

PACIFIC NORTHWEST  
ASSOCIATION OF  
MASTERS SWIMMERS

U.S. MASTERS  
SWIMMING IN  
WESTERN  
WASHINGTON

CONTENTS

- 1—President's Report
- 2—Open Water Distance Swims
- 5—PNA High Point OW Series
- 7—OW Championships
- 8—USMS 3000/6000
- 9—National Senior Games
- 12—Swimmer Spotlight
- 16—NW & SW Zones
- 17—New Swimmers
- 18—SPLASHForward
- 20—PNA Calendar



# The WetSet

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## President's Message

*By Sally Dillon, PNA President*

MARK YOUR CALENDARS - August 6-10, 2025!

U.S. Masters Swimming's "big dance" is coming to town! USMS "officially" announced on July 26 that PNA will be hosting the USMS Summer National Championships (LCM) at the Weyerhaeuser King County Aquatic Center in Federal Way. Long-time members of PNA will recall that we have previously hosted four USMS National Championship meets. All were in Federal Way: LCM 1992, SCY 1997, LCM 2001, SCY 2007.

It's been a long process to bring a championship back to PNA. A committee was formed in 2018 and the first bid was submitted that spring for hosting the 2020 LCM meet. Rejected, we bid again in 2019 for 2021. Finally, we bid in 2020 for 2022. We were selected to host the 2022 meet that year, but COVID reared its ugly head, and a shuffle began to accommodate the meets that were canceled in 2020. It became more complicated finding the right combination of meets (e.g., there can't be two in the same time zone in the same year). Anyway, many months ago we accepted 2025 as "our national championship," but we had to keep the secret until the contract was signed and USMS made their announcement.



Steve Freeborn, long-time Meet Director for the PNA championships each April, has agreed to serve as Meet Director for the 2025 event. Steve was the Assistant Director for all four prior Masters Nationals at WKCAC. He was also the Meet Director for the US Open in December 2003. As we have done at our past National Championship events, we will divide the various meet responsibilities among volunteers from our clubs and workout groups. We are proud to have many talented leaders and volunteers in PNA.

While our championship meet is nearly two years away, volunteers are needed now to be part of the official 2025 Meet Organizing Committee. As we have done when hosting our previous meets, any profit from the meet will be shared with the clubs and workout groups who contribute volunteers. If you would like to join us on our mission to put on a fabulous National Championship in 2025, please contact me at [salswmr@comcast.net](mailto:salswmr@comcast.net).

# Open Water Distance Swimming!

By Lucianne Pugh, *The WetSet* editor

While some PNA swimmers are happy sticking with pool swimming, others prefer to venture out into open water, especially during the summer. The Puget Sound area has a large selection of lakes and other outdoor swimming options so swimmers can choose among a variety of swimming locations with varying water conditions.

Wendy Van De Sompele is an experienced open water swimmer who completed her first OW swim at the age of 10. This summer she put her long experience to good use by completing three stages of the [Northwest Open Water Swimming Association's Lighthouse Series](#). The full series of swims spans the top of Puget Sound to the edge of South Sound.

**Van De Sompele's goal is to be the first person to swim all six stages. She has chosen to do the swims in reverse order, starting on the south end of the series and working her way north because she lives on Vashon Island. So far, she has completed stages six (Gig Harbor-Browns Point), five (Browns Point-Point Robinson), and four (Point Robinson-Alki Point).**

The adventure began on July 22, when Van De Sompele completed stages six (a 6.3-mile distance) and five **(6.6 miles) as a "double," meaning she could spend no more than 10 minutes on shore between the two legs.** She started at the Gig Harbor Lighthouse, swam to Browns Point (where she had her less-than-10-minute break), and then continued to the Point Robinson Lighthouse on Maury Island. At both the Browns Point stop and the finish she met young girls who were quite impressed by her endeavor.

"I hope I inspired both of them to be brave and do something challenging," she said.

**Van De Sompele found the most difficult part of the route to be the first 2.5 hours, which involved "being caught in the vortex formed by the outgoing tide hitting the south end of Vashon Island and swirling back toward Point Defiance, while making very slow progress toward my goal."** She much preferred the entire second leg, particularly being greeted by her friends and **"Vashon swim posse" Mary Singer and Heidi Skrzypek.** The weather was mostly calm and sunny, and she called the 55-59° water temperature **"perfect."** **Her total swim time has yet to be ratified but was "around 8:09."**



(Continued on page 3)

## Open Water Distance Swimming! (cont)

(Continued from page 2)

On August 19, Van De Sompele tackled the next swim in the series (13.2 miles), departing Point Robinson shortly after 7 am in sunny and calm conditions. The **first couple of hours was her favorite part of the swim as she was “feeling great”** and on pace for a six-hour finish. Unfortunately, 12-17 mph headwinds picked up and were pushing whitecaps into her face for the rest of the day. She admits she considered getting out and having a warm shower after reaching Colman Pool around 1:30 pm, but those thoughts were just temporary.

