

PACIFIC NORTHWEST
ASSOCIATION OF
MASTERS SWIMMERS

U.S. MASTERS
SWIMMING IN
WESTERN
WASHINGTON

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The WetSet

VOLUME 43, ISSUE 2
MAR-APR 2023

President's Message

By Linda Chapman, PNA President

Happy March to all!

PNA CHAMPS: With PNA Champs right around the corner I want to encourage everyone to enter this great meet at KCAC! We are so very lucky to have a world-class facility in our LMSC! Pick your events, grab a teammate, and swim! Meet is April 15-16.

PNA SOCIAL AND PIZZA FEED: For the first time since the pre-pandemic years, PNA will **hold a Social (i.e. Pizza, Salad, and Dessert Fest!) after Saturday's events. The fun and food should start about a half hour after the last relay finishes.** Please grab several friends and make your plans to attend. Tickets are just \$5 for PNA members (PNA is subsidizing most of the cost) and are available when you enter the meet. More information elsewhere in this newsletter issue.



COACH OF THE YEAR NOMINATIONS: Is your coach absolutely fantastic? Tell us! Nominate your coach for PNA Coach of the Year. The selected coach may attend a USMS coaching clinic with expenses paid by PNA. We love our PNA coaches and believe in investing in them. Please do your part and nominate your coach. Complete info is in the January -February issue of [The WetSet](#) (page 5). Nomination deadline is Saturday, March 19.

DAWN MUSSELMAN AWARD NOMINATIONS: The Dawn Musselman award has been **given annually in PNA since 1986 in honor of PNA's ultimate Masters swimmer Dawn Musselman.** Do you have a teammate who inspires and encourages others, exhibits good sportsmanship and is deeply committed to PNA Masters Swimming? Nominate that person for this award. Complete info is in the January -February issue of [The WetSet](#) (page 4). Nomination deadline is Saturday, March 19.

See you at Champs!

WWU Viking Invitational Meet

By Steve Peterson

This was the third annual swim meet hosted at Arne Hanna Aquatic Center in Bellingham by the young Vikings.

From their [online description](#): *“We are the WWU Swim Team! A student-lead, recreational and competitive, community of WWU undergraduate students who swim at all skill levels and intensity levels. There are no tryouts, we take anyone who wants to join us. In a typical year, we attend between 4-6 competition meets leading up to a Championship meet at the King County Aquatic Center in Federal Way in the spring, and a trip to Nationals. Meets are not required, but they are a lot of fun! Whether you are new to swimming or have been swimming all your life, come check us out on [Instagram](#) or [Facebook!](#)”*

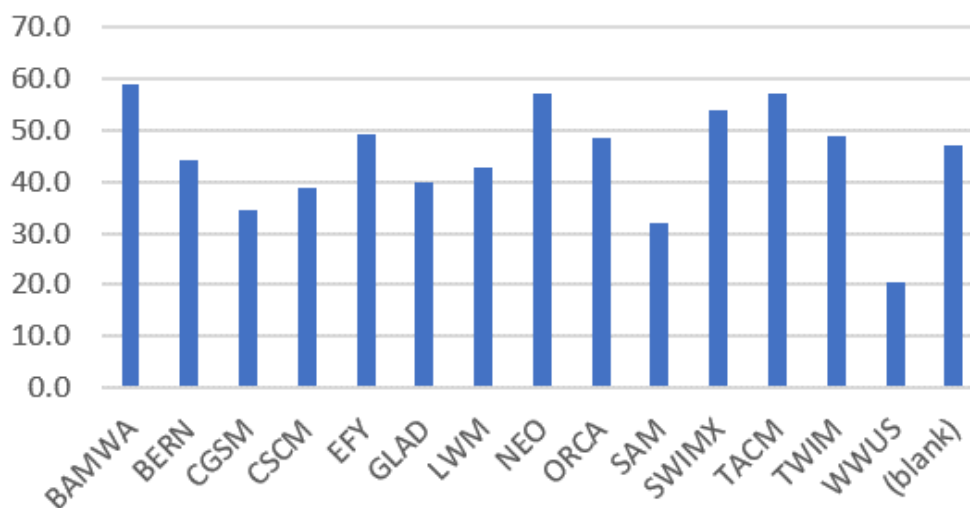
And did they do a great job and have loads of fun doing it! With assistance from PNA Meets Coordinator Lorraine Masse, the Vikings co-captains **Nora (“Meet Master”) Joslin, Sam Farmer, Rae Osborne,** and Emma Fredlund coordinated all aspects of meet operation, enlisting officials, their volunteer timers, and learning the ropes of meet hosting in these times of pandemic recovery. Adding to potential worries was the unusually cold weather, with an inch of wet snow falling the night before. But the temperature rose and the sun came out, if only briefly.



