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President's Message

By Sally Dillon, PNA President

It's been a busy couple of months since the last issue of *The WetSet*. Meets Chair Linda Chapman and I attended a leadership summit in Phoenix that was conducted by USMS. The NW Zone was well represented with each of our LMSCs sending at least one leader. It was an enjoyable couple of days filled with idea sharing and interesting presentations. We expect to implement some of the ideas in the near future.



PNA Board election - There are six elected officers on PNA's 16-member Board of Directors. Elections are held in odd-numbered years and PNA members received an email in March that provided them the link for casting their vote. I was re-elected as President along with Treasurer Arni Litt, Secretary Jay Pearson, and At-Large Director Kathy Casey. Newly elected officers were Vice President Linda Chapman and At-Large Director Todd Doherty. Speaking for all of us – to those of you who voted, thank you very much for your votes of support.

Special thanks to outgoing board members Sarah Welch, Zena Courtney, and Isaac Contreras Sandoval!

- Sarah has been a board member for nearly 20 years, serving as Treasurer, Clinics Chair, and Fitness Chair. Her contributions have extended to holding positions on the National level and serving as PSM's first President. While Sarah is no longer on the board, I have no doubt she will continue to contribute to USMS, PNA, and PSM in the future.
- Zena joined the board when she was elected Vice President in 2015; she served two 2-year terms. She also edited *The WetSet* from May 2015 through March 2016 and has served as the Race Director for the long-running Swim Defiance Open Water event. Rumor has it that Zena will be moving to Florida sometime soon.
- Isaac joined the PNA board as an At-Large Director and has served for two years. He quickly jumped in to take on the development of our social media platforms, managing our Facebook and Twitter accounts. Isaac has a good eye for interesting posts on FB that everyone enjoys and will continue managing PNA's social media as he moves to a non-voting board position.

On behalf of PNA, I appreciate all of the contributions Sarah, Zena, and Isaac have made over the years.

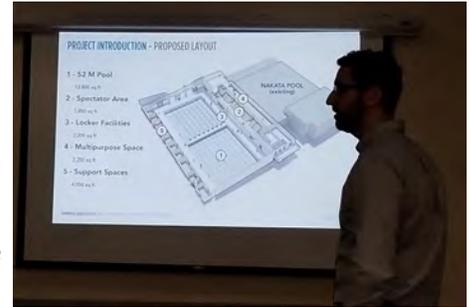
(Continued on page 3)

BI Pie in the Sky?

By Steve Peterson, PNA Board Member

The [Bainbridge Island Metro Park & Recreation District](#) team of Mark Benishek (BIMPR Recreation Division Director and a former PNA Treasurer), Ken DeWitt (BIMPR commissioner), and Darren Barr (Ballard & King Associates consultant) led a terrific presentation before the [Kitsap Public Facilities District](#) executive board the evening of March 25 in Silverdale. PNA submitted a [letter of support](#), signed by President Sally Dillon, as did several other aquatics organizations.

KPFD has challenged local groups to apply for funding from its portion of state sales tax rebates. Proposed projects will be evaluated for economic impact; efficient use of public and private monies; innovation; multiple use of facilities; and being greater than \$10M in total value with matching funds at least one-third of the project value from a public partner. KPFD said it prefers projects on Bainbridge Island or in South Kitsap. Seven event-center proposals have emerged throughout Kitsap County, and this



Mark Benishek, BIMPR Recreation Division Director, presents 52m pool facility details.

was the night for the Bremerton Pendergast Regional Athletic Park and BIMPR to present their requests.



Barbara Trafton, executive director of Bainbridge Island Parks Foundation, speaks following presentations by Mark Benishek (BIMPR Recreation Division Director) and Darren Barr (Ballard & King Associates).

BIMPR District manages two pools, Ray Williamson Pool and Don Nakata Pool, affectionately called the Ray and Don, both housed at the Bainbridge Island Aquatic Center. Ray, built in 1970 as an outdoor pool then fully enclosed in 1977, is home to Bainbridge Island High swimming and diving, water polo, BI Swim Club (BISC), and BAM. Don, built in 2001 (as a fallback from an initially proposed 50-meter facility!), added a new entrance and locker rooms, a 180-foot water slide, lazy river, sloped beach entry with other water features, a sauna and hot tub, a dive tank with 1m and 3m diving

boards, and a rope swing into four 25-yard lap lanes. Participants in BAMFest (19 years running!) are quite familiar with this facility.

Consultants were tasked with proposing “ultimate versions” of several possible designs, including a 25m pool, a 33m pool, and the preferred 52m x 25yd pool. Construction estimates range between \$28M and \$43M. The 52m pool would have a movable bulkhead for multiple uses, a second-story mezzanine with retractable seating overlooking, and additional space for equipment, recreation, and storage. The Ray could



BISC Senior Coach Carolyn Ackerley discusses the benefits of a multi-use aquatic facility before the KPF Board. (Mark Benishek behind.)

BI Pie in the Sky? (cont)

become a sports court or parking lot (the new pool would be north of this) with the Don remaining as is.

The Aquatic Center currently runs with an annual \$700K deficit. The 52m design would raise this to about \$900K. BIMPR also must coordinate with landlord Bainbridge Island School District on facility changes and parking challenges. But hosting an estimated 10 events per year could bring in \$1.1M in lodging and **\$2.4M in spending in the first year, meeting KPFD's economic development goal.** BIMPR is asking KPFD for \$14M, with remaining funding to come from private and public sources.



Mark Benishek, BIMPR Recreation Division Director, answers questions from the KPFD Board.

KPFD will select project finalists during meetings in May and June, further reviewing estimated costs, community and economic benefits, contribution sources, feasibility studies, and proposed construction schedule details. KPFD will announce its funding awards to two or three finalists in June – stay tuned!

President's Message (cont)

(Continued from page 1)

Annual Meeting and more - **PNA hosted a special event on the Saturday evening during "Champs Weekend."** The event was held in the banquet hall at KCAC, which is located at the north end of the pool complex. For the second year, a social took place that also included the Annual Meeting of the Board and the presentation of PNA's top awards - the Coach of the Year Award and Dawn Musselman Inspirational Swimmer Award. A no-host bar and snacks provided sustenance until the delicious pasta and salad dinner was served, with yummy brownies for dessert.

Congratulations to Stanwood-Camano WA **"Y" Masters Coach Brad Hering and the Greenlake Aquaduck's volunteer** extraordinaire Arni Litt on being the 2019 recipients of the awards. Thanks go to PNA newsletter editor Lucianne Pugh for putting together a terrific slide show and to the numerous PNA Board members who contributed to the planning and event day details. Minutes of the meeting will be posted on the PNA website.

Save the date - LCM meet at KCAC on Saturday, July 6. PNA is pulling together help from our clubs and workout groups to conduct a long course meter meet at KCAC this summer. The one-day meet will include a full complement of events, and swimmers may enter up to six individually. It is scheduled for the day *before* entries are due for the LCM National Championship meet being held in Mission Viejo. Look for the meet information in this issue.

5K ePostal Swim opportunity - at the conclusion of the July 6 LCM swimming meet, those swimmers wishing to enter the 5K ePostal National Championship will have the opportunity to swim their 5K at KCAC. PNA is reserving the entire pool for this event, but since circle-swimming is not allowed, the spots are limited. Typically, only two swimmers are allowed per lane. Each participant is required to provide a person to count laps and record split times (timing equipment will not be used). A participation fee is required; refer to the LCM meet information document for sign-up details.

