS, M18-24) with 33 points each followed closely by Sarah Welch (LWM, W70-74) with 31.



SAVE THE DATE

ALY FELL MEMORIAL OPEN WATER SWIM

800M | 2.5K | 5K | 10K

AUGUST 25, 2018

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Award Nominations Due

The deadline for nominations for the Dawn Musselman Inspirational Swimmer and Coach of the Year awards is fast approaching.

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913-1986). Each year PNA also honors a local coach with the PNA Coach of the Year Award for his/her service, dedication, and inspiration.

Submit your nominations by Saturday, March 24 to:
PNA Webmaster Steve Peterson, speterson@bandwagon.net (for Musselman Award)
Wendy Neely, wendymal@mac.com (for Coach award)



Dawn Musselman

See the [January 2018 issue of The WetSet](#) for more complete info on criteria for these awards. Click [here](#) to check out past award recipients in many categories on PNA's website.

3000/6000 ePostal Update

The 2017 USMS 3000/6000 ePostal National Championships took place between September 15 and November 15 of last year. Individual results were reported in the January *WetSet*, including a first place by Michelle McRae (42) and second place finishes by Tammy Koppelberger (45) and Betsey Kassen (65) in the 3000-yd event.

Relay results are now available and the three Puget Sound Masters swimmers combined to earn first place in the 3x3000 Women's 35+ relay in a time of 2:03:06.28.

Congratulations to Michelle, Tammy, and Betsey!

*The 2018 USMS
1-Hour ePostal
National Championship (also known as
the "Happy Hour")
took place
January-February.
Results will be
reported in the
next WetSet.*

New PNA Historian

Walt Reid has recently accepted the position of PNA Historian and has been hard at work archiving old meet results and records. Reid has been a PNA member since 1977 and was the Records and Tabulations person for over 30 years, during which time he accumulated many historical documents that he is now uploading to the PNA website.

“My first project was to load over 300 PNA meets held between 1976 and 2009,” he noted. “My second project is to load the old records. I am starting with short course yards and have loaded the records from 1975-2001.”

Click [here](#) to search meet archives and [here](#) for record archives. If you have any old PNA meets results or publications, especially from 1972 to 1980, please contact Reid at walt.reid@comcast.net.

USMS Long Distance All-Americans & All-Stars

Each year USMS recognizes the accomplishments of swimmers participating in the ePostal and Open Water National Championships. Puget Sound Masters swimmer Michelle McRae has earned All-American honors in three individual events and one relay as well as being named a Long Distance All-Star for 2017. McRae participated in all five ePostal events and one open water championship (Last Gasp Of Summer).

Swimmers who finish first in their age group at a championship event are recognized as All-Americans, with one All-American named for each age group in each event. Ten Puget Sound Masters and four Blue Wave Aquatics swimmers received this honor for 2017.

To qualify as an All-Star, a swimmer must compete in at least one ePostal event, one open water event, and a minimum of three championships altogether. The All-Star title goes to the swimmer in each age group that amassed the highest point total across all long distance championship events.



PNA USMS Long Distance All-Americans for 2017

★	W 35-39	Sprint Distance OW	Jenny Ferries	PSM	★
	W 40-44	Sprint Distance OW	Michelle McRae	PSM	
	W 45-49	Sprint Distance OW	Rondamarie Smith	BWAQ	
	W 55-59	Sprint Distance OW	Zena Courtney	PSM	
	W 60-64	Sprint Distance OW	Mary Lippold	PSM	
★	W 65-59	Sprint Distance OW	Judy Williams	BWAQ	★
	W 70-74	Sprint Distance OW	Sally Dillon	PSM	
	W 40-44	10K Postal	Michelle McRae	PSM	
	W 40-44	3000-yd Postal	Michelle McRae	PSM	
	W 40-44	6000-yd Postal	Michelle McRae	PSM	
★	M 25-29	Sprint Distance OW	Matthew Edde	BWAQ	★
	M 45-49	Sprint Distance OW	Kirk Nelson	PSM	
	M 65-69	Sprint Distance OW	Scott Lautman	BWAQ	
	M 70-74	Sprint Distance OW	Michael McColly	PSM	
	M 65-69	Marathon Distance OW	Alan Bell	PSM	
	M 45-49	2-Mile Cable	Chad Hagedorn	PSM	
W 35+	3000 ePostal Relay	Betsey Kassen Tammy Regan Koppelberger Michelle McRae	PSM		

Board Highlights

The PNA Board met by conference call on January 23. Treasurer Arni Litt provided year-end details for 2017: registration income of \$21,671 was 100% of budget; donations to PNA totaled \$3181; and net income was \$8360, nearly \$1000 higher than budgeted. Total assets were \$51,815 at year's end.