WWU Co-Captains Nora Joslin, Sam Farmer, Rae Osborne, and Emma Fredlund

Seventy-two swimmers, 60 from workout groups within club PSM, entered the February 26 event. *(Note to you 13 or so “UC36” people – consider switching to club PSM for relay opportunities at Nationals and joining a workout group for team points at Champs!)* The Vikings were the best represented with 14 swimmers, and not unexpectedly the youngest in average age among all workout groups there.

(Continued on page 3)



Viking Invitational Average Age by Workout Group

(Overall average age: 42)

WWU Viking Invitational Meet (cont)



WWU swimmer Lucia Jackson's family members cheer her on



Viking volunteers chow down on pizza after the meet

(Continued from page 2)

Another challenge was the lack of electronic timing for the meet, to which we all have become so accustomed.

Bellingham's age-group competition at the Snohomish Aquatic Center this weekend occupied the system operators, leaving only manual timing. But three watches were available per lane, so at least one PNA record may have fallen – **Dick Peterson (85), in his first meet in three years, hopes to have broken Jim Penfield's 30-year** standing record in the 100 Breast! Official results were emailed to all and can be found on the website.

Many thanks, as always, to all volunteers who contributed to this meet. Kudos to the officials: Morris Arthur (starter), Heather Brennan (referee), and Marta McClintock and Laurie Bergvall (stroke & turn). They ran the meet efficiently, staying close to the timeline with two 15-minute breaks separating the 18 events, much to the relief of multi-event swimmers in a three-hour meet. See you next year in Bellingham!

PNA Calendar

[Search USMS
Calendar of Events](#)

- 3/12—[TACM March Madness](#), Anacortes, WA
- 4/15 to 4/16—[2023 PNA Champs](#), Federal Way, WA
- 4/01 to 4/02—PNA LCM Meet, Federal Way, WA
- 5/05 to 9/05—[5K/10K Virtual Championships](#)
- 7/08—[Ultramarathon Distance Open Water Championships](#), Portland, OR
- 7/13—[2-Mile Cable Open Water Championship](#), Foster Lake, OR
- 7/15—[Marathon Distance Open Water Championship](#), Applegate Lake, OR
- 8/02 to 8/06—[Summer National Championships](#), Sarasota, FL
- 8/02 to 8/11—[FINA World Masters Championship](#), Kyushu, Japan
- 8/12—[Middle Distance Open Water Championship](#), Lake Oahe, SD
- 9/15—[Sprint Distance Open Water Championship](#), Lake Mission Viejo, CA
- 9/16 to 9/17—[Long Distance Open Water Championship](#), Lake Mission, Viejo, CA
- 9/15 to 11/15—[3000/6000yd Virtual Championships](#)

2023 1-Hour Virtual Championship

A historical Perspective and PNA results

By Sally Dillon

The first official USMS “long distance” national championship event was held in a lake. Beginning in 1974, the open water men’s 2-mile and women’s 1.5-mile events were held at Trout Lake in Menomee Falls, WI. It appears the founders of this event didn’t have much confidence in women being able to swim two miles, but in 1978 that event became a 2-mile open water championship for both genders!



In 1978, the first “One Hour Swim for Distance” national championship was offered to USMS members. Previously founded and hosted by DC Masters, this event became a very popular method of competing because it could be done in a swimmer’s home pool with or without other teammates’ participation. Branded as a “postal” swim, each swimmer swam for exactly one hour and then sent their results via “snail mail” to the event host. T-shirts could be ordered and along with awards (when earned), everything was “snail mailed” back to the participants.

“National Champions” were named and records were set. Despite the mailing costs, a nice profit was earned by the event hosts. In 1984, the USMS Long Distance Committee approved a second “Postal Championship” by offering a 10K event, which was hosted by Arizona Masters each year. In the 1990’s a 6000-yard postal championship was offered, but it took a couple years to find an event host. The rules also changed and allowed clubs to “bid” for hosting the postal swims, just as they had done for hosting pool national championships all along. DC Masters stopped hosting the 1-Hour Postal swim on an annual basis in 1993. PNA hosted this event in 1996 and 2001.

The name of the 1-Hour event evolved over time and became an ePostal event when entries went online instead of via “snail mail”. And just recently, USMS changed the event name to “1-Hour Virtual Championship.” One definition of virtual is: *to have the effect of being such without actually being such.* I certainly hope someone entering the event doesn’t take this literally.