**“My lifeguard team was out on the beach cheering for me, so I decided to continue,”** despite the cold becoming an issue and shivering and leg cramps setting in. **“I’d been on a chilly, 7.5-hour training swim last summer with Amanda Winans when we both experienced severe leg cramps and shivering, so I knew I could survive this,”** said Van De Sompele. **“The lighthouse was visible for a long time and it literally felt like it took forever to get there, making this my least favorite part of the swim.”** She was greeted on shore by friends Jennifer Ogle and Chelsea Lee after being in the water for around 10:21.



Van De Sompele noted that **“Marathon swimming is a team sport,”** and in addition to those previously mentioned, she was grateful for support from boat pilot Andrew Malinak, crew person/life partner Peter Ray, Jerome Leslie, and Melissa Braisted.

Open water continues to be Van De Sompele’s favorite swimming format and she expects to put in over 600 miles this year. She plans to complete the Lighthouse Series stages 1-3 next year.

Stephanie Zimmerman

Stephanie Zimmerman is another PNA open water phenom and also participated in a [Northwest Open Water Swimming Association Lighthouse Series](#) swim this year. **Zimmerman swam the series’ stage one course** (15 miles from Marrowstone Point to Point No Point) on July 30. She swam in 54-57° water and finished in 5:15.

**“I chose to do this swim because I love that area of the sound – it’s extremely beautiful and wild feeling,”** said Zimmerman. **“My favorite part of the swim was that it was incredibly scenic and I had my close friends Amanda Winans, Emma Gaulke-Janowski, and Alison Peterson (all PNA Masters swimmers) and my husband on the boat supporting me. It felt like a wonderful team effort.”**



(Continued on page 4)



## Open Water Distance Swimming! (cont)

(Continued from page 3)

Zimmerman added that she “lucked out” with “almost perfect conditions,” but also noted challenging sections to the swim, including at the beginning “when the water was extremely swirly and turbulent because of the strong current. Then at the end, I had to fight against a current eddy to get into land. **It’s hard to try to pick up your pace and swim fast after swimming for five hours!**”

Overall, Zimmerman considered the experience “an awesome fun day and everything went almost perfectly.”



Earlier this season Zimmerman competed in the USMS Ultra Marathon Distance National Championship in Portland, OR, finishing the 11-mile course in 5:55:27 to place 39<sup>th</sup> overall and 23<sup>rd</sup> among women. She is currently training for an upcoming swim around Manhattan in October.

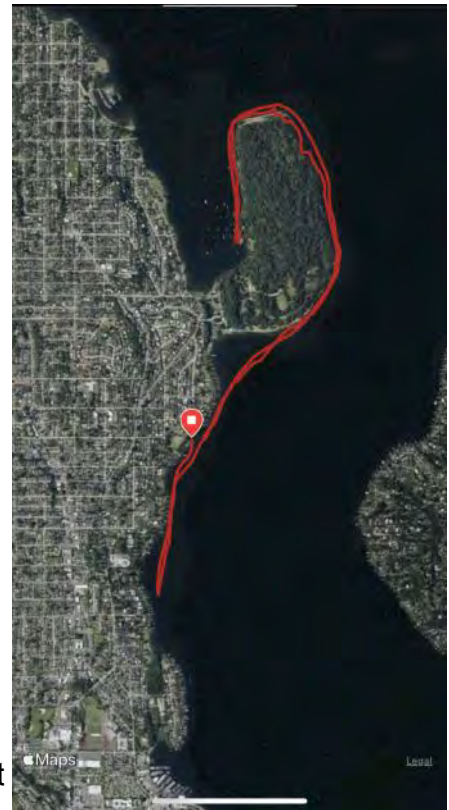
Rachel Croghan

Rachel Croghan is a new USMS member, but no stranger to swimming.

**“I swam competitively from the age of five and then changed sports in college. In January, I began swimming with a Masters group in a pool and ventured into open water swimming after registering for the Whidbey Island Adventure 2.4-mile swim.”**

After completing the Whidbey Island swim and an additional one-mile lake swim, Croghan decided to challenge herself and sign up for a 10K swim through [Say Yes To Life Swims](#). She increased her open water training and practiced eating and drinking while swimming. She felt prepared going into the event but had some anxiety at the start after **seeing that the water conditions “had a little more texture, as we say, than I hoped for!** However, my mind was set on enjoying the experience and making sure I finished.”

She calmed her nerves and focused on sighting her course and “getting into my groove.” She was able to enjoy the scenery early in the swim, but then the water became more turbulent.