1215 swimmers had registered for PNA in 2018; 611 were men and 605 women. Five pool meets are being held from January through March and the PNA Championship meet will be held April 14-15 in Federal Way. Five open water events are scheduled from June through August. Details for all events are available in *The WetSet* and on the PNA website.

The board voted to endorse Splash Forward's campaign to create a new Eastside aquatic center. Announcements about meetings and events will be posted on PNA's Facebook page and website. The board continues to review its policies and approve changes when appropriate. Descriptions of board positions have also been under review and are being amended to better reflect the duties for each position.

PNA's new historian, Walt Reid, has scanned meet results dating back to 1972 and they are posted on the PNA website at <https://www.swimpna.org/PNA/results/>. He has also posted PNA SCY All-Time Top Twelve lists here: <https://www.swimpna.org/PNA/more/?artid=7951>. Those of you who compete in meets will likely find them interesting and fun to read.

Go to <https://www.swimpna.org/PNA/more/?artid=3471> to view the complete minutes of this and other board meetings.

PNA Voting Board Members

President - Sally Dillon
Vice President - Zena Courtney
Secretary - Jay Pearson
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 - David Baer
Postal - Sally Dillon
Records/Top Ten - Doug Jelen
Social Media - Isaac Contreras Sandoval
Webmaster - Steve Peterson



Find us on
Facebook

2018 PNA Budget

The PNA Board adopted a 2018 budget at its December board meeting. Highlights include:

Income \$27,567:

- Registration Income: \$22,640 (Same as in 2017.)
- Other income from pool and open water meets and donations: \$4,927

Expenses \$31,155:

- Administrative expenses: \$3,125 (Includes a new annual membership meeting and increased website support.)
- Board expenses: \$550 (Conference calls for Board meetings and the President's discretionary fund.)
- Swimmer and Coach support: \$7,150 (Double the 2017 amount. The aim is to offer more support to individuals and clubs and teams for approved projects.)
- Other expenses: \$3,830 (Same as 2017 budget for awards and officials.)
- Convention expenses: \$10,000 (The National Convention, this year in Jacksonville, FL, is where your voice is heard; where the planning and organization for USMS takes place. We send up to 10 people.)
- Club support: \$6,500 (PNA pays \$5/swimmer to each of our clubs to help them defray costs.)



Note: 2018 budgeted expenses exceed revenue. If necessary, the deficit will be covered from PNA's unrestricted fund balance of \$42,123.

Colman Pool Saturday Workouts!

Again in 2018, Green Lake Aqua Ducks (GLAD) invites all registered USMS swimmers to coached workouts every Saturday morning, 6:30–8am, starting at Colman Pool's May 26th opening and continuing through September 5th. (No workouts July 14 & 21.) What could be better than swimming on summer Saturdays in this gorgeous outdoor setting in an 8-lane, 50-meter pool? Nothing!

A drop-in fee of \$13 applies to all swimmers. Refer to the Saturdays tab at www.gladswim.com for coach schedule, payment methods, workout schedule changes, pool address/directions, and more. Early risers are encouraged to arrive around 6am to help set up lane lines and flags so the workout can begin on time.

Swimming outdoors in the summer is terrific enough but spending 90 minutes in this awesome 8-lane pool on the very shores of Puget Sound can't be beat. Give it a try!

Swimmer Spotlight

Kirk Nelson - The Fountain of Youth Revisited
By Tom Walker, TWIM

If you've ever swum the long course workouts at Colman pool of a summer morn, you may have looked over at the deck through your tears of joy towards the end of the ordeal and noticed a dapper and debonair gentleman, who always seems to have a slight smile on his face, gazing fondly over the water. This individual, of course, is our own Kirk Nelson, who is waiting to swim with the teenagers!