PSM Shines at Nationals

Puget Sound Masters had a strong showing at the 2019 USMS Spring National Championships April 25-28 in Mesa, Arizona, finishing in fifth place among 19 regional clubs. Arizona Masters was the overall winner, followed by Colorado Masters (2nd place), Oregon Masters (3rd), and Illinois Masters (4th).

The national event featured 1994 swimmers registered for 9140 individual events and combining for 839 relays. PSM had 76 swimmers registered – 48 men and 28 women. The men scored 773 points (2nd among regional teams) while the women scored 269 (6th).

Rick Colella (65-69) led PSM's effort with a perfect 66-point individual score, earning national championships in all six of his events (100 breast, fly, free, and IM and the 200 free and IM). Colella's 57.37 in the 100 IM was a new national record.

Mats Nygren (50-54), scored 49 points and earned national championships in four of his events (100, 200, 500, and 1000 freestyle).

Other PSM swimmers earning national champion status included Robert Pilger (75-79) in the 50 free; Dennis Sawyer (75-79) in the 400 IM; Brad Hering (55-59) in the 50 back; Daniel Phillips (55-59) in the 400 IM; and Stella Preissler (70-74) in the 200 back.

In relay action, the PSM 55+ team of Carl Haynie, Daniel Phillips, Brad Hering, and Bruno Souviraa-Labastie won the men's 200 medley relay in a new national record time of 1:45.05. Souviraa-Labastie, Hering, Gilles Laffiche, and Phillips (55+) combined to win the men's 200 free relay in 1:35.14.



Some of the PSM swimmers posing with their 5th-place banner.

PSM Shines at Nationals (cont)



The 75+ Men's Medley relay (in photo order) of Mike Nordby, Dennis Sawyer, Dominique Truong, and Bob Pilger took 2nd place (to San Diego). They not only set the PNA record, but were the first relay in this age group in PNA.

The 65+ Women's Medley relay (in photo order) of Stella Priessler, Sarah Welch, Andi Hunt, and Debbie Glassman placed 4th.



The 45+ Women's Medley relay (in photo order) of Gloria Dillan, Tonya Berg, Nathalie Voivenel, and Kathy Pelham may have placed only 12th, but featured Nathalie among several visiting French Masters swimmers competing for PSM.

PSM Shines at Nationals (cont)



Kino Aquatics Center in Mesa, AZ, was the site of the 2019 USMS Spring Nationals



Alan Bell, Rick Colella, Sarah Welch, and Stella Preissler took 6th in the 65+ mixed free relay



Steve Peterson, Andi Hunt, and Kate Sutherland (Bob Pilger not pictured) placed 20th in the 200 mixed free relay



PSM on-deck coaches Katie L., April Cheadle, and Calvin Milbach worked tirelessly for many days helping PSM to earn a Regional Teams 5th Place.

Port Angeles Masters Meet

The 2018 Port Angeles Masters Meet was held March 11 at William Shore Pool in Port Angeles. The event featured 17 clubs represented by 77 swimmers who were registered for 280 individual events and 19 relay teams.

Bainbridge Aquatic Masters scored 379 points to win the team competition, edging out Western Washington University (312 points). Rounding out the top four teams were Peninsula Masters (173) and Stanwood-Camano YMCA (136).

Competitors winning all five of their individual events were Ginger Pierson (OREG, 70-74) swimming the 100 IM and the 50 back, breast, fly, and free, and James Van Atta (RGSC, 40-44) swimming the 50 breast, 100 back and IM, and 200 and 500 free. Swimmers earning four firsts and one second included Stacy Olson (UNAT, 55-59) and Renee Quistorf (SAM, 50-54).



Dan Underbrink (TWIM) swam the 100 back, breast, and free, the 200 free and IM, and the 500 free

 A promotional graphic for the Whidbey Adventure swim 2019. The background is a photograph of several swimmers in a large body of water, likely the ocean. The text is overlaid on the image.

Sunday
June 23
9 am

Sponsored by South Whidbey Parks and Aquatics Foundation

Whidbey Adventure swim

2019

1.2 and 2.4 mile distances

Located in the charming seaside city of Langley on Whidbey Island

Amazing post swim raffle and snacks

All proceeds go toward a community pool on South Whidbey
details and registration at www.whidbeyadventureswim.org

PNA Champs

The 2019 PNA SCY Champs meet was held April 13-14 at King County Aquatic Center in Federal Way. Lake Washington Masters, with 25 swimmers, took first place overall with 937.5 points. Rounding out the “Large Team” division were Bainbridge Aquatic Masters with 771 points and YPKC Bernardo’s All Stars with 620.5.

Team Walker International Masters won the “Medium Team” division with 615.5 points, followed by second place Blue Wave Aquatics (528 points) and Western Washington University in third (515). North End Otters topped the “Small Team” division with 408 points to finish ahead of second-place Husky Masters (326) and third-place Stanwood-Camano Wa “Y” Masters (299).



Overall, 33 clubs were represented by 301 swimmers registered for 1143 individual events and combining for 89 relay teams. The meet was hosted by Blue Wave Aquatics and organizers included meet director Steve Freeborn, meet referee Mike Murphy, and meet registrar Angela Turley.

Swimmers entering and winning six individual events for a perfect 54-point score were Christine McCafferty (45-49) and Janet Gettling (70-74), both of Oregon Masters. Close behind were Jody Smith (STAN, 50-54) and Colette Crabbe (OREG, 60-64) with 52 points each (five firsts & one second).

Other high scorers included Rick Colella (LWM), Tamara Koppelberger (TWIM), and Rachel Martin (LWM) with 50 points each; Carl Haynie (TWIM), Wayne Methner (NEO), and Mary Anne Royle (OREG) with 49 points; and Richard Durringer (UC36), Jim Mange (TWIM), and David O’Hern (HMST) with 48.

The two-day event included a Saturday evening “Social” where the annual PNA awards were presented.



PNA Champs (cont)



Jane Moore (BWAQ)



LWM mixed 200 25-35
free relay
(Jin Yamamoto, Amelia
Ferrel, Rachel Martin,
Aaron Miller)



Charlotte Davis (LWM)



Lake Washington Masters had 25 members competing



Aaron & Jasmine Miller (LWM)



Betsey Kassen (TWIM)

PNA Annual Meeting & Social

The Annual PNA Membership Meeting & Social was held Saturday, April 13, immediately following the first day of PNA Champs competition. The well-attended event featured a pasta buffet dinner and presentation of the Coach of the Year and Dawn Musselman Inspirational Swimmer awards.



PACIFIC NORTHWEST ASSOCIATION



OF MASTERS SWIMMERS



Annual PNA Awards Presented



Left: April Cheadle presents the Coach of the Year Award to Brad Hering.

Right: Steve Peterson presents the Dawn Musselman Inspirational Swimmer Award to Arni Litt.



The 2019 PNA Coach of the Year award was presented to Stanwood-Camano WA “Y” coach Brad Hering at the April 13 annual membership meeting.

In the nomination submitted by SWYM’s Tracy Langdalen, Hering was noted for his “overflowing positive encouragement” while creating a variety of workouts that incorporate “fun activities to foster teamwork, which makes us want to be at every workout.” Team participation has grown under his leadership.

Hering began coaching the team when the Stanwood-Camano YMCA opened in the fall of 2016, but his coaching background began long before that. He is a lifelong swimmer who has had a variety of coaching experiences around the globe. Locally, he has been involved with coaching high school teams.

“It does not matter what your skill level is, he simply starts where you are and continually provides the next steps to help his swimmers improve their technique and enjoyment in the pool,” reported Langdalen. Hering was also noted for his efforts in connecting his swimmers to opportunities for clinics and skills improvement.