(Continued on page 5)

## Open Water Distance Swimming! (cont)

*(Continued from page 4)*

“Wind chop and wakes from larger boats tossed us around for a large portion of the swim,” she reported. “I missed a feed just trying to get out of the chop. I called that section of the course ‘The Devil’s Washing Machine.’ Don’t get me wrong, I actually love riding waves and cutting through them. It keeps the swim interesting, but it is extremely taxing.”

Croghan was “pretty tired” by the last 2K, but a Snickers bar for a final snack gave her a needed boost and she ended strong, hearing cheers and receiving high fives at the finish.

“It was tough mentally and physically, but when I felt like questioning why I was there, I’d remind myself how fortunate I was to be spending the morning doing what I love in such a beautiful location,” noted Croghan. “I found my joy, my Zen. Hands down I would do that again and encourage others to as well when they’re ready. We can do hard and scary things; we just have to be willing to start.”



## PNA Open Water High Point Awards

The PNA Open Water High Point Awards honor the top male and female swimmers by age group in each year’s Open Water races, which this year included the Whidbey Adventure Swim on Saturday, June 24 and Swim Defiance on Sunday, August 6. (Fat Salmon, which was originally included in the series, was canceled this year because of water quality concerns.)

Points were awarded to the top 10 PNA registered finishers in each event (22 points for first, 18 for second, 16 for third, 14 for fourth, 12 for fifth, 10 for sixth, eight for seventh, six for eighth, four for ninth and two for tenth). Different distances and wetsuit/no wetsuit divisions were scored separately and One Event registrants were not eligible. (See the [PNA website](#) for more complete rules.)

### 2023 PNA High Point Award Winners

Age Group	Name	USMS No	Total Pts
F25-29	Kealy, Erin	3634-TKMT7	38
F35-39	Slobodyan, Olena	3633-ERKMZ	26
F50-54	Keith, Lisa	363F-08514	38
F55-59	Outerson, Jenell	363U-02A4V	38
F55-59	Skrzypek, Heidi	363J-0753W	34
M55-59	Yarkin, Joe	3637-H5W01	34
M55-59	Rioux, Vincent	363A-PK1TG	26
M60-64	Matthews, Scott	363X-06BU0	40
M65-69	Gillis, Peter	3636-0B6WS	38
M65-69	Freeborn, Stephen	363N-02KVE	36

# Swim Defiance Returns!

*Swim Defiance* – Returns Under New Management!  
By Steve Peterson

On August 6, *Swim Defiance 2023* made a successful return under its new host, Bernardo's All Stars (BERN).

In 2010, long time PNA member Zena Herrmann Courtney, because of her desire to create a legacy event inspired by attending a Klemmer & Associates personal development program, initiated the *AquaRun for a Child*. This was a 3K or 5K swim + 5K run at Owen Beach, Point Defiance Park, Tacoma to raise funds and awareness for post-adoption services for children. These initial years were sponsored by [www.GiftForAChild.org](http://www.GiftForAChild.org).

In 2015 Zena transitioned this to just a swim event, still offering a 3K or 5K swim to/from Vashon Island, hosted by Blue Wave Aquatics. For 2016–2019 she rebranded the event as *Swim Defiance* in commemoration of the first organized competitive swim between Vashon Island and Point Defiance in 1926. The COVID pandemic interrupted the 2020 swim but it returned for 2021 along the waterfront on Ruston Way. Then, between Zena moving to Florida after retiring from Boeing and the city reconstructing the Owen Beach facilities, there was no 2022 event. Its future became uncertain.

Chad Hagedorn, BERN team founder and PNA's 2021 Coach of the Year, saw this as a "hometown" opportunity to further the team's open water development and a potential team funding source. He convinced the BERN board to take over *Swim Defiance* and an internal trial run was conducted on August 20, 2022. Upon Chad's untimely passing last February it appeared that the event was again in jeopardy.

BERN head coach Diana Hermanson was not about to let a great tradition go away, so she stepped up as Race Director, with Serrell Collins, Katy Smith, and other team leaders committing to make sure the race would continue. In addition to tremendous organizing efforts, they offered six cold water practice swims at Owen Beach in the weeks before the August 6 event date. The result was a very successful 2023 *Swim Defiance*! And enthusiasm enough between



*That arch looks so small from the start!*



*Dr Yael Joffe wore (just!) her jellyfish suit to finish in 1:29.05!*

participants and volunteers to promise a continuing *Swim Defiance* for many years to come.