And that slight smile is, I suspect, not only because he is the prototypical Mr. Congenial, but also because his list of USMS competitive accomplishments is truly stunning. He has posted 106 Top-10 swims, is a five-time USMS pool All-American, and just for good measure, has also twice won USMS All-American long-distance honors!

I can't tell you the number of times over the years that I have watched with dropped jaw this same Mr. Nelson powering through the water with such incredible elegance, totally wasting the competition! And the harder and longer the event, the faster he becomes and the easier he makes it look!



Besides being an aquatic phenomenon in his own right, he also doubles as a TV game show contestant, where he has achieved fame as a "Jeopardy!" game-winner and has rocked out in the Prime Time with the likes of Regis Philbin on "Who Wants to be a Millionaire?" And check out his picture with his buddy Alex Trebek!

I had a chance to talk with Kirk recently to find out whence these splendid accomplishments and swimming miracles arise.

TW: Thanks for granting this interview, Kirk. How, why, and when did you get started swimming?

KN: I started swimming competitively when I was about nine years old in Lansing, Michigan. My sister and I had always loved the water and went the usual route of YMCA and Red Cross lessons. At one point, the instructor told my mom we had gone about as far as we could go and the next step would be to join a swim team. We soon started with a team (the Waverly Piranhas Swim Club) and the rest is history!

TW: Yes indeed! Describe, if you would, your early aquatic career and your mentors way back then.

KN: The Lansing area was a bit of a hotbed for swimming in the early to mid-1980s. High school swimming is a big deal in Michigan and the dominant teams had typically been from Metro Detroit and Ann Arbor, but

(Continued on page 9)

Swimmer Spotlight (cont)

(Continued from page 8)

two Lansing area high schools won state championships in the '80s, so there were lots of swimmers to look up to. The Kohmetscher brothers, Dave and Mark, swam on my club team and both would later swim at the University of Iowa. I still remember being in awe of Dave Kohmetscher's 20.5 50 free to win the state title in 1984. That was an amazing time for a high school swimmer back then. I also had several great coaches that managed to keep things fun, but challenging at the same time.

Another interesting story is that PNA swimmer Todd Doherty also grew up in the Lansing area and I remember swimming against him as a kid. When I got into Masters Swimming, I saw Todd's name in the results and wondered if it was the same guy. It was, of course. Swimming is a small world!



TW: No doubt! You swam in college, right?

KN: I swam for four years at Michigan State University as a walk-on. I was definitely not at the top of the depth chart! In fact, I think part of the reason I managed to stay on the team is that I boosted our overall team GPA quite a bit. But I had a great time swimming there, earned two varsity letters, and made many friendships that continue to today. Another PNA swimmer, Mary Armstrong, was a senior at MSU when I was a freshman. Again, small world.



TW: So how did you find out about Masters Swimming and when and where did you start?

KN: Back in my teens I recall a Masters swimmer would swim with my club team and that was probably the first time it entered my consciousness that swimmers could continue to compete into adulthood. After college, I was a bit burnt out and stayed out of the water for about a decade, but swimming was always in the back of my mind. I started finding myself looking up results from USMS meets, and finally took the plunge and joined Husky Masters in the fall of 2002.

TW: What draws you about Masters swimming and keeps you coming back?

KN: The competition and the camaraderie keep me coming back. One of the things I love about Masters is there's something for everyone. You can take it as seriously or as casually as you want to. And by and large, Masters swimmers are not judgmental. Someone breaking a world record and someone competing in their first ever competition are equally worthy of admiration.

But competition is the aspect that keeps me coming back. I especially love the larger competitions such as Nationals. I went to my first USMS Nationals in Tempe in 2003 just a few months after I got back into the sport. The best I placed at that meet was 13th. I knew then I'd need to kick it up a notch if I really wanted to be competitive nationally.

TW: You've definitely done that! Describe your current training regimen.

KN: I've been swimming with the senior group (i.e., teenagers) at Cascade Swim Club for the last few years. Coach Tom Pardee's workouts have a strong aerobic focus featuring long freestyle sets without much rest and that appeals

(Continued on page 10)

Swimmer Spotlight (cont)

(Continued from page 9)

to me as a distance swimmer. These workouts are tough and I just can't pound it out day after day like the kids do. I try to swim four days per week. I definitely don't have the desire to get in the pool every day.