PNA is proud to recognize Arni Litt as its Dawn Musselman Inspirational Swimmer for 2019.

“Arni’s been an inspiration to both her own team, GLAD, and to PNA,” wrote nominator Tom Harrylock, Green Lake Aqua Ducks President. “Year after year, she has been a tireless volunteer taking on responsibilities such as serving as GLAD’s Treasurer and serving on the PNA Board.”

Among her other duties, Litt serves as a substitute coach for GLAD, which means she has to keep up her Red Cross Lifeguard, CPR, and First Aid certifications. She also “keeps her eye” on GLAD’s summer workout program at Colman Pool, including finding ways to publicize and promote the swims.

Litt has served in various roles at PNA, including Registrar (10+ years) and Treasurer (5+ years), and often volunteers for sub-committee work for the organization. She was instrumental in helping PNA/USMS move from mailed paper renewal/registration to online, paperless methods. She is often “on-deck” for 5K and 10K Postal swims as well as helping out with the annual Fat Salmon open-water swim.

“I can think of no one more worthy of the Dawn Musselman Inspirational Swimmer Award than Arni Litt,” noted Harrylock.

Volunteer Spotlight

Ms. Teri White
By Tom Walker of TWIM

The Spotlight once again shines on another of our stellar volunteers, that elegant Lady with the beaming smile and the silver curl who you may have seen gracing the deck at many of our local, regional, and national meets. Our own Teri White!

White is one of our army of volunteers here at PNA who make our meets so enjoyable for all of us. They bring the same dedication, passion, and joy that we bring as swimmers and out of that synergy explodes the fusion that makes these meets so memorable!

And she can deliver one of the sweetest and most diplomatic disqualification notifications you will ever receive! Believe me, because I've been there more than once!

TW: So, Teri - how, why, where, and when did you start officiating in Masters Swimming?

Teri: My first Masters meet was a National Championship at KCAC in the early 2000's and I was impressed at the quality of competition in each age group. I was astounded at the 80+ age groups, and recognized the benefits lifelong swimming had to offer. I had been invited to help by the Meet Referee and I got hooked – fantastic competition and wonderful people without the stress/crowds of age-group or elite swimming. I met Sarah Welch, Lisa Dahl, and Kathy Casey and they gently pulled me into PNA meets. I've loved all of them and have since become involved on the USMS National deck and the USMS Officials Committee.

TW: How does it enhance your life and what keeps you coming back?

Teri: I'm energized by all USMS members and competition. There's an entirely different atmosphere and perspective, which is very enjoyable. I love officiating at USA and NCAA meets, but those decks are very different the higher you go. More stress, higher stakes, every call can be an aggressive challenge, scholarships and team selections on the line, TV schedules to conform to. With USMS meets, I feel we are more of a large family gathering to celebrate training, effort, and good friendship. Seeding by age often results in a wide range of abilities within a single heat and everyone is appreciative and supportive of each other. That's very enjoyable to observe as an official.



Volunteer Spotlight (cont)



TW: What are the greatest challenges you face as an official?

Teri: Sharing my passion for doing this right with others in an effective way. I'm concerned by officials who seem to seek out DQs in every race instead of simply observing and letting the clearly wrong jump out at you. Helping people embrace "benefit of the doubt ALWAYS goes to the swimmer" and understand how to officiate with that perspective.

TW: What are the greatest joys?

Teri: Watching athletes of all ages and abilities look at the scoreboard, see their time, and break into a huge grin when they know they succeeded at their goal. I love that! Often, they haven't won the heat/event, but they met or beat their goal and they are ecstatic and it's infectious. I also love being in a position to "make things right" when we have an issue where an athlete becomes penalized for something done by someone else, either entry issues, missing a heat because of misdirection, etc. That's a great feeling when you can resolve those issues positively.

TW: Tell us about the training required to do this, including current, past and future.

Teri: I've been officiating for around 28 years, starting in Virginia and moving to Pacific Northwest in 1999. Pretty much all areas require you to attend a 2-to-3 hour clinic, watch videos, take open-book online tests, and then spend time with a mentor on deck (usually 16-20 hours) learning the position. As you progress up through Starter and then Referee, the on-deck practice/mentoring is much longer as you learn the skills required. Once certified, you need at least 10 sessions every year (basically 40+ hours) to stay current. Then there are National certifications in each position that are needed if you want to work higher level meets. These require observations by senior officials within USA Swimming, which can be intense and stressful but also exhilarating. And they must be renewed every three years. Officiating is a "practice makes perfect" skill set and you must do the roles to stay proficient. I've worked 50 sessions in **the 2018/19 swim year so far...at four hours per session, you can see the commitment and enjoyment I get from** officiating. For the USMS officiating group, we don't require deck mentoring for Stroke & Turn and Starter, as most come to us already part of a practice group and understand how strokes work. We need to mentor on best officiating practices, but not as much on technical rules. It's easy to become a USMS official!

TW: What is your current travel schedule?

Teri: I've just finished a tour from Austin TX in December (USA Junior Nationals), back to Austin in March (NCAA D1 Women's Championship), to Columbus OH (USMS College Club Championship). I'm headed to Mesa, AZ for the USMS SC Spring Championship, then San Jose CA for a Junior College Championship, Clovis CA for a USA Pro series meet, Stanford for USA National Championships, and then to South Korea for the 2019 FINA Masters World Championship. Exciting!!

TW: Indeed! What's coming up?

Teri: I'm very excited to be representing USMS in South Korea. I had that opportunity in Budapest in 2018 and it's unbelievable. All those amazing athletes, the energy, and the camaraderie are infectious.

TW: You've been watching Masters Swimming for a while - where have we been and where do you think we're going?

Volunteer Spotlight (cont)

Teri: From my limited perspective, I think the organization is getting older; the younger age groups almost always have the fewest heats. I hope USMS can attract younger swimmers to fuel the organization going forward. We should also encourage more people to attend a meet to compete, because many never do and they miss the joy and excitement of that part of swimming.

TW: What are your goals at this point in the world of swimming?

Teri: My passion right now is helping to develop the officiating body in USMS, with a goal that we have enough trained and qualified officials at every meet, in every LMSC, who are USMS certified. We're up to nearly 200 at this time, but need far more. We hope to develop officials within every team so that we're never scrambling to cover meets. I want to encourage the "athlete-official" model, the person who competes, and then joins us on deck to help run the meet. USMS needs to be self-sufficient and have officials who understand and appreciate our organization and culture. For my officiating "career," I'm going to shift to more time on USMS, NCAA, and local USA meets after this year. I'd like to attend one more Olympic Trials meet, but regardless, I'll stop applying to USA National decks in January. I'd like to help at more local/zone USMS meets in other LMSCs to do officials training.

TW: What do you do outside the pool? Do you have a life?

Teri: Ha! Grandma to two, mother of three. I really enjoy family time and traveling! I also enjoy gardening when friends need help with landscaping projects. I'm known for making chocolates and enjoy sharing them with officials who help at my meets.



Team Walker International Masters put on its first swim clinic Sunday, March 10, at Sammamish Community YMCA. Head Coach Todd Doherty and a team of experienced coaches led a Freestyle Stroke Development clinic for 33 swimmers. Pictured are Jenny Ferries, Coach Laurie Jones, Tom Walker, Coach Lindsey Doherty, Coach Todd Doherty, Tammy Koppelberger (back), Coach Kainoa Pauole-Roth (front), Coach Erin McPeak, Coach Brian Guillen, and Anna Doherty.



