

PACIFIC NORTHWEST
ASSOCIATION OF
MASTERS SWIMMERS

U.S. MASTERS
SWIMMING IN
WESTERN
WASHINGTON

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The WetSet

VOLUME 43, ISSUE 3
MAY-JUN 2023

President's Message

By Sally Dillon, PNA President

My sincere thanks go to those of you who cast your votes in the recent election of PNA officers. Speaking for all who were elected, we appreciate your votes of confidence. For me, **it's an "unexpected honor" because it wasn't on my radar to become PNA's president again.** Those who have been paying attention will recall that I served in this position from 2017-2021 and I hope to bring new energy as I lead our board for the next two years. We have a terrific group of volunteers on the board (see the current list on page 15 of this newsletter).

I'd like to welcome three new members to PNA's board: Bob Moore (Vice President), Brent Barnes (Treasurer), and Dave Scott (At Large Director). I enjoyed meeting all three at the PNA Champs meet in Federal Way and they also attended the social/meeting/awards event **after Saturday's competition. It was great to have the social event again, after a three-year lapse due to COVID. Nearly 100 tickets were sold. The Pop's Pizza was delicious and we celebrated this year's PNA award winners Wendy Neely (Coach of the Year), and Mason Chuang (Dawn Musselman Inspirational Swimmer).**

My sincere thanks go to Blue Wave Aquatics Club for once again putting on a terrific SCY Championship meet. The meet was also designated as the NW Zone meet, which added a complicated layer of extra work, but BWAQ managed that aspect very well. Numerous records were set, and many swimmers from outside PNA attended. It is always a treat to swim at the Weyerhaeuser King County Aquatic Center – a world-class facility right in our midst!

Finally, we are offering the opportunity to swim the USMS 2023 5K Virtual Championship event at the conclusion of the July 1 LCM meet in Federal Way. Only 16 individuals can participate (two per lane) and priority will be given to those who provide proof of registration in the USMS virtual event. Interested swimmers need to contact me at salswmr@comcast.net to reserve a spot. Cost is \$25/swimmer.

I hope to see you at this meet!

USMS Spring Nationals

The 2023 USMS Spring National Championship meet was held April 27-30 at William Woolette Jr Aquatics Center in Irvine, CA. The event featured 2,475 swimmers from 272 clubs registered for 10,095 individual events.

PNA took second place among regional clubs and was well represented by 102 registered swimmers, with 96 from Puget Sound Masters (PSM), three from Blue Wave Aquatics (BWAQ), and three independent (UC36). PSM was the fourth largest team at the event and finished sixth in overall team scoring with 1,232 points.

Nova Masters, competing in their home city, had the largest team with 108 swimmers and were second overall in team scoring with 1,513 points, behind The Olympic Club, another California Masters team (1,641 points). Rounding out the top five were New York Athletic Club (1,473), Colorado Masters (1,469), and San Diego Swim Masters (1,231).

Rick Colella was the top individual scorer for PSM, winning all five of his events for 55 points and setting new **USMS records in the men's 70-74 200 breaststroke and 200 butterfly**. Other high scorers for the PSM men included Michael McColly (41 points), Alan Bell (36 points), Christophe St Martin (36 points), Carl Haynie (35 points), and Steve Peterson (32 points).

Charlotte Davis led the PSM women with four first place finishes and one second for 53 points. Other high scorers included Mary Armstrong, who won two events and scored 38 points, Andrea Hunt, with one first-place and 37 points, and Linda Chapman (33 points).

PSM had 57 registered relays and the team of Sarah Welch, Andrea Hunt, Steve Peterson, and Michael McColly won the Mixed 75+ 400 freestyle relay in a new USMS record time of 5:14.51.

Pictures courtesy of the Puget Sound Masters Facebook and Instagram pages. For more Spring Nationals results, [click here](#). For videos of some events, check out the [USMS Events Live Streaming YouTube channel](#).

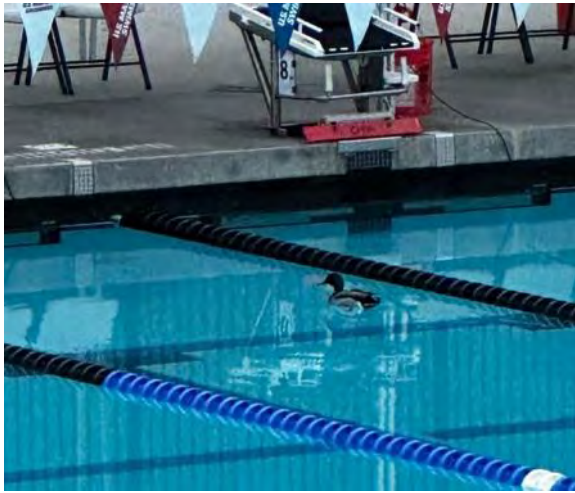


It was a new USMS record for the gold medal mixed 400 freestyle relay team of Steve Peterson, Michael McColly, Andrea Hunt, and Sarah Welch.