Congratulations to these PNA participants in this year’s 1-Hour Virtual Championship event!

PSM

Michelle McRae 11th (45-49) 4020 yds

Andrea Hunt 2nd (75-79) 3480 yds

Sarah Welch 7th (75-79) 3115 yds

Johnny VanVelthuyzen 2nd (40-44) 4795 yds

BWAQ

Baden Sprinkle 6th (35-39) 4745 yds

Daniel Smith 4th (60-64) 4660 yds

Eric Durban 4th (65-69) 4335 yds

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FREE LIVE WEBINAR! DON'T MISS!

Free

LIVE WEBINAR

Older Women Rule the Waves:

Astounding Female Open Water Swimmers Over 60

Get inspired!

Learn how they conquer the most daunting, treacherous and exciting open water feats in the world.



16 MARCH
2023



11:00 AM-
1:00 PT

REGISTER



LIZ FRY



GINA HARDEN



SALLY MINTY-
GRAVETT



PAT GALLANT-
CHARETTE

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 18 to:
PNA Secretary Steve Peterson, speterson@bandwagon.net (for Musselman Award)
PNA board member Sally Dillon at salswmr@comcast.net (for Coach award)

See the [January 2023 issue](#) of *The WetSet* for more complete info on criteria for these awards. Click [here](#) and [here](#) to check out past award recipients on PNA's website.



Bellevue Club Masters Mile

Entries for the February 5th Bellevue Club Masters Mile sold out within 10 hours this year. However, swimmers on the “wait list” were able to get into the meet due to scratches.

This event continues to attract rookies as well as serious competitors. Thirteen swimmers were competing in a USMS meet for the first time and each received not only a “personal best time,” but also a new swimmer “goody bag” from PNA.

One-fourth of the entries came from Oregon Masters, and they set the pool on fire! The record-breaking tradition for this meet continued as once again, new world records were set. Dan Kirkland (75, OREG) posted 20:18.58 in the 1500 SCM. On the way to the finish, Kirkland also broke the 400 and 800 SCM world records in 5:13.02 and 10:40.85 respectively.

The top time in the meet, 17:22.68, was accomplished by 50-year-old Kurt Grote (OREG). It was an exciting race as Grote was behind Bellevue Club member Eddie Switaj (39) until the 850-meter mark. Switaj finished **second in a time of 17:28.69. In his “youth”, Grote was a breaststroke specialist who competed in the Olympics (earning Gold, swimming breast in the USA medley relay) and the World Championships (breaststroke Gold). Another former Olympian, Dan Jorgensen (55, OREG), was also in the fast heat. He won his age group in a time of 18:27.79.**



Head Timer Susan Pappalardo with 101-year-old Willard “Wink” Lamb



Meet Director Sally Dillon congratulates Dan Kirkland for his record-setting performance

One of last year’s record setters, Willard “Wink” Lamb

(OREG), was back to swim the 1500 again – this year as a 101-year-old! **He didn’t quite break the world record he set in 2022, but** we all enjoyed watching and visiting with this Masters celebrity.

We were blessed with an abundance of expert help. Thanks to deck officials Dave Baer, Dick Chapman, Jim Davidson, Holly Lickwala, Earl Long, and Lorraine Masse and to Head Timer Susan Pappalardo. Additional thanks go to Pappalardo for also acting as unofficial meet photographer and submitting these photos.

Wiggin Fund Assistance

The Pacific Northwest Association of Masters Swimmers wants to make sure that the benefits of USMS membership are available to all and that all swimmers can participate in PNA events, regardless of their ability to pay. To that end, PNA is teaming up with the Wiggin Fund managers to provide financial assistance toward USMS/PNA Registration Fees for those who request it.

The Wiggin Family donated funds to PNA to honor the memory of Rear Admiral (USN ret.) Fred Wiggin (1916-1991), a longtime PNA member and competitor. The Fred Wiggin Fund was created to provide financial assistance to help members fully participate in Masters swimming and its programs and activities.

To apply for this financial assistance for USMS registration fees and/or meet entry fees, please complete [this form](#) and scan and email it to pntregistrar@usms.org.

Welcome New Swimmers!