PNA President Sally Dillon and Meets Chair Linda Chapman were in Phoenix, AZ, March 1-3 for the third bi-annual LMSC Leadership Summit. In attendance were 55 leaders representing 38 LMSCs; 16 LMSCs sent two people. There were nine others present (five staff, two USMS board members, and two LMSC Development Committee/clinic organizers) for a total of 64 attendees. The Northwest Zone was 100% represented.

USMS 1-Hour ePostal

Only twelve PSM swimmers participated in the 42nd Annual 1-Hour ePostal swim this year. A results search for other PNA swimmers came up “empty.”

PSM was able to field four relays. The 35+ women’s relay took gold with a combined effort of 13,050 yards. Participants were Katy Smith, Michelle McRae, and Tammy Koppelberger. The 35+ mixed relay took silver with a combined effort of 18,135 yards. McRae and Koppelberger combined with Kevin Crane and Chad Hagedorn to form this relay.

Finishing sixth in the men’s 45+ division were Hagedorn, Jason Koppelberger, and Crane. Finishing eighth in the women’s 25+ division were Caroline Brandau, Betsey Kassen, and Sally Dillon.

Individually, six of the twelve PSM swimmers placed in the top 10 of their age groups.

	Age	Yards	Place				
Koppelberger, Tammy	47	4645	3rd	Koppelberger, Jason	48	3470	25th
Dillon, Sally	73	3525	3rd	Crane, Kevin	57	4255	25th
Hagedorn, Chad	47	4710	9th	Brandau, Caroline	33	2975	29th
Kassen, Betsey	67	3895	9th	Miller, Alan	70	1850	29th
Smith, Katy	38	3880	10th	Johnson, Allison	30	2740	31st
McRae, Michelle	44	4525	10th	Goldsberry, David	58	3175	63rd

Next up for National postal swims are the 5K & 10K National Championships. The “window” to swim is May 15 through September 15 and they must be swum in a 50-meter pool. PNA will be reserving lanes at KCAC on Saturday, July 6 immediately following the scheduled LCM meet. 5K swimmers can be accommodated in the rental time and it will be a “first-come, first-served” signup. Entries are limited due to rules about circle-swimming. Look for more information on the LCM meet page.

Multi-Stroke Clinic Offered

Team Walker International Masters (TWIM) and the Sammamish YMCA are proud to present a Multi-Stroke Swim Clinic (Back, Breast, and Fly) with the legendary Karlyn Pipes - International Hall of Fame Swimmer, World-Class Coach, Inspirational Speaker, and Author. Clinic will be held Wednesday, May 8, at 6:30pm.

Fun Fact: Pipes has set a FINA World Record in every stroke and is constantly updating her own techniques! This clinic is for any swimmer age 18 and over who wants to enhance their skill level and increase their efficiency and enjoyment in the water. Entry is limited to the first 20 sign-ups, so make sure to register early to secure a spot for this signature event!

Click [here](#) for more info.

Board Meeting Highlights

March 10, 2019

- The board approved a one-day long course meet at KCAC for July 6. This date is prior to entry deadline for US Nationals.
- A meets committee was formed to investigate sharing meet responsibilities among the clubs/workout groups within PNA.
- The financial report shows a total balance of \$23,334 (checking) and \$49,386 (savings).
- The current membership counts are 662 women and 672 men.
- PNA Champs in April will also be a Zone meet even though PNA wasn't scheduled to host Zones in 2019. The order of events will be based on the scheduled order for PNA, not Zones.
- Fat Salmon 2019 has been sanctioned.
- Voting for board candidate positions closed on April 7.
- The board voted to eliminate trophy awards for PNA champs because most trophies are not picked up. A virtual award will be posted on PNA's website and in *The WetSet* in lieu of physical awards. Awards will remain 1st through 3rd in all three divisions.
- The board approved the following fall meets: BAM (Oct 12), Snohomish (Nov 3), and PNA SCM (Nov 24).

April 13, 2019

- A new slate of officers was elected at the conclusion of online voting.
- Re-elected for two-year terms were President Sally Dillon, Secretary Jay Pearson, Treasurer Arni Litt, and At-Large Director Kathy Casey. Newly elected were Vice President Linda Chapman and At-Large Director Todd Doherty.
- Steve Peterson presented the Dawn Musselman Inspirational Swimmer Award to Arni Litt, who was nominated by the Green Lake Aqua Ducks Masters **workout group (GLAD). Many examples of Arni's tireless volunteering were cited.**
- April Cheadle presented the PNA Coach of the Year Award to Brad Hering, head coach of the Stanwood-Camano Masters workout group (SWYM) which nominated him.
- PNA will play host to USMS coaching clinics and an Adult Learn to Swim (ALTS) clinic on June 8 & 9. The USMS National Office Staff will visit Seattle to conduct Coach Certification classes for Level 1&2 and Level 3. They will also conduct an ALTS clinic on the 9th. Details will appear in the May issue of *The WetSet*. PNA offers \$125 scholarships for coaches and members who wish to attend these events.
- PNA has 1437 members - 731 men and 703 women. There are six clubs (including UC36) and 26 workout groups. PNA continues to have a handful of workout groups that do not register with USMS. By not registering, they do not **appear in USMS's Club Finder, which makes it difficult to attract new or visiting**

(Continued on page 17)

PNA Voting Board Members

President - Sally Dillon
 Vice President - Linda Chapman
 Secretary - Jay Pearson
 Treasurer - Arni Litt
 At-Large Director - Kathy Casey
 At-Large Director - Todd Doherty
 Bylaws - Hugh Moore
 Meets - Linda Chapman
 Membership - Stephanie Hiebert
 Open Water - Jim Davidson
 Appointed Director - April Cheadle
 Appointed Director - Bob DeWard
 Club Director - Kim Boggs
 Club Director - Doug Jelen
 Club/Coach Coordinator - Steve Peterson

Coordinators/
 Standing Committees

Awards - Kerry Ness
 Coaches - vacant
 Fitness - vacant
 Newsletter - Lucianne Pugh
 Officiating - David Baer
 Postal - Sally Dillon
 Records/Top Ten - Doug Jelen
 Social Media - Isaac Contreras Sandoval
 Webmaster - Steve Peterson

Upcoming meetings
 May 11, 1pm, Issaquah
 July 14, 7:30pm, conference call
 Sept 8, 7:30pm, conference call
 Nov 2, 10am, Issaquah

Board Meeting Highlights (cont)

(Continued from page 16)

- swimmers.
- The 2019 edition of the United States Aquatic Sports convention will take place in September in St Louis, MO. Over 300 USMS delegates attend this convention, along with delegates from USA Swimming, Diving, Synchro, Water Polo. PNA is represented on many national committees, including Legislation, Long Distance, or Rules, Recognition & Awards, LMSC Development, Compensation and Benefits, Records & Tabulation, Sports Medicine & Science, Officials, and Governance.
 - PNA will likely submit a bid next month to host the 2021 SCY nationals. Last year, PNA bid for the 2020 National Championship meet, but it was awarded to San Antonio instead. Capacity could be an issue in the decision: due to the limited warm-up space at KCAC, entries would likely need to be capped at 1800. (This year's Mesa meet has 1995 entries.)
 - PNA is committed to hosting a one-day meet on Saturday, July 6 with a goal to draw enough entries to cover most of the expenses. There will be pool time available post-meet for PNA swimmers to complete a 5K for the annual postal event of that distance.
 - Linda Chapman reported on answers to the recent survey question, "What would you like to see more of from PNA?" There were a number of excellent suggestions, including requests for more clinics, more relays and relay meets, and financial help for smaller clubs to host a meet.