USMS Spring Nationals (cont)



USMS Spring Nationals (cont)



March Madness Successful, Chaos Averted!

By Steve Peterson

Short Course Meters meets are already infrequent enough around here without the pandemic. This year's meet in Anacortes is the first time since 2020 that the Thunderbird Aquatic Club Masters have been able to put on what has been an annual staple for many years. Past events were typically held in January or February, but this March 12 date fit well with PNA's slowly-resuming schedule of meets.

It was Daylight Savings "spring ahead" day, so attendees had to be mindful of this Sunday's lost hour. Apparently one ferry system deckhand wasn't so tuned in, because at 6:20 am, an able-bodied seamstress tapped on my window to say that the 6:30 sailing out of Port Townsend was just canceled for lack of staff. (One of the treats of the Anacortes meet for this Kitsap County resident is taking that ferry to Coupeville, driving north up Whidbey Island through Oak Harbor, and enjoying the spectacular views from Deception Pass.)

So, my passenger Jackson Rittenhouse and I boarded the 8:00 am sailing and ended up getting to the pool an hour and a half late. Having learned long ago never to race without a warmup, I just sighed to see Event #4 (my 100 Breast) starting as we arrived. All was not lost, however, as I eventually realized that the 100 split from my 200 Breast could be recorded. All I had to do beforehand was fill out the Split Request form and find two specific timers (thanks, Coach April Cheadle and Steve Fogg!). Four race times for three splashes – disappointment averted. (Possibly four PNA SCM records achieved, too.)

Meet Director Jenny Claridge coolly kept potential chaos in order, marshaling her staff of volunteers through 18 events for nearly 70 swimmers. (Note to first-meet swimmers: if you didn't pick up your "new swimmer goodie bag" be sure to ask at your next meet for this PNA perk!) Justen Berg served as Administrative Official, Leslie Mix ran the scoreboard, and the TACM and Thunderbird Age Group swimmers did timing. The officiating staff included Dick Chapman (Referee); Laurie Bergvall, Jeri Rimat, Gina Pilloud (starters and stroke & turn); and Morris Arthur and Steve Ciatti (deck ref and stroke & turn). Our thanks to all these volunteers who give their time so that we may compete!

Attending this meet were our designated PSM Coaches for the USMS Spring Nationals in Irvine CA (April 27-30): Pete Colella, Wade Praeger, and Diana Hermanson. Also there were both our current and the incoming PNA Presidents, Linda Chapman and Sally Dillon, who each swam three events.

See also TWIM's write-up on the meet [at this link](#).



BAM coach April Cheadle with Samena Club swimmers Jing Chen, Lei Yuan, and Gehua Yu.

PNA Coach of the Year

Wendy Neely has been at the helm of the Blue Wave Aquatic Club (formerly the Federal Way Masters workout group) for well over 20 years and was honored as the “PNA Coach of the Year” award recipient for 2023. The award selection committee consisted of four previous Coach of the Year award recipients and one PNA board member.

Neely received numerous endorsements from her team’s members and was credited by many for the dedication she has shown to BWAQ by sustaining the club through the pandemic. When the pools were closed, she introduced members to the wonders of swimming in the area lakes and the sound. She created Zoom-based workshops to keep team members connected.

Neely revived the club’s “fish out of water” gatherings, which included informal social events at parks, food establishments, and local breweries. She led meditation classes and book clubs. And unrelated to the pandemic, she was lauded for making Masters Swimming more accessible to more people in the region by expanding the workouts to multiple pools and providing a program that serves swimmers of all abilities.

Wendy Neely has fostered a team that embodies Masters Swimming – an organization that promotes health, wellness, community, and healthy competition for those who want it!

Congratulations to Wendy Neely – the 2023 PNA Coach of the Year!



Coach of the Year Wendy Neely with PNA President Sally Dillon

Share your love for Masters Swimming!

Here’s a great way to spread the word about PNA and Masters Swimming. These metal frames will be available for purchase at the upcoming LCM meet July 1 in Federal Way. Cost is \$20 each, cash or check only. To order, contact Sally Dillon at salswmmr@comcast.net.