Adams, Emily	Francoch, Gregory	Magraw, Jessi	Risse, Jan
Anderson, Dane	Frederick, Tijani	Mason, Lauren	Rivera-Hernandez, Robin
Anzillago Tesser, Guilherme	Froines, Colin	Matei, Emelie	Roberts, Steven
Aronovitz, Emily	Gamroth, Linda	Matthew, Tanner	Robinson-Hogeberg, Holly
Battocchi, Scott	Geiger, Sara	McCarthy, Justin	San Juan, Khaila
Belvin, Davon	Goria, Shant	McDonald, Laura	Savabi, Mariam
Beyler, Brandon	Grogan, Elia	Mckee, Melissa	Sayigh, Julie
Braatz, Sarah	Helfman, Lindy	Meiss, Trevor	Senchev, Helen
Chambers, Jake	Henkel, Jennifer	Miller, Zachary	Shao, Sophia
Chambers, Lindsey	Hilgers, Robert	Millward, William	Shaw, Masie
Chavira, Madeline	Hoch, Duane	Milman, Ariana	Shindnes, Gabriel
Chen, Jing	Hutton, Olivia	Monagle, Anne	Smart, Joanna
Clarke, Bryan	Iwata, Terri	Nathalie, Voivenel	Smearer, Michael
Cory, Rebecca	Jackson, Kelsey	Niegemann, Gary	Tan, Jeffrey
Crawford-Gallagher, Brandi	Jackson, Lucia	Pakkala, Julia	Turrieff, Caitlin
Davidson, Sarah	Kalata, Mariya	Paleski, Julia	Vu, Sarah
Davis, Justin	Karpen, William	Payne, Brad	Wadey, Chuck
de la Cruz, Luis	Kirby, Hillary	Phillips, Mark	Walters, Collin
DeLurio, Dan	Knox, Kayleigh	Pryor, Wandee	Watson, Karen
Dennis, Josh	Koehler, Jason	Putnam, Kathy	Weyant, Shannon
Ding, Yaying	Krasilnikov, Simon	Ragan, Sean	Wolffe, Kelly
Dolan, Jeff	Krieder, Rachel	Rapoport, Samuel	Wright, Lacey
Dugan, Bailey	Lai, Joseph	Rasco, Charles	Yu, Gehua
Edwards, Jennifer	Larson, Ellen	Reaugh, Keali	Yuan, Lei
Elizondo, Nicolas	Liu, Wenrui	Reenders, Jeremiah	Yuann, Susan
Emmette, Phillip	Loihl, Charlotte	Rickerson, Lucas	

Swimmer Spotlight

A Masterpiece Only You Can Create
A Revisit with Bill Brenner of United States Masters Swimming.
By Tom Walker of TWIM

What does United States Masters Swimming mean to you? Is it an organization? Is it your team? Is it your friendships? Is it when you gather to compete, to train, to celebrate, to encourage, to support?

Yes, it is indeed all those things and a great deal more. It is a tradition passed down from those first few pioneers, those forerunners, and it is a legacy that we ourselves are carrying forth.

To me it is first and foremost a place in the heart, an inextinguishable light forever burning and symbolizing a foundational urge to achieve our highest aspirations. A call to offer an unflinching testimony about who we are and what we intend to do. How we plan to use this gift of life. To honor those who have come before and set a beacon for those yet to come.

It is the living, breathing men and women that I have known over these last forty years. Teammates and Coaches. Volunteers. I have held them all in awe. They have inspired me, and I have seen them as an example of what it means to be a person and a swimmer, of how I should live.

It is the lifeblood that flows through our veins and the belief that forever unites us. It is those who have given so much of themselves and dedicated their lives to our common purpose. They have all been ablaze with the same joy and filled with the same determination that we feel. To swim this very day. To coach this team. To write this workout. To volunteer. To host this meet. To educate and inspire. To encourage and support.

Bill Brenner is such a person. He carries this belief, this commitment, this mission to our members all over



America. He does it up front and in person. He offers us an invitation to engage and improve. And when he steps on deck to greet a pool full of nervous yet eager clinic goers, he *is*, for us, **United States Masters Swimming. That's where the day is won, that's where the call is met.**

I remember standing one day at Spring Nationals in Indianapolis and gazing at the scroll of champions. Feeling the incredible energy and tradition there. It was then that I decided to become a Masters coach.

That led to a moment in Portland Oregon in 2017, when I ventured to a motel conference room out in the wilds, seeking to acquire my

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Swimmer Spotlight (cont)

(Continued from page 8)

Level 1 and 2 USMS Coaches certification. It was there on that morning where I first met Coach Bill Brenner, standing outside the door with his confident and welcoming smile and waving me in.