Upon reviews and discussions of past swims BERN opted to drop the round-trip 5K and offer just the 3K swim from Vashon to Owen Beach for safety and logistics reasons. Sixty-three swimmers signed up, with 53 entering the water and 50 finishing the swim. Weather conditions were especially good with a few

*(Continued on page 7)*



# Swim Defiance Returns!

*(Continued from page 6)*

very low clouds, then sunshine, low wind, and moderate currents. The tide change midway through offered a short period of calm. (At the pre-start safety briefing swimmers were advised to observe how far west the kayakers were carried as they rowed their way across Dalco Passage to the starting point adjacent to Vashon's Tahlequah ferry terminal – and to listen to them for guidance against the currents on their swims to Owen Beach.)



*Wave 1 heads off toward Owen Beach*

Swimmers were divided into two waves that left five minutes apart. Crossing times ranged from 45 minutes to just over an hour and a half. Michael Kula (41, 45:48) and Katie Kamment (32, 51:44) were the first male and female to touch shore. The safety crew flawlessly extracted three swimmers on personal or time limit request. The 25 female finishers ranged in age from 20 to 69; the 25 men ranged from 27 to 76. Four swimmers opted to do the swim without a wetsuit! Complete results are available on the [swimdefiance.com](http://swimdefiance.com) website and additional details and photos can be found on the [Swim Defiance Facebook](#) page.

BERN, with the assistance of Nathalie Hamel, wrangled up 17 kayakers, 3 lifeguards (two on boats and one on shore), and two power boats including the *Bernardo 1 boat captained by Diana's husband Doug*. Tacoma Maritime Institute was a huge part of *Swim Defiance* as they have always been, providing another two power boats and getting the assistance of the Coast Guard Auxiliary and the Tacoma Fire and Rescue boat to help keep the swim course free from other traffic. These sponsors also helped make this swim possible: Tacoma Boat, Premier Sports & Clinical Massage, Grant & Associates Vocational Counseling, Pine & Grace, Campfire Coffee, Tatanka Take-Out, All Color Designs, Metro Parks, and Tacoma Center YMCA.



*Bernardo's team members help load gear onto Diana's trailer.*

BERN is already making plans for *Swim Defiance 2024*. Hope to see you there!

# Open Water National Championships

The USMS Marathon-Distance and Ultramarathon-Distance National Championships were both held in July this year with the ultramarathon event (11 miles) included in the Portland Bridge Swim on July 9 in Portland, OR and the marathon swimming event (6.2 miles) held July 15 at Applegate Lake, OR.

PNA had a great showing at the marathon distance, with Hallie Pound (F25-29, 2:47:16.6), Johnny Van Velthuyzen (M40-44, 2:40:14.0), and Alan Bell (M70-74, 2:59:37.7) all winning their age groups. Michelle McRae took second in the **women's 45-49** group and David Kays was third in the 55-59 group.

Pound and Van Velthuyzen were also part of a larger PNA group that competed at the ultramarathon distance. Robert Jung (M40-44) finished second overall and first in his age group in 4:37:58.8. Other PNA swimmers winning their division were Addie Page (F18-24, 5:02:48.4), Kevin Jones (M35-39, 5:45:28.7), and Maura Carroll (F45-49, 5:14:08.0). Also competing were Andrea Bartel (F25-29), Emma Gaulke-Janowski (F30-34), Stephanie Zimmerman (F35-39), Lacey Wright (F18-24), Amanda Winans (F40-44), Julia Hart (F25-29), Amy Wolfe (F50-54), Justin McCarthy (M30-34), and Amanda Fotiou (F35-39).



## USMS 3000/6000 Virtual Championships

The USMS 3000/6000 Virtual Champs event will run September 15 to November 15. Swimmers need to register before swimming the event, which can be swum in any 25-yard or 25-meter pool. (Meters pool swimmers must swim 3000 or 6000 meters and submit times in meters. The results system will automatically make the conversion to yards.) Each swimmer must have a verifier to count laps and record cumulative splits for every 50 yards or 50 meters.

Individual results should be submitted by November 17 and relay entries will be open November 21-23. Relay events will be contested in three categories: three men, three women, and four mixed (two men, two women). PSM swimmers should send results to PNA relay coordinator Sally Dillon at [salswmr@comcast.net](mailto:salswmr@comcast.net).

Additionally, each club is entered automatically in the club event. Club scores are calculated based on quality points, which are the ratios of each **individual's time to the corresponding USMS record for the gender and age group. The faster the swim, the more quality points earned. A club's point total equals the sum of the quality points of each of its swimmers, so because every swimmer receives quality points, every swimmer counts!** USMS is offering a total of \$600 plus prizes to clubs with the highest participation.

More info is available at [this link](#).





# National Senior Games

TWIM at the National Senior Games

By Dan Underbrink

Via the TWIM Blog

Pittsburgh, PA was the site for the latest National Senior Games, a major event normally held every other year on the odd-numbered years. This year gets the NSGs back on their normal schedule after the COVID years.