Dawn Musselman Inspirational Swimmer Award

By Steve Peterson

Dawn Musselman – they called her “Babe.” At 19, she held five American records and shared a World Record. And she was going to the 1932 Olympics in Los Angeles.

At the Olympic Trials in New York, however, she sprained an ankle and ended up taking the train back to Seattle. (I’ll leave it to you to read the [1978 Sports Illustrated article](#) we have posted on the PNA website to discover the ironic twist to Babe’s Olympics story – which involves bootleggers and a fateful telephone call.)

It would be 41 years before she recovered from the bitterness, discouragement, 10 serious operations, and three husbands. At her fourth husband’s encouragement she entered her first PNA meet in January of 1976 at age 62 and the rest is records history. (She still holds three Long Course records dating from 1983.) But we celebrate Babe not so much for her athletics as for her genuine encouragement of others and inspiration to us all.



Mason Chuang with PNA Board Member Steve Peterson

So it’s in this context that we created the Dawn Musselman Inspirational Swimmer award, given first to her in 1986 following her death from cancer. And now it’s my pleasure to announce our 38th honoree, Mason Chuang of the Orca Swim Team.

Mason has been a very active Orca member since 2015, quickly becoming a major team leader and serving as team president for the past 4+ years. Mason was key to keeping the Orcas together through COVID. When the team lost their pool time at Seattle U, he found space at other pools including Evergreen, Queen Anne, and Medgar Evers. Addressing one of the pool time impediments, Mason has been encouraging team members to become certified lifeguards, with the team providing reimbursement for course fees.

He can be recognized on the pool deck by his beaming smile and infectious energy, not only as everyone’s biggest advocate and cheerleader, but also integral to keeping the team running smoothly.

Mason actively participates in practices and meets and encourages new and experienced swimmers alike to join in. He also helps organize social events for members to get to know each other better outside the pool.

“One of my favorite things about Mason is the plethora of Speedos he chooses from, based on his mood, holidays, and local Seattle events,” wrote teammate Katie Fritcher in her nomination letter. “He is really the heart and soul of our team and has created a great and welcoming place for us all.”

For his inspiration to the entire membership of the *Pacific Northwest Association of Masters Swimmers* by the example of good sportsmanship, encouragement, and commitment, PNA is proud to recognize Mason Chuang as the Dawn Musselman Inspirational Swimmer for 2023.

Puget Sound Masters Spring Update

By Erik Petersen and Morena Calvo on behalf of the PSM Board

Have you seen the artwork!? Puget Sound Masters has a new look! The PSM board worked hard this spring to refresh the club's image by expanding PSM's social media presence and collaboratively designing a new club logo. We feel the new logo speaks to the greater Puget Sound area, rather than just highlighting Seattle.



Speaking of the board... Earlier this year, in line with club bylaws, incumbent board members moved to postpone elections and appoint unofficial members to fill vacant positions. Elections are now set to be held in November 2023.

Without further ado, we present your interim PSM board members:

- Chair: Dave McCarty
- Vice-Chair: Doug Jelen
- Secretary: David Scott
- Treasurer: Kevin Esko
- Member at Large: Sarah Welch
- Nationals Coordinator: Steve Fogg
- Communications Coordinators: Morena Calvo and Erik Petersen

The board also increased the frequency of its meetings in preparation for 2023 Spring Nationals in Irvine, CA for which PSM had nearly 100 swimmers registered! We handed out caps to Nationals participants at PNA Champs, Dave Scott made custom bag tags for everyone, and Sarah Welch spearheaded the production of PSM shirts so we would all feel that team spirit on the national stage (and show off our new logo, of course).

Do you have any fun pictures to share from Spring Nationals or another USMS event? Tag us on Instagram (@pugetsoundmasters) or email them to PugetSoundMasters@gmail.com!

USMS 5K/10K Virtual Championships

The 2023 USMS 5K/10K Virtual Championships begins May 15. All participants will receive a latex event cap and clubs with the most participants can win up to \$300 plus other prizes.

All swimmers must register prior to swimming the event and complete their swim between May 15-September 15. Please note that the 5K and 10K swims are separate events and you need to swim twice to enter both. Split times from the 10K may not be used for entry into the 5K.

Each swimmer must have a lap counter that records cumulative splits for every two pool lengths and results must be submitted by September 18. See [this link](#) for more info.



2023 PNA Champs & Social

It was a return of the two-day format for the 2023 PNA and Zones Championship Meet held at Weyerhaeuser King County Aquatic Center in Federal Way on April 15-16.