I learned a lot during those two days, but much more than the curriculum. He inspired me to do swim clinics. His co-presenter was the legendary Mel Goldstein, who kept repeating like a mantra “...**we are in the swimming business...**” (But his is another tale, a story for another day.)

We have all passed through a very dark time, and now it seems like only a memory receding in the distance, a lingering fragrance of what once was. But was a time that challenged all of us in so many ways. It was a tough time for swimmers all over the world. It was a time that tested our belief and our resolve, came on against our very fiber. Not only as an aquatic community, but as a global one.

We are back now. The sun of USMS swimming shines brightly once again, and fortunately for us all, Coach Brenner is back on his Never-Ending Clinic Tour, coming soon to a town near you. So good to see him back where he belongs!

I owe this man a lot, and I'm not alone.

This from one of the hundreds of us that have benefited from this man's gift, “Thanks Bill, for this great experience. Your instruction was mind blowing, eye opening and fun. Can't wait to implement what you taught us. Much respect and gratitude...”

Yes, much!

TW: So, Coach Brenner, how does it feel to be back on the road?

BB: It feels liberating to be free of the chains of confinement due to the pandemic. The pent-up desire I have to educate our membership is being met with enthusiasm and appreciation. I feel very fortunate.

TW: What, do you feel, is your mission in doing this?

BB: Masters Coaches can have an enormous impact on the wellbeing of the swimmers they coach. I strive to demonstrate how impactful a coach can be by sharing ideas on how to create a culture of inclusiveness, respect, camaraderie, and fun.

TW: **What are the joys you've been part of in your travels as you meet new swimmers and how do you think these clinics are benefiting our swimmers?**

BB: While I enjoy having swimmers of all ability levels in my clinics, watching an entry-level swimmer improve **drastically brings me great joy. When I can celebrate a swimmer's accomplishments and see a big smile on their face,** it is a very rewarding experience for both of us. It boosts their self-esteem and mine at the same time. Quite a pleasurable high.

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Swimmer Spotlight (cont)

(Continued from page 9)

TW: Indeed. What is it, do you think, that motivates them to come?

BB: While every swimmer has different motivations for swimming, most would agree that they would like to be **better. Who wouldn't want better stroke technique, making something that is hard or challenging easier? Many swimmers don't have a coach, or if they do, would like a** new set of eyes to look at their strokes and make suggestions. I deliver a clinic that teaches the swimmer skills to become better during the clinic and how to use these new skills to refine their stroke beyond the time they spend with me.



TW: I know that you have an open-door attitude and are there to answer the questions swimmers may have days and weeks after the clinic. How do you handle that?

BB: Swimmers and coaches are always welcome to reply to the thank you email I send after the clinic.

TW: What is your vision for the future of this outreach?

BB: **I'm hopeful that I'll stay healthy enough to continue to coach these clinics and educate enough coaches** along the way so that they may carry the torch well into the future.

TW: Why do you believe in United States Masters Swimming?

BB: **It's an organization that supports the local efforts of our clubs and coaches.** It's what happens locally that matters most to most of our membership.

TW: How has it improved your life and elevated your spirit?

BB: **I've learned so much from the great coaches that have come before me and from my peers that are** currently coaching. My spirit is lifted learning from the best and it shapes how I teach others. I never want to stop learning so, every day I wake up, I begin the day by being grateful for the good fortune that I have. Then the search begins to find more knowledge that makes me better, knowing I have a platform to share what I know with so many other colleagues and swimmers.

TW: What would you say to all those who are seeking to improve their swimming and are thinking of coming to one of your clinics?

BB: Come with an open mind, be prepared to give your best effort, and let me gain your trust. I hope to make you a believer in the process and convince you that you have the mind, body, and spirit to swim with a better stroke.

TW: Any parting thoughts?

BB: No two bodies move the same way. Your stroke is a masterpiece only you can create.

PNA Annual Meeting and Awards Presentation

PNA is hosting a combination Social, Annual Membership Meeting, and Awards Presentation on Saturday, April 15 in conjunction with PNA Champs. The event will take place following the conclusion of Saturday's relays at the Aquatic Center complex banquet hall, which is adjacent to the pool. A meal featuring pizza, salad, and dessert will be served. A no-host cash bar with beer, wine, and sodas will be available.

Cost is \$5/person for meet entrants and guests. Tickets are required and can be purchased when you register for the meet. Only 120 tickets will be sold.

The PNA Coach of the Year and Dawn Musselman Inspirational Swimmer awards will be presented at this event.

Contact Sally Dillon at salswmr@comcast.net for tickets if you are not attending the meet.