To qualify for NSGs, a swimmer must be at least 50 years of age, and must place first, second, or third (sometimes fourth place is also allowed) at their state senior games. State Games qualification occurs in even-numbered years, so we look forward to the Washington State Senior Games in the Summer of 2024! One may **also qualify in another state's senior games (if allowed by that state's rules) or at another senior event, such as the Huntsman World Senior Games, or the Veteran's Games.**

The Pittsburgh 2023 National Senior Games featured 24 sports, with venues all around the city. The Swimming venue was at Trees Hall Pool on the University of Pittsburgh campus. Athlete check-in was at the Pittsburgh Convention Center, which also featured the Athlete Village and several of the sports venues (Basketball, Volleyball, Pickleball, etc).

**Seven Washington Swimmers made it to this year's NSGs and three of these were from TWIM! The TWIMmers were Candace Jacobs, Steve Schwartz, and Dan Underbrink.**

The full Games ran from July 7-18. The Swimming fell toward the end of the Games this year, with a practice day on July 13 and competition days on July 14-17. The first three days of competition ran with the older seniors (70+) in the mornings, while the 50-69 age group swam in the afternoons. Day four had all ages of senior swimmers in the morning for the 500 Freestyle. Nearly 200 people swam in that event! The 500 was followed by relays to conclude the swimming.

**The TWIM National Senior Games Squad had a great time at this year's event and created many memories exploring and discovering what Pittsburgh had to offer.**

**Candace Jacobs, swimming in the Women's 70-74 age group, was in the ribbons in every event she swam! She placed eighth in 100 IM, seventh in 50 Freestyle, fifth in 50 Backstroke, seventh in 100 Freestyle, and fifth in 50 Butterfly! What a fantastic overall individual performance!**



*The 2023 TWIM National Senior Games Squad L-to-R: Dan Underbrink, Steve Schwartz, and Candace Jacobs*

*(Continued on page 10)*

## National Senior Games (cont)

*(Continued from page 9)*

Candace also enjoyed exploring the city. Her favorite place was the Carnegie Museum of Natural History, with its amazing Dinosaur collection and its Geology exhibits. Also, the Joan Brown exhibit at the Carnegie Museum of Art, where she found that Joan was also a swimmer!

**Steve Schwartz, swimming in the Men's 60-64 age group**, was a powerhouse at this national meet! He received medals or ribbons in every event he swam, starting out with a second-place medal in 200 Freestyle. This was followed by a fifth-place finish in the 400 IM, fourth in the 200 Butterfly, fifth in 200 IM, fifth in 200 Breaststroke, and third in 500 Freestyle.



*Candace Jacobs swam five events and earned five ribbons!*

**Here's what Steve had to say about the swimming:** "The swimming highlight in Pittsburgh was Monday morning. After downloading the estimated start times the night before, I strolled in expecting a half hour plus till my heat. My son yelled into the locker room that the heat prior to mine was finishing and then ran to the starter to delay the last heat. I put my goggles and cap on and ran (quickly walked) to the starting blocks. Jumping up on the blocks I took one breath, and we were off. I hadn't calculated that this lane was in the shallow end (4 ft), so my dolphin kick scraped the bottom of the pool. Swimming became a contact sport. My son learned to count for distance, and I ended up with a bronze medal."

For the last six years, Steve has hosted a family reunion whenever he swims at NSGs. What a great tradition! His sister makes t-shirts (**Steve's Fin Club**) and **Steve and his family have a great time exploring each new city**. This trip, they enjoyed the inclines, the river views, fireworks, salads, and sandwiches with fries.

**Dan Underbrink, swimming in the Men's 65-69 age group**, placed sixteenth in 100 Backstroke, tenth in 100 Breaststroke, thirteenth in 200 Backstroke, tenth in 200 IM, and finally got into the ribbons, with a sixth place in 200 Breaststroke and a seventh place in 500 Freestyle. "I was really pleased with the 200 IM, dropping nearly 5 seconds below my seed time!"

Like Candace, I loved the Carnegie Museum of Natural History. The dinosaur exhibits are world-class, and I spent over an hour checking out their superb Gem and Mineral collection. Like Steve, I enjoyed the incline and the river views. The river has many bridges crossing it. The Soldiers and Sailors Museum was also a highlight. The classical building was erected to honor Civil War Veterans and the fascinating exhibits honor US troops in every conflict from the War of 1812 up to Desert Storm.