The event featured 270 swimmers representing 33 clubs and registered for 1082 individual events. Lake Washington Masters was the sole team in the “Large” division and led the overall team scoring with 1180 points. Blue Wave Aquatics won the “Medium” team division with 767 points, followed by Bernardo’s All Stars (693 points) and Cascade Masters (561.50).



Bainbridge Aquatic Masters took first in the “Small” team division with 399 points, followed by North End Otters (355 points) and Western Washington University (236).

Also included in the weekend fun was the PNA Social and Pizza Feed after Saturday’s events. The event was well-attended and PNA awards for Coach of the Year and Dawn Musselman Inspirational Swimmer were announced.



Weyerhaeuser King County Aquatic Center in Federal Way

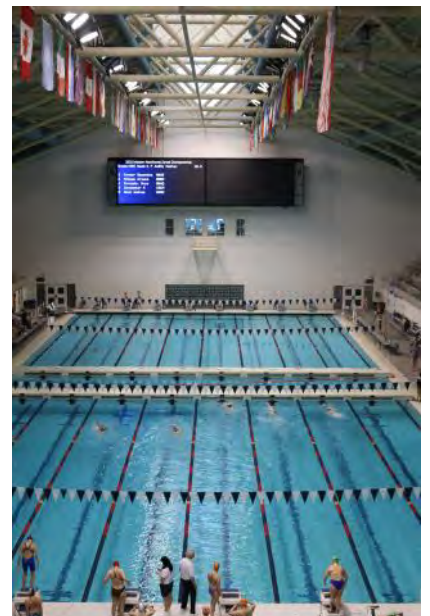
Follow on Facebook!



2023 PNA Champs & Social (cont)



2023 PNA Champs & Social (cont)



Swimmer Spotlight

To Keep the Joy!

An interview with Karen Chapman
With Tom Walker of TWIM

For each of us, swimming is a journey that begins at a certain point in time, whether early or late, and that can take us through all the decades of life like a smooth and reassuring wave, an unerring guide that leads us to the truest north of the soul and gives us a center for our being and becoming. It is that very moment that can become a lifetime.

What is the spirit that animates us all? It may well be the foundational desire to feel the freedom of unbridled flight and to soar far above this earthly domain wherein we dwell. It may well be the song within that forever seeks the light. Swimming is a gateway to that experience, and it opens anew each time we take that first stroke and glide into this bright and radiant kingdom where peace always most assuredly awaits us.

Over my past forty years of Masters swimming, I have met so many champions. They have been teammates, coaches, and volunteers. They have been Olympians and swimmers like me. They have been all those who have ever entered the water with an intention to do their best, no matter what the day, no matter what the time. They have all shared one common trait - an intense determination to do this well. They also have a deep loyalty to this shared endeavor of ours. That is the honor of it. And each time I see that kind of determination, I am moved.

I first met Karen Chapman in the time just after COVID, when we found ourselves working out together at the lovely Snohomish Aquatic Center. She was a self-proclaimed novice and had a lot of questions. I could see this lady was serious about things. It seemed like she knew where she wanted to go and was going to get there no matter what. She wanted to know everything as soon as possible and was not afraid to learn, nor to be self-critical.

I distinctly remember one fine morning as we strolled along the hallway toward the competition pool, and I suggested that she start watching Katie Ledecky on YouTube daily to get a feel for how this was really done. I really **couldn't answer all those questions, so I needed a lifeline!**

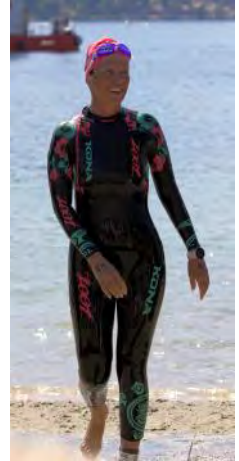
Over the months I found myself increasingly inspired by her determination. Yes, there was that deep feeling of recognition again. This was us. All of us.

TW: What was the spark that began your aquatic journey? What inspired you?

KC: My aquatic journey really began in a kayak (although in my native England we call it a canoe). Swimming was just something I did when I fell out of it! But I fell in love with the water through canoeing. There was a sense of awe as I witnessed nature from the water that was similar to, yet different from hiking in the mountains. It was almost a spiritual experience.

But this was also the first time I discovered any sort of "sport" that I could actually do! It didn't involve competing against anyone else or being part of a team (and letting them down). It was just me, the canoe, and the water. I felt at home on the water.

TW: When was the time and what place?