BREASTSTROKE CLINIC!



Performance Breaststroke
With Coach Mike Hamm
Sunday, March 26th



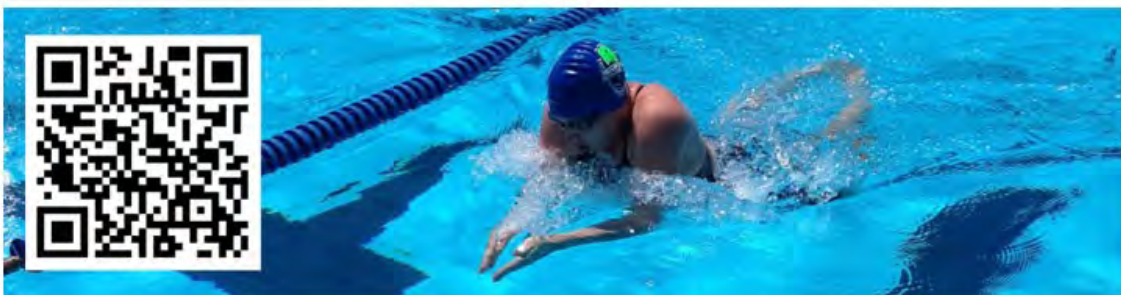
Join us for an engaging breaststroke clinic with widely acclaimed USMS coach and mentor, Mike Hamm!

When: 8:00 – 11:00 am on Sunday, Mar 26th

Where: Skagit Valley Family YMCA, Mt. Vernon

Cost: \$75

Details: <https://www.twimteam.org/BreastWithMike/>



SPLASHForward Update

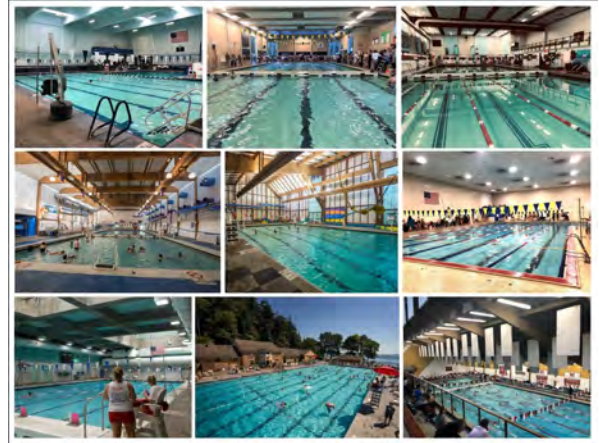
By Susan Pappalardo

Let's start with a little pop quiz to test your public pool knowledge.

Quiz question: How many public pools are in King County which has an estimated population of 2.3 million? 16, 35, 42, or 23?

If you guessed 16, you would have been right in 1976 when the last of the sixteen Forward Thrust public pools was built. If you said 42, that would be almost double the public pools **we have today**. **The right answer is 23. That's right, just 23 mostly 6-lane 25yd indoor pools.** We've been visiting and researching public pools near and far since 2017 when the City of Bellevue dusted off their 2009 aquatic center feasibility study to understand how they are built, used, and to chart our course forward.

It's 2023, and we have 23 public pools serving 2.3 million people in King County. Watch for more to come to illustrate this numerically embarrassing moment.



Public Pools in King County

Quiz question: How many public pools are on the eastside of Seattle? 5, 7, 9 or 15?

Sadly, there are only nine public pools on the eastside, mostly built in the early 1970's with various remodels and improvements, but no new expansions. If you'd like details on the pools, reach out anytime!



Mockup of Park Board's recommended master plan for Bellevue Airfield Park

It's definitely time for new public pools! On February 14th, the Bellevue Parks & Community Services Board unanimously voted to recommend an updated master plan for Bellevue Airfield Park that includes SPLASHForward's 130,000 sq ft aquatic center concept plan along with eight covered and lit pickleball courts, picnic shelter area in the woods, playground, splash pad, full basketball court, open area for picnicking, and parking. This concept plan holds the vision for the future of our region where modern facilities will be accessible for swim lessons, water play, exercise, wellness, training, and competition. For masters, it will be a place to train, compete, attend clinics, have fun, and socialize as well as a huge opportunity to see growth in PNA membership! The park setting multiplies the indoor and outdoor benefits that will provide something for everyone and endless programming opportunities year-round.