TWIM Relays! NSG rules allow relay teams comprised of any swimmers who competed in any individual event, so same-team or even same-state is not a requirement for team members in these fun relays. Nonetheless, we all agreed it would be great to have some TWIM relays. All relays at the NSGs are 200 yards and mixed (two

*(Continued on page 11)*

## National Senior Games (cont)

(Continued from page 10)

men, two women). A Team Captain fills out the relay card and the relay name is the Team Captain's home state. For the "Washington" 200 Yard Mixed Medley Relay, we had all three TWIM members participating! We were joined by TWIM friend (and fellow Washington swimmer) Tammy Wilson. The line-up was Steve in Backstroke, Dan in Breaststroke, Tammy in Butterfly, and Candace in Freestyle. Fast, fun, and fifth-place ribbons for each of us!

In the "Washington" 200 Yard Mixed Free Relay, Steve and Dan were joined by Mary Underbrink (Lake Washington Masters) and Debbie Pederson (South Texas Masters). Debbie did two relays with TWIM in Fort Lauderdale last year and asked to join us again. She is another friend of TWIM, and a former Washington resident (Fort Lewis). Our swim order was Mary, Dan, Debbie, and Steve. Sixth place ribbons for all!

As Team Captain, Dan waited around until event results were finalized to collect ribbons for all relay members. Steve, Candace, and Debbie had all departed to continue travels so their ribbons are now in the mail to them. Add a sixth-place ribbon to Candace's collection and fifth- and sixth-place ribbons to Steve's winnings.

This was truly a fun event, and we hope you will consider joining us at the next National Senior Games, which will be held in Des Moines, Iowa, in the Summer of 2025. Don't forget, to swim the NSGs in Des Moines, you will have to be 50 by the end of 2024 and qualify in the Washington State Senior Games in the Summer of 2024.

**2023**

**BAM!**

**FEST**

**HOST:**  
BAINBRIDGE AQUATIC  
MASTERS

**WHEN:**  
SUNDAY, OCTOBER 8  
WARM-UPS @ 9:00 AM

[HTTPS://SWIMPNA.ORG/POOL-MEETS/](https://swimpna.org/pool-meets/)



# Swimmer Spotlight

**I Can't Imagine What My Life Would Be Like Without Swimming**  
*Interview with Diana Hermanson, Head Coach of Bernardo's All Stars*  
 With Tom Walker of TWIM

As I raise my pen to set these words to the page before me, I reflect on Coach Chad Hagedorn of Bernardo's All Stars. Gone far too soon. Memory Eternal.

It is from the heart that all intentions spring and from that river of light within where our highest aspirations begin and the soul yearns to Be and to Sing, to exult in the elixir of the swim, when the mind is freed by the cleansing tranquility of water, so soothingly blue and silent around our streamlined path, enfolded by a deep serenity.

And it is from this heart there is a call, to make our stand here and now, to affirm our truest identity. There is a nobility in this act, in this swim, be it 50 yards or around the world. It is in this very act we will have acquitted ourselves well. This is a decision which we make every moment, every day, and each time hand enters water for that first stroke.

For some it flows from an unquenchable passion for this magnificent sport we love so dearly, and from this a **lifetime of dedication arises. Isn't that the very spirit of Masters swimming? And some are called to Lead, to Coach, to pour their lifeblood out for us.** They have decided to answer the Call, to give of themselves so generously to our well-being as swimmers and as people. They step up.

At the time of this interview, Coach Diana Hermanson had just led a successful resurrection of Swim Defiance, the legendary open water swim which has been such an important part of our tradition and our legacy, continuing the work of the incredible Zena Courtney. Hermanson stepped up in spades! She has made sure that this tradition continues, and this is an act of the highest honor. It is born of **inspiration. It is born of a belief. A belief in oneself, in one's teammates, in the purpose and necessity of the vision.**

It is the Faith that defines us.

TW: How did it all begin, your life swimming that is? Where and when did you start?

DH: I started competing when I was 8 years old with a small AAU club that trained at PLU in Parkland, WA. I had been swimming since **before I could walk. At least that's what my parents tell me! Plus, they needed me to be comfortable around water because they always had a boat.**



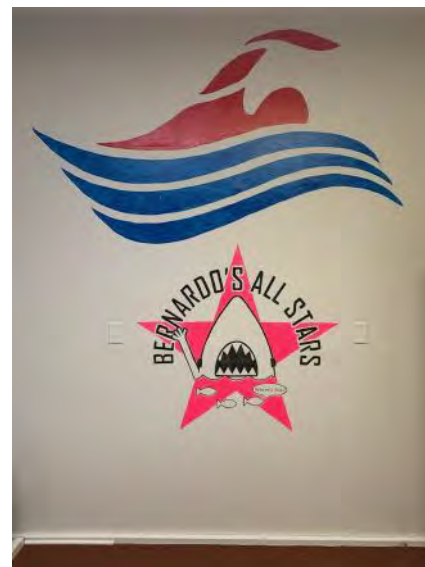
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## Swimmer Spotlight (cont)

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TW: Tell us a bit about your career and your aquatic journey.