TW: So how does Masters swimming and swimming in general impact your life?

KN: You know, I really think of myself as a swimmer perhaps as much as anything. In "real life" I'm an engineer, but I keep my work life at work for the most part. People that want to talk about their work life outside the office seem like they are on another planet to me. I like to think about other things when I'm not working, and swimming is at or near the top of the list for me. It's a balance I need in my life.

TW: What do you do when you're not swimming?

KN: Photography is probably my biggest hobby outside the pool. I like to get out into nature with my camera as often as possible. In the summer, my favorite activity outside the pool is hiking and, in the winter, it's (downhill) skiing. I'm also very interested in trivia and quizzing. I've been on both "Who Wants To Be A Millionaire?" during its primetime run with Regis Philbin and "Jeopardy!" where I won a game.



TW: Looking into the future, what are your goals in the pool and how do they relate to your life?

KN: My motivation in the pool tends to wax and wane somewhat, but I'm rarely out of the pool for more than a week straight and I intend to keep that going as long as I can. Swimming is a great way to stay fit and relieve some of life's stress. When I'm in the pool cranking it out I'm rarely thinking of anything other than swimming, and that's probably something we all need. So my goals are to just keep going for as long as I can.

TW: Indeed! What is your favorite stroke or event?

KN: My best events are distance freestyle and IM. Freestyle is definitely my best stroke, but I like the challenge of swimming all four strokes in a race, too. "Favorite" is tough. I've got a bit of a love/hate affair with the 500 free. I think it's a great test. You can't treat it as a distance race if you want to swim it well, but if you haven't put in the required training, you're going to pay the price later in the race. There's no faking a 500 free!

TW: Amen to that!

Free Lesson for New Swimmers

Do you know any non-swimmers? Adults (18 and over) who cannot swim are invited to a free lesson at the Federal Way Community Center (876 S 333rd St) on Saturday April 29, from 9:30-10:30am. This event is being hosted by Blue Wave Aquatics and sponsored by Swimming Saves Lives/USMS in honor of National Learn-to-Swim Month.

Please help spread the word. Swimming saves lives!

Welcome New Swimmers!

Emily Ahrens
 Christina Atterbury
 Emily Benson
 James Bezanson
 Lauren Blair
 Michael Blankenship
 Diego Bochoeyer
 Nathan Bock
 Kendra Campbell
 Mattias Cape
 Zane Carlton
 Gerald Cermak
 Andrew Chen
 Jan Chisholm
 Jason Colberg
 Kasey Cruz
 Kelly Danielson
 Andrew Davidson
 Jaycob Davies
 Meredith Davis
 Alison Digesere
 Aaron Dilley
 Tiana Duncan
 Chelsey Erway
 Sonia Evans

Julie Fox
 Kristian Frymier
 Rinaldo Galdamez
 Jordyn Gates
 Alexis Gentry
 Peter Gillis
 Melissa Goss-Jentz
 Gary Griffiths
 James Harding
 Kristie Hart
 Roger Hart
 E Lynn Heinisch
 Fern Herbert
 Bridget Hernandez
 Mignon Hoover
 Rachel Huning
 Scott James
 Peter Jaworski
 Carrie Jenner
 Ryan Johnson
 Kristin Kerekgyarto
 Max Klassen
 Barbara Knittel
 Katrina Kok
 Jaymie Lacina

Elizabeth Larrick
 Michael Larsen-Teeters
 Kyle Law
 Cynthia Lisa
 Jenny Lucianna
 Jacob Mabry
 Hannah MacKintosh
 Avery Madril
 Ahmed Makhlouf
 Michelle McClure
 Parker Michaels
 Julie Moss
 Emily Murray
 Don Myrick
 Chris Neugebauer
 Karen Neugebauer
 Audrey Nguyen
 Rachel Omdal
 Alice Ostdiek
 Krista Pal
 Randolph Pearson
 Melanie Prins
 Alex Repeta
 Katharine Roth
 Sarah Rudolph