Board Member Spotlight - Jay Pearson

Name: Jay Pearson

Birth year: 1961

What position do you hold? Secretary

Significant other: Shelly

How long? Married since 1985

Where did you meet? College sweethearts

years a member of USMS: 11

Why did you join USMS? When Wave Aquatics decided to start Lake Washington Masters, we (about 20 or so) were given a month to try it out. No one was certain what to do until Rick Colella announced he was going to join. Once he made the decision, myself and everyone else were quick to follow.

years a member of PNA: 11

What brought you to the Pacific NW? I was born in Seattle and have never lived further away than Monroe.

Current club and/or WG: LWM

Why did you join this group? See story above

What's your favorite thing about your club/WG? The people

Competition:

Yes/No: Yes

Frequency: 2x-3x per year

Pool/OW: Pool

Favorite event/race: the 50 sprints

What do you do for fun that doesn't involve the pool or OW? I write

Why do you volunteer for PNA? At first, it was because I was asked by Linda Chapman. Once I joined the board, however, I discovered I really enjoy it and so am continuing for another term.

Anything else you'd like to add? I had my first book published this year. It's on Amazon at https://www.amazon.com/Blood-Dragon-Book-Faery-ebook/dp/B07ND5K9RN/ref=cm_cr_arp_d_product_top?ie=UTF8

My book is part of a series. Rough Draft of book two is done, I'm going through final read through before my editor goes through it. My illustrator is working on the cover. Should be out this fall.

It's aimed at those who like Harry Potter-type of books (young adult fantasy).



Welcome New Swimmers!

Amadeo, John	Dobre, Lucian	Kamat, Jai	Schedin, Jonah
Baesler, Andrew	Elliott, Corban	Kappenman, Crystal	Schmidt, Colton
Balzarini, Victoria	Ferguson, Ty	Klosowski, Noah	Schumacher, Cynthia
Bartoli, Monica	Frenzel, Derek	Knauf, Mitchell	Sehy, Nick
Berson, Eugene	Fretland-Thomas, Amanda	Knoeppel, Katie	Sheldon, Jennie
Bottyan, Thomas	Fulmer, John	Kraig, Jonathyn	Smith, Frank
Bowman, Julie	Gillis, Mimi	Lee, Ruth	Smith, Lucas
Brown, Paul T	Gilster, Liliana	McCandless, Linda	Steplewska, Hanna
Bultman, Stephanie	Gleixner, Amy	McDonald, Amanda	Steppan, Holden
Burdo, Melinda	Goldsberry, David	McQuery, Macartney	Striegl, Frank
Busch, Bobbie	Golob, Richard	Morales, Juan Pablo	Taub, Rebecca
Carpenter, Ian	Gonzales, Craig	Nimb, Peter	Tomei, Nicolas
Carroll, Sean	Gorham, Greg	Notari, Melanie	Tubb, Jared
Chang, James	Griffo, Joseph	Nuzzolillo, Paige	Walczak, Philip
Christensen, Alyson	Guillet, Kim	Nyweide White, Kristin	Wald, Trina
Connors, Nick	Halas, John	Okello, Marcel	Watts, Daniel
Curran, Timothy	Hasse, Christopher	Pascarzi, Christina	Williams, Beth
Curry, Megan	Head, Tori	Reece, Jamie	Winfield, Ben
Dagg, Erica	Helgeson, Heidi	Russell, Christine	Wulfestieg, Samantha
De Bruijn, Jennifer	Holdener, Jeffery	Sakurai, Mikyla	
Desancic, Boris	Jordan, Caroline	Sarahs, Neil	

Coaches Clinics Offered

USMS Clinics are coming to Seattle! Sign up [here](#) for level 1, 2, & 3 courses on Saturday, June 8 and sign up [here](#) for an ALTS (Adult Learn To Swim coaching) class on Sunday, June 9.

U.S. Masters Swimming has four levels of Masters coach certification. The courses for levels 1, 2, and 3 are taught in classroom settings throughout the country by USMS-certified coach trainers. (Level 4 is a portfolio-style application and has no classroom component.) Level 1 introduces the basics of coaching and understanding the adult learner, including the different types of swimmers you'll encounter as a coach. In level **2, AKA "Stroke School", you'll get into the meat and potatoes of stroke technique, learning the basics of correction and development for all four competitive strokes, as well as starts, turns, and transitions.** Level 3 delves into program management, leadership, and administration. Topics include budgets, support structure, event planning, special populations, dryland training, nutrition, injury prevention, and more.

USMS also provides a certification program for Adult Learn To Swim instructors. Click [here](#) to find more information about this program. Financial scholarships are available to PNA coaches wishing to attend the clinics or the ALTS course. Click [here](#) for the more information and the application.

Sunday, June 23rd, 9am

Kick off your open water season on Whidbey Island



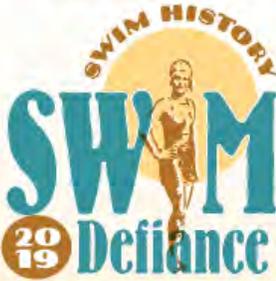


- * 1.2 and 2.4 mile distances
- * Lovely seaside location
- * Fun post race raffle and snacks

details and registration at
www.whidbeyadventureswim.org

Blue Wave Aquatics

SWIM OPEN WATER



in challenging
Puget Sound WA
July 21, 2019

3K / 5K
www.swimdefiance.com



in peaceful
Angle Lake WA
Sept 14, 2019

1Mi / 2Mi
www.lastgaspofsummer.com

www.bluewave-aquatics.com
ADULT SWIM LESSONS • MASTERS SWIM TEAM
TRIATHLON TRAINING





ALY FELL

OPEN WATER SWIM

LAKE PADDEN | BELLINGHAM, WA

AUGUST 24, 2019



800M | 2.5K | 5K | 10K
WETSUIT & NON-WETSUIT DIVISIONS
USA & USMS SANCTIONED

HOSTED BY
BELLINGHAM BAY SWIM TEAM
501(c)3

AlyFellMemorialOpenWaterSwim.com

2019 PNA Open Water Series

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June 23 - 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 13 - **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.com/



July 21 - 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 24 - 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>

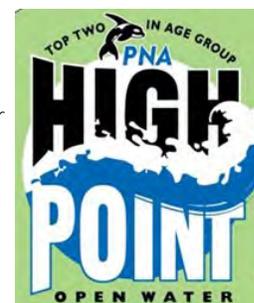


September 14 - The series finishes with the Last Gasp of Summer. This race takes place at Angle Lake in Seatac, WA and includes 1- and 2-mile races on a rectangular course. One-milers swim one lap and two-milers swim two laps. www.lastgaspofsummer.com/

These events are open to USMS members only. For non-USMS swimmers, a One-Event USMS membership can be purchased for \$27. (The fee can be applied to a full USMS membership.)

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



2019 Whidbey Adventure Swim

1.2- and 2.4-mile Events

Sunday June 23, 2019 ~ 9:00am

Hosted By South Whidbey Parks and
Aquatics Foundation

Sanctioned by PNA for USMS, Inc.

Sanction # 369-W001

Event: 1.2- and 2.4-mile open water swim along the shores of Langley, Washington at Seawall Park on Whidbey Island. Both events will start in the water and finish on the beach. WETSUITS ARE REQUIRED. WATER TEMPERATURE IS EXPECTED TO BE 55 DEGREES OR BELOW.

SCHEDULE:

7:15-8:30am: Pre-race check-in

8:30-8:45am: Mandatory meeting for all swimmers.

9:00am: Estimated start time for 1.2- and 2.4-mile swim group start.

Eligibility: 18 years of age or older as of 6/23/19; USMS or foreign registration for 2019 required, or \$27 One-Event USMS registration fee.