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Swimmer Spotlight (cont)

(Continued from page 12)

KC: I spent my all summers from the age of eight onwards at a church youth camp in Aberdaron, North Wales and learned to canoe there when I was 14. I paddled a slalom canoe to surf in the ocean and explore the nearby rocky coves. I later became a canoeing instructor both for that camp and for a YMCA in the south of England, where in 1981 I met Kevin Franks who was to become my biggest open water mentor as well as a lifelong friend.

TW: What is it, do you feel, that called you to swimming?

KC: **A visit to the ER! Osteoarthritis caused my neck to “lock” in a flexed position overnight and the aftermath was not pretty. After blacking out several times plus a visit to the ER, it was Kevin, mentioned already, who realized that my old “heads-up-breaststroke” was no longer a safe option for me since my neck could easily spasm and cause a blackout while swimming. Since NOT swimming wasn’t an option, I needed to learn freestyle and hope that my neck would cope with that movement.**



TW: Who were your early mentors?

KC: Donna Conner was my first coach and mentor. She not only taught me how to swim freestyle but her love of the water re-fueled mine and within a few months of taking my first lesson with her in 2020, I wanted to try open water. Again, it was **Kevin who encouraged me, since I didn’t know any other open water swimmers. He guided me through the safety aspects and practical tips, generously answered questions, and shared his knowledge and experience. Meanwhile, as I practiced week after week in the pool, Tom Walker adopted me, again sharing observations, encouragement, and tips.**

TW: How did you start training?

KC: **About a year ago I realized that my goals had changed. I now knew how to swim and that with practice I’d continue to improve my stroke efficiency. But I’d fallen in love with open water (although waves were still my nemesis). I turned to open water coach Amy Heape and asked her to make me a stronger swimmer, better able to know how to adapt my stroke for changing conditions and to be “just fast enough” to join in group swims.**

TW: Tell us about the stops along the way.

KC: More stages than stops, really. Initially it was all about analyzing my stroke and learning what my body could do. I had minimal body awareness at first, so trying to understand what my limbs were doing often produced hilarious results. (I still **can’t swim underwater or do a flip turn**).

I’m still learning about fueling and was lamenting to Coach Amy recently that my shorts no longer fit me and that perhaps I should lose a few pounds to which she replied, “You’re fueling for performance – not your shorts!” (So I bought new shorts!) Recovery was another tough stage. It took months to figure that piece out and I’ve had to sacrifice my regular glass of red wine during this intense training period (although a small glass of white is OK).

TW: What is it that keeps you going?

KC: **The people! I’ve met so many wonderful folks through swimming, especially open water. Their willingness to share their ideas, tips, time, and so much more is truly humbling and inspiring. Special mention to those friends who committed to joining me in frigid water all winter, knowing I’d struggle to do that alone.**

TW: What are the greatest joys you’ve found in swimming?

KC: **1) The sense of freedom of movement. When you get that perfect stroke where you feel as though you’re lighter than air and your body is perfectly aligned, it’s exhilarating! And as a side note I now have the full range of movement in my neck**

(Continued on page 14)

Swimmer Spotlight (cont)

(Continued from page 13)

and no pain whatsoever.

2) Seeing a sunset from the water. I have literally been reduced to tears at the sheer beauty of the moment.

3) **Feeling like I've found "me" again, the Karen who used to feel so at home ON the water. But now I'm immersed in it.**

TW: What have been the Biggest Challenges?

KC: **The cold. I don't have a big build, so I don't have a lot of insulation! I get cold in the pool after two hours, so swimming in open water, even in a full wetsuit for hours at a time, is tough in anything less than 70° F.**

And waves! Whether big and rolling or smaller but messy. I can't relax easily into a rhythm or be sure of my next breath. I'm a person who likes to stay in control, but these conditions mean I have to try and just relax into the water, feel what it is doing and adapt to that – every stroke sometimes. I still find it unnerving but I'm getting better.

TW: What lies ahead? What are you training for?

KC: **I'm signed up for the 10k Dock2Dock in London this September. It will be my first event of that length. It's meant training for endurance, hydration, nutrition, cold mitigation, stroke efficiency, and mental focus. I'm also doing the 2.4-mile option at the Whidbey Adventure Swim this June, which to be honest has me more concerned than the 10k due to currents and potential waves!**

TW: What are your long-term goals?