Elizabeth Russell
 Roman Rybin
 Daniel Schleh
 David Scott
 Joseph Shelly
 Thomas Sherry
 Megan Shomaker
 Hannah Simurdak
 Eric Smiley
 Karsten Steinmeyer
 Megan Stuhfaut
 Cynthia Subjeck
 Carlie Sulpizio
 Benjamin Swedberg
 Tim Tan
 Peter Trahms
 Simon Van Giesen
 Little Verbeurgt
 Kathleen White
 Karen Wilson
 Courtney Witcher
 Zhou Yin
 Kent Young

Saturday June 9, 2PM

- 1.2 and 2.4 mile distances
- Post-race raffle
- Fun island vibes!

More info at:
whidbeyadventureswim.org



Whidbey
 Adventure
 Swim

2018

Registration opens March 1st!

2018 PNA Open Water Series



June 9 - The series starts with the Whidbey Island Adventure Swim. The race includes 1.2- and 2.4-mile races off the shore of Langley, WA, beginning and ending at Seawall Park. Both distances follow a rectangular course with the 1.2-milers turning halfway down the course and the 2.4-milers swimming the full rectangle. <http://www.whidbeyadventureswim.org/>

July 14 - The second swim 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/



August 5 - Next is 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 Island (after a 15-min ferry ride) to Owen Beach with competitive and non-competitive divisions. <http://www.swimdefiance.com>

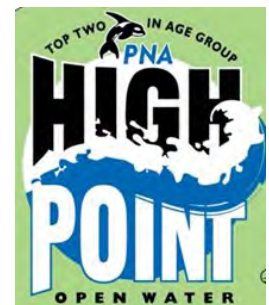
August 25 - The fourth event is the Aly Fell Memorial Open water Invitational held at Lake Padden in Bellingham, WA. Four distances will be offered (10K, 5K, 2.5K, and 1/2 mile) swum over a 1.25K course. <http://www.alyfellmemorialopenwaterswim.com/index.html>



September 15 - The series finishes with the Last Gasp of Summer. This race takes place at Angle Lake in Seatac, WA and includes 1- and 2-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

Port Angeles Masters Meet
 Sunday, March 11 2018
 Warm-up: 11:00 AM Meet Starts: 12:00 Noon
 Sanctioned by PNA for USMS Inc. #368-S005

LOCATION: William Shore Memorial Pool, 225 E 5th St, Port Angeles, WA 98362

FACILITY: Competition 25 yard, 6 lanes. Temp 82°F.
 Continuous warmup in the dive tank. 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.

TIMING SYSTEM: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

MEET DIRECTORS: Emily Ellefson
 (emilyellefson@hotmail.com)

MEET REFEREE: Shellie Hunter
 (Shellie.hunter@yahoo.com)

CONCESSIONS: Snacks for Sale at the PASC table.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2018 USMS or foreign registered swimmers 18 and above as of 03/11/2018. Age groups **based on the swimmer's age as of 03/11/2018.**

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Thursday, March 1, 2018 or submitted online by 11:59 PM (Pacific) Monday, March 5, 2018. NO Deck Entries.

ENTRY FEES: \$16 (US; includes LMSC and timing surcharges) PLUS \$3 per individual event (optional for seniors and needs-based swimmers). No charge for relays.

ENTRY QUESTIONS: Cari Gavin
 (triplethejoy@wavecable.com)

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

CHECK-IN: Positive check-in required for the 500 Free by end of break between Events 8 & 9. Swimmers missing the check-in deadline may be scratched from the event.

SPLIT REQUESTS: Split requests for an initial distance within a longer race must be made, in writing, before the event for backstroke and relay leadoffs OR before the conclusion of the meet for non-backstroke. See the Clerk of Course.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women.

AWARDS: PNA medals for purchase at the meet \$2.

ORDER OF EVENTS:

1	200 Medley Relay (M)	9	100 Free
2	200 Medley Relay (W)	10	50 Breast
3	200 Free	11	200 Im
4	50 Back	12	200 Free Relay (W)
5	100 IM	13	200 Free Relay (M)
6	100 Fly	14	100 Back
7	200 Medley Relay (Mixed)	15	50 Fly
8	50 Free	16	100 Breast
	BREAK (15 min)	17	200 Free Relay (Mixed)
	CHECK-IN Deadline	18	500 Free
	for 500 Free		

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=9524

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA Website or in The WetSet. Make checks payable to Port Angeles Swim Club. Mail to: PASC/ PO Box 1056, Port Angeles, WA 98362.