Rules: Current USMS rules will govern the event. Neoprene wetsuits are required. Time limits are 60 minutes for 1.2-mile swim and 1 hour, 45 minutes for 2.4-mile swim.

Safety: Lifeguards, kayaks, and safety boats will monitor the entire course. Swimmers must wear the swim cap provided and their race number on their hand and upper arm or leg. Swimmers **MUST** attend the pre-race meeting in order to compete.

Entry Fee: \$60 (USD or CAD) either distance by 6/20/19; late or day-of-race registration is \$70. Fee includes official race swim cap, which must be worn during the swim, and commemorative sports swag.

Online Entry: [Click here](#).

Entry Deadline: Advance registration must be received by June 20, 2019.

Awards: All participants will receive commemorative swag. A participation raffle will take place during post-race festivities.

Results: Posted 15 minutes after the completion of the final event, and available at www.whidbeyadventureswim.org and PNA <http://www.swimpna.org/> shortly after event.

Getting There: Please note, swimmers taking the Mukilteo/Clinton ferry *must* be on the 7am boat to make the mandatory safety meeting. From the Clinton Ferry, travel northbound on SR 525. Turn right onto Langley Rd and travel to Langley. Location is Seawall Park at 1st Street and Anthes.

Questions: Contact racedirector@whidbeyadventureswim.org or visit www.whidbeyadventureswim.org for more information.



2019 Pacific Northwest Masters
LCM Summer Meet

Saturday, July 6, 2019

Hosted by PNA Clubs and Workout Groups
Sanctioned by PNA for USMS Inc. #369-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 one-50m course,
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. Times may be submitted for USMS records and USMS Top
10 consideration.

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

MEET DIRECTOR: Sally Dillon, salswmr@comcast.net, (360) 929-
5358

MEET REFEREE: Dave Baer, dlbaer53@gmail.com

CONCESSIONS: KCAC vendor, available in lobby.

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

ELIGIBILITY: Open to all 2019 USMS or foreign registered
swimmers 18 and above as of 07/06/2019. Foreign registered
swimmers must provide a copy of their current registration card.

Age groups based on the swimmer's age as of 12/31/2019 - 18-24,
25-29, 30-34, and up in 5-yr increments.

ENTRIES: Swimmers may enter up to a maximum of six individual
events. Individual entries and relay-only swimmer entries must be
submitted online by 11:59 PM (Pacific) Sunday, June 30, 2019 OR
postmarked by Tuesday, June 25, 2019. **NO INDIVIDUAL
ENTRIES ACCEPTED AFTER SUNDAY, JUNE 30TH, 2019 11:59
PM (PACIFIC TIME).**

SEEDING: All events seeded slow to fast. Pre-seeding except for
asterisked events, below.

POSITIVE CHECK-IN DEADLINES:

400 Free and 400 IM: 9:20am

800 Free: End of event #13

Swimmers missing the check-in deadline will be scratched from the
event.

RELAYS: Age groups (sum of ages): 72- 99, 100-119, 120-159,
160-199, 200-239, 240-**279**, ... (**40**-year increments as high as
necessary). The aggregate age of the four relay team members
determines the relay age group. Mixed relays require two men and
two women.

Relays will be deck entered at the meet. Deck Entry Relay entries
due as follows:

- #3-#4, #9: 10am
- #14-#15: by the end of event #7
- #21: by the end of event #16

AWARDS:

Medals may be purchased at meet.

ENTRY FEES: \$30 meet surcharge plus \$4 per individual event.
No charge for relays. Relay-only swimmers pay \$30 surcharge.
PNA Swimmers who need financial assistance for entry fees may
request same from the PNA Wiggin Fund.

ONLINE ENTRIES: Click [here](#) to enter online.

QUESTIONS: Linda Chapman, chapman_family@comcast.net

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.

ORDER OF EVENTS:

1	400 free	12	100 fly
2	400 IM	13	50 breast
3/4	W/M 200 free rly	-----	break -----
5	100 back	14/15	W/M 200 med rly
6	200 free	16	50 back
7	50 fly	17	100 free
8	200 breast	18	200 fly
-----	break -----	19	100 breast
9	mxl 200 free rly	20	200 IM
10	200 back	21	mxl 200 med rly
11	50 free	22	800 free

5K POSTAL SWIM OPPORTUNITY

*Immediately following the LCM meet competition. Two-
hour time limit to complete the distance. \$20 per swimmer;
must provide own timer/counter. Priority seeding to PNA
members who will enter the 5K USMS National
Championship ePostal event. Click [here](#) for more info.*



5K ePostal Swim

ENTRY FORM AND WAIVER

Saturday, July 6, 2019

At Conclusion of
PNA LCM Summer Meet

Weyerhaeuser King County Aquatic Center,
Federal Way, WA



Purpose: The 5K USMS National Championship Postal Swim requires a 50-meter pool. PNA is providing two hours of 50-meter pool space to give PNA swimmers an opportunity to participate in the events. Priority will be given to those PNA swimmers entering the 5K ePostal USMS National Championship.

Rules: Refer to the official 5/10 K entry form published on the [USMS web site](#). Each swimmer must provide someone 12 years or older to count laps and record splits. A timer can be "shared". If need be, events will be run 2-per-lane. Drafting is NOT allowed. The person being passed must stop to create enough space between swimmers to prevent drafting.

Sign-Up: Email Sally Dillon at salswmr@comcast.net. Include the info on this form OR complete form and scan. Liability waiver can be signed at the swim on July 6.

Fees: \$20/swimmer fee to help defray our pool rental costs – checks payable to PNA will be accepted the day of the event or with snail-mail entries.

Entry Process: The official entry to the National Championship event MUST BE ENTERED ONLINE. Swim first, then go to the [USMS website](#) to enter the event.

Start Time: This event will start at the conclusion of the PNA LCM Summer Meet. The start time will not be earlier than 1pm, but could be as late as 3pm. Entrants will be notified via email by the evening of Tuesday, July 2 of the start time.

Event day: Arrive EARLY to sign the waiver and pay so you are ready to start when the LCM meet concludes. Check in with Sally Dillon at the meet and to get your lane assignment. Your counter/split recorder will be given a watch and paperwork. Questions - Sally Dillon, 425-961-0023, salswmr@comcast.net.

Relay event: Teams are formed of 3 men, 3 **women**, or 4 **mixed (2 men, 2 women)**. **After the event, your club's relay coordinator will form relays using those swimmers who enter the USMS event.**

Name as it appears on your USMS card: _____

E-mail address: _____ USMS #: _____

Address: _____ Phone: _____

City: _____ Zip: _____ DOB: _____ Age: ____ Sex: ____

Estimated 5K time _____

ALL ENTRANTS MUST SIGN A LIABILITY WAIVER (see following page).
Swimmers entering online can sign a form at the event.



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; Date Signed.