KC: **To keep the joy. For me it's not about competition – that just means personal stress. And I've no aspirations to swim farther than 10k. I think I'd just like to find swims in beautiful places that offer a variety of new experiences. There are a couple in England I'd love to do one day: the Dart 10k and the Bantam Swoosh, for example. Locally, I'd like to build up my confidence with shorter swims in less predictable conditions so I could get over my fear of those wretched waves! But the joy is priority.**

TW: What would you say to those who are thinking of becoming open water swimmers?

KC: **Go with an experienced open water swimmer to glean the tips both for safety and fun. There are lots of local groups and independent swimmers.**

TW: **What do you do when you're not doing this?**

KC: **I'm a landscape designer, published author, national speaker, and tour guide through my business Le jardinet (<https://lejardinetdesigns.com/>). I'll be heading to England in May to lead a garden tour – but arriving early to get some swims in first! Perfect blending of interests.**

TW: Any parting thoughts?

KC: **When I started this journey in 2020 my body and spirit were broken. Yet just three years later, I am stronger than I have ever been, both mentally and physically. I had no idea it was possible to feel this good at 62! I am now committed to growing old ungracefully and embracing each new challenge.**



March 13 Board Meeting Highlights

-Financials: Bank account balances as of 2/28/23: Checking \$43,998, Savings \$58,318, total: \$101,176. Net revenue January-February: \$11,955. Net revenue YTD: \$11,955.

-Nominating Committee: President Linda Chapman thanked fellow committee members Sarah Welch and Dan Underbrink for assembling this slate of candidates for the 2023-2025 term: Sally Dillon (President), Bob Moore (Vice President), Brent Barnes (Treasurer), Steve Peterson (Secretary), and Kathy Casey and Dave Scott (At-Large Directors).

-Membership: 1,382 (649 men, 733 women).

-Meets: The Bellevue Club Mile, Bellingham Viking Invitational, and Anacortes March Madness meets were successful and well attended. Team size and protest committees are selected for Champs (April 15-16) and plans are set for the Annual Meeting and Social at KCAC. Initial committees for the PNA LCM meet (July 1-2) were set. No requests for fall meets have yet been received.

-Open Water: The Whidbey Island Adventure Swim and Fat Salmon events are sanctioned. Swim Defiance is in process. The Whidbey event quickly filled its limit of 100.

-Historian: Walt Reid has loaded 68 scans of *The WetSet* and 36 board meeting minutes from 1993-1999 to the website. He also updated the SCY PNA All Time Top12 for 2020, 2021, and 2022, and built and loaded listings of PNA swimmers who made the World Aquatics (formally FINA) Top10 for 2022 (SCM and LCM).

-USMS Annual Meeting (Convention) and Relay 2023: Both will be held in Houston this fall. Convention will be in-person and online. Relay 2023 will focus on "events." **Applications for Relay 2023 and four available convention delegate positions (in addition to three "automatic" slots by virtue of committee memberships)** should be submitted prior to the May meeting.

Next meetings: April 15 (annual meeting at Champs) and May 8 (TBD) via Zoom.

President – Sally Dillon
 Past President – Linda Chapman
 Vice President – Bob Moore
 Secretary – Steve Peterson
 Treasurer – Brent Barnes
 At-Large Director – Kathy Casey
 At-Large Director – Dave Scott
 Bylaws – Jim Davidson
 Meets – Lorraine Masse
 Membership – Linda Chapman
 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
 Awards – Dan Underbrink
 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

PNA Calendar

[Search USMS
Calendar of Events](#)

5/05 to 9/05—[5K/10K Virtual Championships](#)

7/01—PNA LCM Meet, Federal Way, WA

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](#)

SATURDAY, JUNE 24 @ 9:00 AM

SPONSORED BY SOUTH WHIDBEY PARKS & AQUATICS FOUNDATION



SOLD OUT

1.2 AND 2.4 MILE DISTANCES

WATCH OUR WEBSITE FOR UPDATES:
WHIDBEYADVENTURESWIM.ORG

Orca Swim Team proudly presents the 23rd Annual

FAT SALMON OPEN WATER SWIM

Saturday, July 15th, 2023
Madison Park Beach, Seattle



3.2-mile point-to-point swim on Lake Washington from I-90 to Madison Park
A United States Masters Swimming sanctioned event (Ages 18 & over)

www.fatsalmonswim.com

Swimmers, Volunteers, Kayakers, Paddleboarders, Power Boaters, Spectators – visit website for more info



2023 PNA Open Water Series

Start planning for this year's season!

June 24 - 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 15 - **The second event 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/



August 6 - Swim Defiance 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 single 3K race on a linear course swim from Vashon Island (after a 15-minute ferry ride) to Owen Beach with competitive and non-competitive divisions. **Bernardo's All Stars** are hosting the event.