DIRECTIONS:

- From Edmonds-Kingston Ferry: WA-104 to US-101 to Port Angeles (60 mi).
- From Bainbridge Ferry: N on WA-305 & WA-3 to WA-104 (at Hood Canal Bridge) to US-101 to Port Angeles (71 miles).
- In Port Angeles, follow US-101 to E 5th St, turn left. The pool is the second building on your left.

LODGING: [Red Lion Hotel](#), 221 N Lincoln St, Port Angeles, (800) 733-5466 <http://www.redlion.com/port-angeles>
[Quality Inn Uptown](#), 101 E 2nd St, Port Angeles, (360) 457-9434, <https://www.choicehotels.com/washington/port-angeles/quality-inn-hotels/wa099>



Lake Stevens Masters
Lake Stevens Pentathlon
Sunday, March 18, 2018
Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanctioned by PNA for USMS Inc. #368-S003

LOCATION: Lake Stevens High School Pool, 2908 113th Ave
NE, Lake Stevens, WA 98258

FACILITY: 25yd 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

TIMING SYSTEM: The primary timing system will be
automatic timing (Daktronics). Times may be submitted for
USMS records and USMS Top 10 consideration.

MEET DIRECTOR: Erik Petersen,
erik_petersen@lkstevens.wednet.edu, (425) 583-1871

MEET REFEREE: Heather Brennan,
heatherbrennan11@gmail.com, (360) 770-6185

CONCESSIONS: No

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2018 USMS or foreign registered
swimmers 18 and above as of 03/18/2018. Age groups
based on the swimmer's age as of 03/18/2018.

ENTRIES: Swimmers may enter up to 5 individual events.
Entries must be postmarked by Thursday, March 8, 2018 or
online by 11:59 PM (Pacific) Tuesday, March 13, 2018. NO
race day entries accepted.

PENTATHLON:

- This meet offers two pentathlons:
 - Short-50y strokes and 100y IM
 - Long-100y strokes and 200y IM.
- Scoring for the Pentathlons will be based on total time
for the five events of each Pentathlon by age-group
and gender.
- DQs will be assessed a time penalty of 5 seconds per
50 yards. A DQ will not eliminate a swimmer from the
Pentathlon scoring.
- Swimming 5 events is not required to participate in the
meet

- Swimming all 5 events of the Short or Long Pentathlon
is required to earn a total time score for the Short or
Long Pentathlon

SEEDING: All events seeded slow to fast, age group and
sexes mixed. Pre-seeding.

CHECK-IN: No positive check-in required.

RELAYS: No relays available.

AWARDS: PNA medals available for purchase at meet

Order of Events

#	EVENT	#	EVENT
1	50 Fly	6	100 Breast
2	100 Fly	7	50 Free
3	50 Back	8	100 Free
4	100 Back		15 Minute Break
	10 Minute Break	9	100 IM
5	50 Breast	10	200 IM

All events are Mixed

ENTRY FEES: \$16 PLUS \$2 per individual event.

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=9525

PAPER ENTRIES: Make checks payable to *Lake Stevens
School District* and mail to: *Lake Stevens High School
Pool, 2908 113th Ave NE Lake Stevens, WA 98258.*

DIRECTIONS: The pool is located at the high school in the
student parking lot directly across from the tennis courts.
From Highway 9: East on highway 92. Turn right onto
113th Ave. NE. Go straight to the third stop sign. Take a left.
Turn right into the Lake Stevens High School student parking
lot. From Granite Falls: West on highway 92. Turn left onto
113th Ave. NE. Go straight to the third stop sign. Take a left.
Turn right into the Lake Stevens High School student parking
lot. From I-5: East on US 2 to Lake Stevens. Left on Hwy
204 to Frontier Village. Take a left on Hwy9 going North. Go
East on highway 92 for 1.5 miles. Turn right onto 113th Ave
NE. Go straight to the third stop sign. Take a left. Turn right
into the Lake Stevens High School student parking lot.