(Continued on page 13)

SPLASHForward Update

(Continued from page 12)

By the time you read this, the City Council will have added their input to the Parks Board master plan recommendation and advanced the process to the State Environmental Policy Act (SEPA) study phase. This is a significant moment on the journey to securing the site for the new Bellevue Aquatic Center which we hope will be fully realized by the end of the year.

Visit splashforward.org/latest-news and [the city's website](#) to stay up to date and fill out the [city's](#) and our [SPLASHForward](#) surveys. You do not need to live in Bellevue to take the surveys.



February 14th Bellevue Parks Board Meeting where we added our voices and showed support

Regional updates

Kirkland's *Parks Funding Exploratory*

Committee is considering which aquatic and recreation center options at the Houghton Park and Ride and the North Kirkland Community Center sites to include in a potential [November 2023 Parks Measure](#). Two larger facility options at Houghton and three medium/large facility options at North Kirkland.

Two new feasibility studies funded by the *King County Aquatic Facilities Grant Program* are soon to launch to explore a new regional scale aquatic facility to serve North King County. Kenmore and Kirkland plus Kenmore, Shoreline, and Lake Forest have combined efforts to select one feasibility team. More to come as the foundation is being laid for new public pools in King County.

Si View Parks continues to engage the community to determine next steps for phase one of construction of a new aquatic and recreation center in North Bend. [Learn more](#).

Round two of the *King County Aquatic Facilities Grant program* [is open](#) and we expect a competitive applicant pool (pun intended).

If you'd like to get involved or learn more, reach out anytime info@splashforward.org.



SPLASHForward

Water for ALL | Water for Life

Board Meeting Highlights

January 16:

-Financials: Bank account balances as of 12/31/22: Checking \$30,870, Savings \$58,317. Net revenue November – December: \$2,105. Net revenue YTD: \$10,463.

-2023 Budget: PNA is strong financially with no cash flow issues. Major budget drivers include the USMS Annual Meeting (September) and Relay 2023 (October).

The board adopted the 2023 Budget as amended: \$25,650 operating revenue (mostly registration fees); \$29,850 operating expenses (convention, officials, coach development, per swimmer fees, zone surcharges, etc); \$500 non-operating revenue/expenses (donations income, Wiggins Fund payouts). Projecting a \$3,700 loss for 2023.

-Membership: 1,188 (551 men, 637 women).

-Meets: The board approved requested dates for the *WWU Vikings* meet (February 26, with profit guarantee support capped at \$500) and the *TACM March Madness* meet (March 12). KCAC has been reserved July 1-2 for a PNA-hosted LCM meet, possibly to include a clinic and 5K/10K swim opportunity.

-Annual Meeting at Champs: The board approved a \$2000 budget to subsidize facility rental and food to support a \$5 admission for this social during PNA Champs.

-Open Water: **PNA's website has been updated with this year's OW events, the OW High Point Awards info, and a link to the USMS OW National events.**

-Club and Team Development: Two of the six clubs currently registered were recommended to register as workout groups instead, given their small size. Club PSM has 20 registered workout groups with two more contacted to register as well. Two others are not currently active.

-PNA Standing Policies: The board approved the Open Water Buoy Policy as amended. Review and approval of the entire revised policies package was postponed to March.

-NEXT MEETING: March 13 via Zoom.

PNA Voting Board Members

President – Linda Chapman
 Past President – Sally Dillon
 Vice President – Kathy Casey
 Secretary – Steve Peterson
 Treasurer – Lucianne Pugh
 At-Large Director – Marysia Smith
 At-Large Director – Open!
 Bylaws – Jim Davidson
 Meets – Lorraine Masse
 Membership – Stephanie Hiebert
 Open Water – Jim Davidson
 Appointed Director – Bob DeWard
 Appointed Director – Dan Underbrink
 Club Director – Kim Boggs
 Club Director – Doug Jelen
 Club & Team Development
 Coordinator – Sally Dillon

Coordinators/ Standing Committees

Awards – Kerry Ness
 Coaches – Open
 Fitness/Clinics – Wade Praeger
 Historian – Walt Reid
 Newsletter – Lucianne Pugh
 Officiating – David Baer
 Postal – Sally Dillon
 Records/Top Ten – Doug Jelen
 Social Media – Jake Ni
 Webmaster – Steve Peterson



A Look Back....From the July 2008 WetSet



PNA President Steve Peterson and NEO's June Van Leynseele, this year's recipient of the Dawn Musselman Inspirational Swimmer Award



Coach of the Year Mel Smith holding his trophy, together with PNA President Steve Peterson.