<http://www.swimdefiance.com>

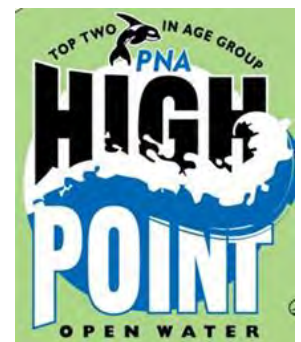


These events are open to USMS members only. For non-USMS swimmers, a One-Event USMS membership can be purchased for \$20. (The fee can be applied to a full USMS membership.)

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 you swim, the more points you accumulate.

Points will be awarded to the top 10 PNA registered finishers in each event. 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.



SPLASHForward Update

By Susan Pappalardo

Do you “learn to swim” or “swim to learn”? As Masters swimmers, we have the opportunity to learn and improve our skills, understand what we are capable of, and build our dreams. In the pool and open water, we cross paths, learn about others, and are introduced to new opportunities that allow us to grow.

Creating the next major aquatic facility where we will continue to swim to learn and invite others along with us, received a significant boost in early April. The Bellevue City Council unanimously supported the Parks Board recommended master plan for Bellevue Airfield Park which is now under environmental study. This involves assessing the environmental impacts of developing the park.

SPLASHForward, in partnership with local engineering resources, has developed [our early Environmental Sustainability Vision](#). We will be providing forums for further conversations on environmental sustainability opportunities.

Regional aquatic facilities in Washington State received a boost with the passing of [Senate Bill 5001](#) led by Senator Brad Hawkins from Wenatchee. This bill makes it easier for regional partnerships between cities and/or counties to support funding and governance of new public pools through the formation of a public facilities district. Watch for more from Wenatchee on planning for a regional aquatic center.

During May and June, the City of Kirkland will be reviewing input from a community survey along with the **Parks Funding Exploratory Committee's** recommendation to form their decision on the preferred site and scope for an aquatic and recreation center and whether to put a Park Measure that includes it on the November ballot.

May is Water Safety month and we continue to support students in becoming lifeguards through our [HS Lifeguard Training Program](#) so that our pools and beaches can fully operate this summer. In April, Myrtha Pools joined as a supporting sponsor alongside Amazon our title sponsor and Proliance Orthopedic Associates.

We are building our first committee and **growing our board**, if you'd like to get involved or learn more, reach out anytime to info@splashforward.org.



Bellevue Parks Staff and Board presenting their recommended master plan that includes the new Bellevue Aquatic Center concept plan.



SPLASHForward

Water for ALL | Water for Life

Another Successful TWIM Clinic!

On March 26, TWIM presented *Performance Breaststroke with Coach Mike Hamm*—the latest in a series of well-received clinics organized by the team. The Mount Vernon event attracted swimmers from as far away as Bellingham, Centralia, and the Kitsap Peninsula.

Clinic format included one hour of classroom learning and a two-hour pool session. The classroom component included detailed instructions on nine specific breaststroke drills and the purpose of each. Videos of several expert breaststrokers were shown, which Coach Hamm used to illustrate skills such as stroke technique.

Moving into pool time, swimmers worked on each drill and received immediate feedback from Coach Hamm. Swimmers also worked on racing skills such as underwater pullout, two-hand touch, and racing turns.



Clinic photo courtesy of TWIM Blog.

Welcome New Swimmers!

Allison, Trenton
Ames, Gary
Barnes, Christopher
Bhatt, Karan
Blackwell, Dillon
Brown, Jennifer
Cain, Makenna
Calabrese, AJ
Chaudhry, Ali
Chavira, Madeline
Chen, Jing
Collins, Douglas
Convery, Jordan
Cook, Douglas
Cookson, Bryce
Dang, Vincent
DeHart, Mark
Ding, Yaying

Emmette, Philip
Fidalgo, Sebastian
Fleet, Alex
Galasso, Vanessa
Gallardo, Donatto
Ghilarducci, Emily
Greatrex, Cami
Grunig, Joshua
Hegde, Chiranth
Hilgers, RJ
Hutton, Olivia
Kellogg, Brendan
Kinsman, Katharine
Leick, Blaine
MacKinlay, Nathaniel
Madden, Theresa
Margotta, Kara
May, Nichole