ENTRY QUESTIONS: Contact Meet Director Erik Petersen



2018 PNA Championship Meet

Saturday April 14th and Sunday April 15th, 2018
Hosted by Blue Wave Aquatics

Sanctioned by PNA for USMS Inc. #368-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.

TIMING SYSTEM: The primary timing system will be automatic timing (Omega). Times may be submitted for USMS records and USMS Top 10 consideration.

TIMES: Schedule is same for both days, Apr 14 - 15
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 2018 USMS or foreign registered swimmers 18 and above as of 04/15/2018. **Age groups based on the swimmer's age as of 04/15/2018.** If not a member of USMS or MSC, please bring a copy of your 2018 registration card.

ENTRIES:

Individual Entries: Swimmers may enter up to 6 individual events, 6 individual events/day max. Entries must be received by Sunday April 8th, 2018 11:59 PM (Pacific Time).

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

Relay entries available Monday, April 9th 9:00 am to Thursday, April 12th, 2017 11:59 PM (Pacific Time). Relays may also be entered at the meet.

ENTRY FEES: \$35.00 (US) surcharge. PLUS \$4.00 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=9906

NO INDIVIDUAL ENTRIES ACCEPTED AFTER SUNDAY APRIL 8th, 2018 11:59 PM (PACIFIC TIME)

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. Must be postmarked by Monday, April 2

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 – 9:30am; 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 needed. 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 entry info 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 14th		Sunday, April 15th	
1	1000 Free*	13	500 Free*
2	100 IM	14	200 Fly
3	200 Back	15	50 Breast
4	50 Free	16	100 Free
5	100 Breast	17	200 IM
10-minute Break		10-minute Break	
6	50 Fly	18	100 Fly
7	200 Free	19	50 Back
8	100 Back	20	200 Breast
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	400 IM	24	1650 Free *
PNA Annual Membership Meeting, Social and Award Presentation		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!

\$28.00 - Unisex sizing X-small, Small, Medium, Large, X-Large
\$30.00 - Unisex sizing XXL, XXXL, XXXXL



PNA Annual Membership Meeting, Social and Award Presentation

The event will take place immediately following the conclusion of Saturday's swimming events at the Aquatic Center complex banquet hall, which is adjacent to the pool.

The social will feature a variety of pizzas from Pop's Pizza and Pasta (including gluten free). Salad and dessert are also included in the \$15.00/per person fee. A no-host selection of beer, wine and non-alcoholic beverages will be available (cash only).

Tickets for the event are required; sign-up when you enter the meet. If you are not entering the swim meet, contact PNA President Sally Dillon at salswmr@comcast.net to purchase tickets.

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.

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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.

Table with 5 columns: Last Name, First Name, MI, Sex (circle) M/F, Date of Birth (mm/dd/yy). Includes rows for Street Address, City, State, Zip; Signature of Participant; and Date Signed.

PNA Calendar

POOL EVENTS:

3/11 - [Port Angeles Masters Meet](#), Port Angeles, WA
3/18 - [Lake Stevens Pentathlon](#), Lake Stevens, WA
4/6 to 4/8 - [NW Zone SCY Championships](#), Missoula, MT
4/14 to 4/15 - [PNA SCY Champs](#), Federal Way, WA
5/10 to 5/13 - [USMS Nationals](#), Indianapolis, IN

NEXT BOARD MEETING

3/6 - Conference call, 6:45 pm

(Contact Sally Dillon at salswmr@comcast.net for

more information.)

2018 USMS EDUCATION CLASSES:

3/24 - [ALTS](#), Boise, ID
3/24 to 3/25 - [Clinic Course for Coaches](#), Boise, ID
3/25 - [Stroke Development Clinic](#), Boise, ID
9/15 - Coach Certification Levels 1-2, Portland, OR
9/15 to 9/16 - [Clinic Course for Coaches](#), Portland, OR
9/16 - [Stroke Development Clinic](#), Portland, OR

[Search USMS Calendar of Events](#)

Register for PNA CHAMPS

April 14/15 at KCAC



ENTRY
DEADLINE:
MIDNIGHT (PDT)
SUNDAY
APRIL 8
2018