2023 PNA Championship and Northwest Zones
Championship Meet
Sat, April 15 and Sun, April 16th
Hosted by Blue Wave Aquatics
Sanctioned by PNA for USMS Inc #363-S004

LOCATION: Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023 Phone: 206-296-4444
FACILITY: 50-meter championship pool set up as two 25-yd courses, each with eight 9-ft wide lanes and a water depth range of 9'-10.5'. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, 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.

WARM-UPS: We expect to be able to use the dive tank for continuous warm up and warm down through the duration of the meet. However, because of King County Aquatic Center staffing/lifeguard issues it may not be possible. We may not know until the days leading up to the meet. In the event that there is no dive tank availability, in order to comply with the USMS rule that there be made available warm up and warm down through the duration of the meet we will have 1 lane in each pool continuous warm up/warm down and six lanes for competition for the distance events. The scoreboard end pool will be available during the rest of the meet.

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

SCHEDULE: Warm-ups start at 9 am and meet at 10 am each day.

CONCESSIONS: No concessions available. Please bring your own snacks.

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 2023 USMS or foreign registered swimmers 18 and above as of 04/16/23. Age groups based on the swimmer's age as of 04/16/23. Foreign registered swimmers must provide proof of current registration in their country's federation.

ENTRIES: Individuals may enter up to six individual events and four relay events.

ONLINE ENTRIES: Enter online [at this link](#). No entries accepted after Sunday, April 9, 2023 11:59 pm (Pacific time).

ENTRY FEES: \$49 Individual and Relay-Only swimmers plus \$2.00 per individual event. PNA swimmers who need financial assistance for entry fees may request same from the PNA Wiggin Fund. Your credit card will be charged by "Blue Wave Aquatics Meets".

REFUNDS: There will be no refunds.

SEEDING: All events will be seeded slow to fast. Two courses will be used for the 1000 Free, 500 Free, and 1650 Free.

INTERMEDIATE SPLIT TIMES: Swimmers who would like one or more intermediate split times submitted as official times must complete a USMS Split Notification Form indicating the distance(s) for which splits should be submitted. Forms will be available at the meet.

CHECK-IN: Positive Check-in required for 1000 Free, 400 IM, and 500 Free. Swimmers missing the check-in deadline may be scratched from the event.

-Online check-in via SwimPhone available starting at 9 am [at this link](#).

-In-person check-in available starting at 9 am at the Clerk of Course.

-Check-in deadlines (online and in-person) are as follows:

-1000 Free by 9:30 am

-400 IM by End of Event #6

-500 Free by 9:30 am

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.

Deadlines for relay cards:

-Medley Relay cards [events 9, 10, 11] – Noon

-Free Relay cards [events 21, 22, 23] – Noon

AWARDS: Ribbons for individual places 1 – 6. Medals may be purchased at meet.

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 15th		Sunday, April 16th	
1	1000 Free *	13	500 Free *
2	50 Breast	14	100 Back
3	100 Fly	15	50 Free
4	200 Free	16	200 Breast
5	100 IM	17	200 IM
Break: 10 Minutes		Break: 10 Minutes	
6	100 Breast	18	50 Back
7	200 Back	19	200 Fly
8	50 Fly	20	100 Free
9	Women's 200 Medley Relay	21	Women's 200 Free Relay
10	Men's 200 Medley Relay	22	Men's 200 Free Relay
11	Mixed 200 Free Relay	23	Mixed 200 Medley Relay
12	400 IM	24	1650 Free *
PNA Social Event			

T-SHIRTS: Championship shirts are available for purchase during registration. We offer short and long sleeve shirts. PRE-ORDER DEADLINE WEDNESDAY, APRIL 5TH.

-Long Sleeve XSM, SM, MD, LG, XL \$32 | 2XL, 3XL, 4XL \$34

-Short Sleeve XSM, SM, MD, LG, XL \$25 | 2XL, 3XL, 4XL \$27

PNA SOCIAL, AWARD PRESENTATION, and ANNUAL MEMBERSHIP MEETING

This event will take place immediately following the conclusion of Saturday's swim events at the Aquatic Center complex banquet hall, which is adjacent to the pool. The social will feature pizza and salad at \$5/person for PNA entrants and guests. Tickets are required and will be available when you register for the meet. More information is provided [at this link](#). Limit of 120 people. People not entered in the meet should contact Sally Dillon for tickets to the PNA Social.

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

QUESTIONS:

Meet Director: Steve Freeborn 206-940-7442

Meet Referee: Mike Murphy swimoff1@gmail.com

Meet Registrar: Angela Turley 253-797-4920, angelajtu@comcast.net