Fat Salmon Open Water Swim

SWIM DISTANCES: 3.2 miles

DAY AND DATE: Saturday July 13th, 2019

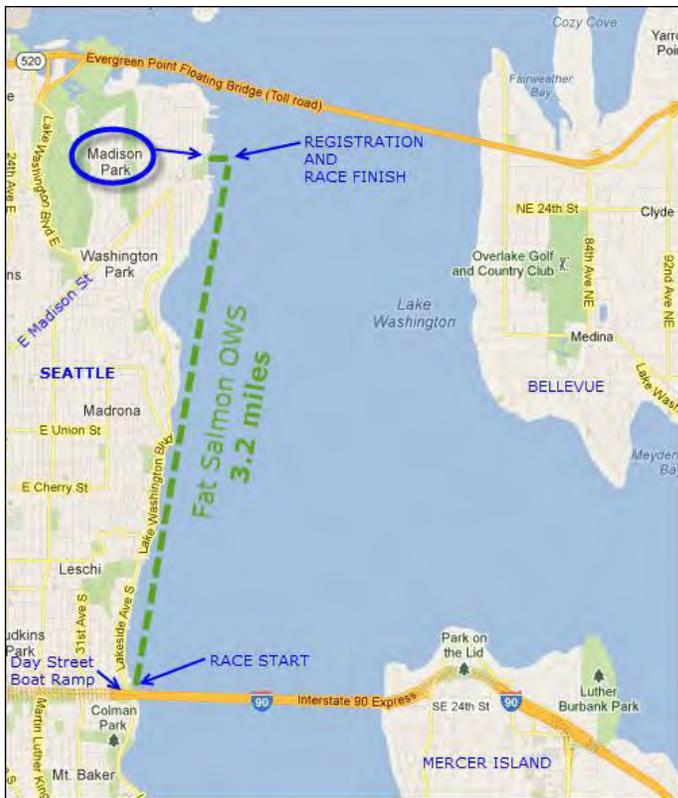
SANCTIONED BY PNA for USMS

Inc. # 369-W002

HOSTED BY: Orca Swim Team

LOCATION: Lake Washington from Day Street Boat Ramp under I-90 to Madison Park Beach (1900 43rd Ave E, Seattle WA) along the western shore of the lake along a straight line marked by buoys ever half mile.

COURSE: In water start immediately offshore from Day Street Boat Ramp, finish across timing mats on shore at Madison Park Beach; 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.



SCHEDULE:

- 6:00am - Swimmer check-in opens
- 7:00am - Swimmer check-in closes
- 7:05am - Mandatory swimmer safety briefing
- 7:20am - Swimmers depart for Day Street Boat Ramp (1402 Lakeside Ave S, Seattle, WA) via carpools
- 8:15am - Race start; swimmers will be sent off in five separate waves scheduled every three minutes

RACE DIRECTOR:

Jim Lasersohn, 425-686-9619, racedirector@fatsalmonswim.com

ELIGIBILITY: Open to all 2019 registered Masters swimmers (USMS or MSC) age 18 and above as of 7/13/2019. Competitors who are not registered Masters swimmers may sign up for a \$27 One-Event USMS registration. FINA or Canadian Masters swimmers must provide proof of Masters registration valid for 7/13/19 upon registering for this event or pay the \$27 One-Event USMS registration.

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 two hours to complete this event; those not on pace to complete the swim within two hours 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: A whole salmon will be awarded to the fastest male and female swimmers in both the wetsuit and non-wetsuit divisions. Other awards will be available for the top three finishers in all USMS age groups (5-yr) by sex, in both divisions. Your age as of December 31, 2019 determines your age group for awards. Each registered participant will be given one event t-shirt, size to be selected during the event registration.

ENTRY FEES:

\$70 (by May 31)	\$90 (July 1-7)
\$80 (June 1-30)	\$100 (July 8-13, if space available)

ENTRY DEADLINE: Online entry only! It opens May 1st by 6am Pacific time or earlier; regular registration closes on July 7th at 11:59pm Pacific Time. If space permits, late registration and day-of-race registration may be offered.

ONLINE ENTRY: Click [here](#) for online entry.

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

DIRECTIONS: Check-in and safety meeting at Madison Park Beach (1900 43rd Ave E Madison St); from I-5, exit at Madison St and continue east until you reach the lake (43rd Ave).

TRANSPORTATION / PARKING / CARPOOLING: There is limited parking in the area, so carpooling is encouraged as much as possible. Swimmers are responsible for their own transportation from the check-in location at Madison Park Beach to the race start at Day Street Boat Launch (three miles). We will encourage the formation of carpools at the conclusion of the pre-race safety meeting.

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>.



Swim Defiance

3K and 5K Open Water

Sunday, July 21, 2019

PNA/USMS Sanction:

369-W003

Host: Blue Wave Aquatics

LOCATION: Owen Beach, Point Defiance Park on Commencement Bay, Tacoma, WA 98407

EVENTS: 3K swim (w/Julie Memorial Swim) OR 5K swim

COURSE: Re-enacts the 1926 Dalco Passage crossing. Out and back 5K triangular course swim OR one-way 3K linear course. Water temp is estimated at 54-59°F. Water jugs provided for rinsing at finish. Metro Parks restrooms and change tents/portable toilets at start/finish area.

TIMELINE: 6:15-7:00AM: Check-In

7:00 AM: Mandatory Competitor Safety Meeting near start

7:30 AM: 5K swim starts

8:00 AM: 3K swim starts after 7:35AM WA State Ferry ride

RACE DIRECTOR: Zena Courtney, cell 206-651-0823, swimdefiance@bluewave-aquatics.com

ELIGIBILITY: Open to all 2019 registered Masters swimmers (USMS or MSC) 18 and older as of Jul 21, 2019. Competitors not registered may sign up for a \$27 One-Event USMS registration. GSS points awarded.

RULES: Current USMS rules will govern this event. Neoprene wetsuits, swim safe buoy and race provided caps are required, unless swimmer has pre-approval, email race director for wetsuit exemption form. Time limits are enforced as follows: 3K – 1.5 hr. limit, 5K – 2 hr. limit.

SAFETY: Certified Lifeguards/Tacoma Maritime Institute/Law Enforcement safety boats will monitor the entire course. Body marking required on hands.

Competitors must wear a high visibility swim buoy (purchase info on website), the color-coded race cap, wetsuit & race chip provided. Lost chip charge of \$20.

AWARDS: Custom participant award and cap to all competitors. A random drawing of merchandized prizes for participants and volunteers will be held while waiting for the last person to finish. Custom event awards for male and female in each event. 1st-3rd place vintage medals will be presented to men and women in age groups 18-24, 25-29, etc. Scrumptious pre/post race refreshments and extra sponsor kudos for recycle and beach pick-ups!

ENTRY FEES: \$12 Early Bird Discount: Apr14-May31

\$80 - 3K short course swim, includes ferry fee, 1Jun-18Jul

\$80 - 5K long course swim, 1Jun-18Jul

Add \$15 for day of race entries w/copy of 2019 USMS registration card. Short sleeve perf. tee available for purchase. \$28-XS thru XL/ \$30 - 2XL&3XL

ENTRY DEADLINE: Race registration closes at 11:59 pm Pacific on Thursday, 7/18/2019. 300 max swimmers

ONLINE ENTRIES ONLY: Opens 04/15/2019

https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=11763

RESULTS: Preliminary results available on race day and final results posted at <http://www.swimdefiance.com>.

DIRECTIONS: FROM SEATTLE: Take I-5 SOUTH to Tacoma. Take exit 132B for WA-16 west toward Bremerton. Stay on WA16 for approximately 3 miles to Exit 3 for 6th Ave toward WA163 N/Ruston. Turn left at end of off ramp onto 6th Ave. Take the 1st right onto N Pearl St. Go 3 miles on N Pearl Street to stoplight at N51st Street. Turn left on N51st, go 0.5 mi and follow bend to right as it become Mildred Street. Continue straight onto Mildred St for 0.2 mi. to top of hill. Turn right at stop sign on Mildred St./Five Mile Drive. Go 0.1 mi to next stop sign, turn right at stop sign to stay on Five Mile Drive. Go 249 ft. and turn left at next stop sign to stay on Five Mile Dr. for 0.3 mi, Turn left at next stop sign to continue on Five Mile Road for 0.5 mi, Turn right onto Owen Beach Rd. **NO PARKING in CARPOOL spot.**

FROM OLYMPIA: Take I-5 NORTH to Tacoma (about 26 miles). Take exit 132 for S38th St. Keep left at the fork, follow signs for Washington 16W (WA-16)/Gig Harbor/Bremerton for 1.0 mi. Keep left to continue on WA-16 west for about 3.0 mi to Exit 3 for 6th Ave toward WA-163 N/Ruston. Continue using Seattle directions. (blue text).