McCotter, Patricia
McKinney, Jennifer
Millar, Valerie
Moon, Katie
Oak, Kalyani
Oldenburg, Dylan
Palmer, Michael
Panzer, Timothy
Patao-Torres, Matt
Paull, Adam
Pelton, Regan
Peterson, Barbara
Rubin, Judith
Sach, Russ
Sanders, Raegan
Serpa, Terry
Shore, Samantha
Slanschek, Marvin

Snow, McGregor
Sreenivasan, Raoul
Stadler, Michael
Staub, Janet
Stebbins, Matthew
Steimel, Katherine
Sumnicht, Nicole
Syed, Hussein
Tharpe, Mattelyn
Tiwari, Surya Kant
Tobias, Christina
Valiquette, Lynn
Villada Cano, Daniel
Waibel, Bryn
Wells, Allison
Whittle, Alli
Wolffe, Kelly



LCM Summer Meet
 Saturday, July 1, 2023
 Hosted by PNA Clubs and Workout Groups
 Sanctioned by PNA for USMS Inc. #pending

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 50-meter 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 world & USMS records and USMS Top 10 will be contingent on verification of bulkhead placement.

TIMING SYSTEM: The primary timing system will be automatic timing. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.

SCHEDULE: Warm-up 9am – 9:50am. Meet starts 10am. If the pre-meet timeline shows an ending time later than 4pm, the meet warm-up, check-in times, and start time will be 30 minutes earlier: warm-up 8:30am-9:20am and a meet start of 9:30am. Swimmers will be notified via email, by 6/28 of a change in the meet start time.

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. Feet first entry. Diving in designated sprint lanes only.

ELIGIBILITY: Open to all 2023 USMS or foreign registered swimmers 18 and above as of 07/01/2023. Foreign registered swimmers must provide proof of their current registration status. Age groups based on **the swimmer's age as of 12/31/2023**. 18-24, 25-29... and up in 5-yr increments.

ENTRY LIMIT: Swimmers may enter up to 5 individual events.

DECK ENTRIES: No deck entries except for relays.

ENTRY FEES:

- Regular deadline fees: \$32.00 meet surcharge plus \$4 per individual event. Enter by June 18

- Extended deadline fees: \$40 meet surcharge plus \$4 per individual event. Enter by June 25
- No charge for relays.
- Relay only swimmers pay Regular or Extended meet surcharge depending on their entry date.
- PNA Swimmers who need financial assistance for entry fees may request same from the PNA Wiggin Fund.

TIME STANDARD FOR 800 FREE: 800 Free entrants must be able to swim the event in 19:00.00 or faster.

ENTRY DEADLINES:

- Regular deadline: Sunday, June 18, 11:59pm
- Extended deadline: Sunday, June 25, 11:59pm

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

POSITIVE CHECK-IN DEADLINES:

400 Free: 9:20am; (40 minutes before meet start)

400 IM: End of event #6; 800 Free: End of event #13

For positive check in events, swimmers must check in by the deadline in order to be seeded. Swimmers who fail to check in but still wish to swim may be inserted into open lanes at the discretion of the referee.

RELAYS: Age groups (sum of ages): 72- 99, 100-119, 120-159, 160-199, 200-239, 240-279, **The aggregate age of the four relay team members determines the relay age group.** Mixed relays require two men and two women. Unattached swimmers are not allowed to swim on a relay.

Relays will be deck entered at the meet. Deck entry relay entries due as follows:

- #2-#3, #8: 9:15am, (45 minutes before meet start)
- #15-#16: by the end of event #7
- #21: by the end of event #14

AWARDS: PNA Medals may be purchased at the meet for \$2.

ONLINE ENTRIES: Enter online at: www.swimpna.org.

ENTRY QUESTIONS: [Linda Chapman](mailto:Linda.Chapman@comcast.net):

chapman_family@comcast.net

Order of Events - Saturday, July 1			
1	400 Free*	12	200 Breast
2/3	W/M 200 Fr Rly*	13	50 Free
4	200 Fly	14	400 IM*
5	50 Breast	--- 5 min Break ---	
6	200 Back	15/16	W/M 200 Mdly Rly*
7	100 Free	17	100 Fly
--- 5 min Break ---		18	50 Back
8	Mxd 200 Fr Rly*	19	100 Breast
9	200 IM	20	200 Free
10	50 Fly	21	Mxd 200 Mdly Rly*
11	100 Back	22	800 Free*

5K Virtual Swim

[5K Virtual swim opportunity](#): Will begin immediately following the LCM meet competition. 2-hour time limit to complete the 5K distance. \$25 per swimmer and each must provide their own timer/counter. Limit 16 swimmers (2/lane). All must bring proof of entry for the USMS 5K Virtual Championship