DH: After about 3 years with Pacific Lutheran Aquatic Club (PLAC), I wanted a bigger club with more competition so when I was 11 my parents moved into Tacoma across from Wilson High School so I could swim for Dick Hannula Sr., at Tacoma Swim Club (TSC). I am a long-distance swimmer (the longer the better) and have been since I started swimming. I qualified for high school state all 4 years in either the 200/500 Frees or 200IM/500 Free. My family hosted several swimmers from other countries who would come to train with our coach and team. One Olympic swimmer from Belgium who stayed with us for nine months is the one I was able to stay with while representing my TSC and USA team in 1982. I graduated in 1983 and started at the University of Nebraska but came home during the first semester needing major knee surgery. After recovering I went back to swimming with TSC and community college at TCC. I worked mostly in offices after that. Shortly after I got married in 1996, my husband and I started traveling the country with his job. I returned to swimming both USA and Masters along with helping to coach wherever we were. When we were sent to Kentucky, I knew we were going to be there a while. After six months of assistant coaching I was offered the head coaching job of the local USA/YMCA club if I would agree to stay for a few years. After 5 years in Kentucky, it was time to think about coming home to Washington State, but before I left KY I was able to attend Medical Massage School (almost a 2-year program). Shortly after graduating from massage school, I returned to Washington and started my own Sports & Medical Massage practice. All the while I was still swimming.



*A wall at Hermanson's home!*

TW: What is it about swimming that calls you, that nourishes both body and soul?

DH: Swimming calms me, lets me get away from my everyday thoughts about work and other life obligations. It has kept my heart strong, and my skin tanned in the summer with lots outdoor swimming, during my youth and now with open water swimming.

TW: How and when did you become a Masters swimmer?

DH: **I became a Masters swimmer when I was about 36. I had taken a break from swimming in my early 20's, and then returned at age 32 but without a team because my late husband and I were traveling the country with his job.** I was also still a USA Swimming member so I would train and help with the local team in whatever town we were in. In 2001 I was helping a USA/YMCA club in Kentucky. They offered to send me to Masters Nationals and I fell in love with a whole new group of swimmers.

TW: What do you feel are the benefits it offers us? How does it improve our lives?

DH: I believe swimming helps keep us healthier and stronger in both mind and body, as we age. It also helps us by having some adult interaction and fun by allowing us to get out of the house with something that is for us and our own well-being. I also like the fact that our kids and the younger generation get to see that we/they can continue to swim and even compete at any age. Hopefully they will be able to learn from that and continue to swim and keep this great

(Continued on page 14)

## Swimmer Spotlight (cont)

(Continued from page 13)

community of Masters swimming alive for many years to come.

TW: Tell us about becoming a Coach. What made you want to become one?

DH: I became a USA Swimming coach in 1998 while my late husband and I were traveling the country. I wanted to help the kids coming into the sport and hopefully pass along some of the amazing lessons and **wisdom that had been taught to me. As far as becoming a Masters coach, I honestly don't think I had ever thought about that until I started swimming with Bernardo's All Stars. I was swimming open water with Bernardo's All Stars in 2020 when all the pools shut down and I was approached by head coach Chad Hagedorn to be an assistant coach. I agreed, and in 2022 when Chad had some medical issues and stepped away, I took over as head coach.**

I realize that as I age, I have encountered many obstacles in both health and the loss of my first husband and that I still have many ways to help Masters swimmers who may have experienced some of the same things, in addition to helping them continue swim.

TW: What is your coaching philosophy?

DH: I am very technique driven. I want to help swimmers be able to have a long, healthy swimming life and avoid the injuries that poor technique can create. My coaching philosophy is I want everyone, no matter what age or ability, to come and have fun, and enjoy their journey!

I love helping swimmers of all levels learn something new to help them swim easier and hopefully faster. I also love seeing new swimmers wanting to compete and those who have competed in the past who now have a **different outlook about what their future competitive lives can look like. As we get older it isn't about being as fast as we once were but being ok with how fast we are now (it took me a while to accept that one myself).**

TW: How do you use it each day with your swimmers?

DH: I come into each practice with a smile on my face and prepared for each workout. I am always watching during practices to see how I can help my swimmers.

TW: What is the most satisfying part of coaching at this level?

DH: I think the most satisfying thing at the Masters level is helping any adult swimmers attain their goals. They almost all have something they are working towards, whether it is just being able to swim the length of the pool more easily or wanting to try for a National Championship, and everything in between. The biggest satisfaction is when they attain their goal or when they try **something new that they didn't think possible, and knowing I was a part of making it happen.**

TW: What is it that drew you to the All Stars? What is the spirit that they embody, what is it that makes them

(Continued on page 15)





## Swimmer Spotlight (cont)

(Continued from page 14)

unique?