LODGING: Info on website: www.swimdefiance.com

RACE DETAILS: The 5K electronic chipped swim is a triangular course that starts in the water at Owen Beach at 7:30AM by designated buoy, proceeds north toward Vashon Island to beach just East of ferry terminal, makes two right hand turns around the outside of two 5ft. yellow cylindrical buoys at 1.5 miles, and then heads south back to Owen Beach. The 3K swimmers will carpool from the finish area to walk on the 7:35AM Tahlequah (WA State Ferry), and enjoy a 15 minute ride to Vashon Island/use toilets onboard. Upon arrival, they enter water at the beach just west of the ferry terminal for the start at approximate 8:00AM. All swimmers will finish at Owen Beach with short run across a timing mat.





Aly Fell Memorial Open Water Swim

SWIM DISTANCE: 10K, 5K, 2.5K or 800m

Wetsuit and Non-Wetsuit Divisions

SANCTIONED BY: PNA for USMS

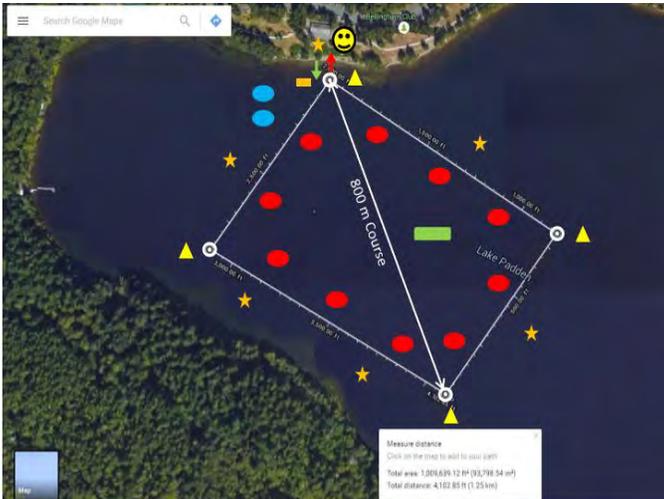
Inc #368-W003

DAY & DATE: Saturday August 24th, 2019

HOSTED BY: Bellingham Bay Swim Team

LOCATION: Lake Padden – West Entrance
Lake Padden Park, 4882 Samish Way, Bellingham WA

COURSE: 1.25Km rectangular Course for 2.5K, 5K, & 10K. Out and back for 800m race.



SCHEDULE:

8:00-8:30am: Check in

8:45am: MANDATORY pre-race safety meeting for all swimmers

9:00am: 10K Race

9:05am: 800m Race

9:20am: 5K Race

9:30am: 2.5K Race

SAFETY: Lifeguards, Safety Boats(s), Kayaks, and Paddleboards will monitor the entire course and provide assistance in case of an emergency.

ELIGIBILITY: Open to all 2019 registered Masters Swimmers (USMS or MSC). Competitors not signed up may sign up for a \$27 One-Event USMS registration.

RULES: Current USMS rules will govern this event. Swimmers must wear swim caps, race chip, and hand markings given at registration. Time limits will be enforced as follows: 10K – 3 hours, 5K – 2:10 hours, 2.5K – 1 hour, 800m – 35 minutes.

ENTRY FEES:

10K: \$75 2.5K: \$55

5K: \$65 800m: \$35

Registration includes a participation souvenir and post-race refreshments. Day-of-race registration will be available for an additional \$10 if space permits. Canadian swimmers will be charged according to the CAD/USD exchange rate.

ONLINE REGISTRATION: Now Open on our website:

www.alyfellmemorialopenwatersswim.com.

ENTRY DEADLINE: Registration ends August 21st, 2019 at 11:59pm, or when the event maximum of 200 swimmers is reached.

RESULTS: Posted at the event and available on the website the following day.

AWARDS: Medals will be presented to the top three finishers in each distance from each gender for both wetsuit and non-wetsuit divisions. Ribbons will be presented for all age group winners.

ADDITIONAL INFORMATION: This event is dedicated to Aly Fell, a young swimmer from Bellingham Bay Swim Team, who tragically lost her life in a car crash while on a team trip. Just days prior, Aly had competed in her first open water swim at Lake Padden, and at age 15 took first place in the **women's** division and third overall – at just **5'2"** you can see how she earned the nickname "**Swim Felly Fierce**".

PNA GENERIC ENTRY FORM

COMPETITION ENTRY INSTRUCTIONS

Pacific Northwest Association (PNA) Sanctioned Swimming Competitions

AGE GROUPS

Entrants must be at least 18 years old to compete.

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

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

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

ONLINE ENTRIES – EASIEST and BEST Method!

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

PAPER ENTRIES

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

ALL COMPETITIONS

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

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

POOL COMPETITIONS

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

Strictly forbidden: **Entering more than five individual events per day;** Using hand paddles in warm-up areas;

Diving in warm-up areas unless in designated sprint lanes;

Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS (OW)

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

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

GENERIC ENTRY FORM • PACIFIC NORTHWEST ASSOCIATION

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

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

Email: _____ Phone: _____ USMS #: _____

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

Emergency Contact: _____ Phone: _____ T-shirt size: _____

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

Name of Meet _____

Date of Meet _____

This is my first Masters meet

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



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

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

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

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

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; Date Signed.

PNA Calendar

PNA POOL EVENTS:

7/6 - [LCM Summer Meet at KCAC](#)

Federal Way, WA

7/6 - [5K ePostal Swim pool time](#)

Federal Way, WA

8/7-11 - [LCM Nationals](#)

Mission Viejo, CA

8/9-18 - [FINA World Championships](#)

Gwangju, South Korea

CLINICS/WORKSHOPS:

5/8 - [Multi-Stroke Workshop](#)

Sammamish, WA

6/8 - [USMS Coaching clinics](#)

Seattle, WA

6/9 - [ALTS Coaching clinic](#)

Seattle, WA

NON-PNA EVENTS:

5/17-19 - [Boise Spring Fling](#)

Boise, ID

5/30 - [Thurs Evening Stress Relief](#)

Seattle, WA

6/20 - [Thurs Evening Stress Relief](#)

Seattle, WA

6/29 - [Tubby Trout 5K Open Water](#)

Seattle, WA

PNA OPEN WATER:

6/23 - [Whidbey Adventure Swim](#)

Langley, WA

7/13 - [Fat Salmon](#)

Seattle, WA

7/21 - [Swim Defiance](#)

Tacoma, WA

8/24 - [Aly Fell Memorial Swim](#)

Bellingham, WA

9/14 - [Last Gasp of Summer](#)

SeaTac, WA

[Search USMS Calendar of Events](#)



2019 Saturdays@Colman Workouts

Green Lake Aqua Ducks (GLAD) is very pleased to announce that it has once again arranged for Saturday morning workouts at beautiful outdoor Colman Pool for 2019. Saturdays@Colman will begin on May 11 and end on September 21, 2019 and run from 6:30-8am.

Workout dates, coaches, fees, and information about Colman Pool (including a map) are available at www.gladswim.com & www.gladswim.com/saturdays.html.

Get these dates on your calendar and come join Saturdays@Colman workouts! You'll be GLAD you did!



photo by Liz Rosen