DH: I was drawn to the All Stars by a lady I was swimming with at a community pool. She invited me to come to an open water swim practice at American Lake in 2018 with the All Stars. When I arrived, I was greeted with kindness and smiles, an explanation of what they were going to do and how they did it, as far as direction, stopping occasionally to make sure everyone was always accounted for. The coach and whole group were so welcoming and fun. No matter how far they swam they made sure everyone had a buddy around the same speed, so no one was left alone or **behind. They uniquely introduced themselves before they got in the water each time so we could learn each other's names.**

TW: What is your vision for your team and your program?

DH: My vision for the team is to continue to grow in numbers and for anyone who wants to experience competition to be able to do so. I want them to experience the lifelong love for swimming that I have. We just hosted our first major USMS sanctioned event, Swim Defiance in Tacoma, and I want to continue to host and grow this great open water race that was passed on to our team from Zena Courtney and Blue Wave Aquatics.

TW: What would you say to anyone who is thinking of joining your group and becoming a Masters swimmer?

DH: I would tell them to come swim with us a time or two and see who we are and what we are about. I would tell them how much fun we have as a team in and out of the pool. I would talk to them about what they are looking for, whether it is swimming for health and exercise or to compete, whether in the pool, open water, or triathlons.

TW: Any parting thoughts?

DH: **I love this sport and it has given me so much during my lifetime. I can't thank my parents and Coach Dick Hannula Sr., enough for all I have learned and been able to experience, especially in my younger days. I also appreciate my husband Doug for not just understanding my need to swim and coach but for supporting myself and the team. During COVID we put together a 16-foot runabout boat that he captains during larger open water events such as the Portland Bridge Swim and others around Puget Sound. The boat is called Bernardo 1 and has a large U.S. Masters Swimming logo on both sides along with the Bernardo's All Stars logo. I can't imagine what my life would be like without swimming. I look forward to enjoying many more years as a swimmer and a coach.**



*The Bernardo 1!*

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

DH: I remarried in 2016 to another great, supportive husband and we have a large boat that we spend as much time on as possible during the summer and even take trips with it during the winter. We usually take at least one trip a year to a NASCAR race at a track we have not been to before. We also love to travel, especially in the winter to a warmer climate when we can take time off from work. Not to mention I try to find a place to swim everywhere I go!

# One Week, Two Zone Championships!

By Brent Barnes and Holly Lickwala  
Via the TWIM blog

This little adventure started with a family trip to the thriving metropolis of The Dalles for the NW Zones, hosted by Oregon on August 5. Getting there involved a breathtaking drive through the Columbia River Gorge. If you are not familiar with the location of this great Oregon town, think of Hood River then drive about 25 more miles east. It was a nice location and a perfect day for racing outdoors as it remained overcast the whole time with the 95 degrees temps not settling in until well after the meet was completed. As always, Oregon hosted a great meet with the only drama being the electronic timing system not working. Nothing three timers **per lane couldn't fix!**



*Lickwala 200 Butterfly at the NW LCM Zone Meet*

Holly had one major goal in getting over some of her fear of swimming the 200 LCM fly. She had a solid first swim in that event with a 3:04.44. While happy to have completed it, she knew that she would do it again in one week. Holly also tackled the 100 fly clocking a 1:18.93. Brent had best times in the 100 free (1:21.39) and 100 breast (1:31.45), getting closer and closer to his goal of under 1:30. He also had solid results in the 200 free and 50 free with not much rest between events.

After a couple days at home, the duo was off to the Southwest Zone Championship, with 260 swimmers ready to have some great outdoor swims. Brent and Holly love the pool at the Marguerite Aquatic Center and this meet has become a tradition they very much look forward to. After one training day at the Woollett Aquatic Center in Irvine (sound familiar to anyone??) it was time to tackle some hard events just a few miles south in beautiful Mission Viejo.



*Barnes 200 Freestyle at the NW LCM Zone Meet*

(One little side note here, Summer Nationals LCM 2024 will be held at this pool and if you are even a little bit on the fence, you should look at making the trip down for the competition. The facility is wonderful, the pool is fast, and they host a spectacular meet.)

*(Continued on page 17)*

## One Week, Two Zone Championships (cont)

*(Continued from page 16)*

Since they were only swimming the first two days of the meet, that meant picking either the 1500 free or 400 IM on the first day. Brent signed up to tackle the 1500 free and Holly had a momentary lapse of reasoning and thought the 400 IM would be a good idea. Holly rocked it and carved 32 seconds off her time from a few years ago and Brent completed his first 1500 long-course free. On day two, we shook off the soreness and jumped back into some long events with Brent starting the day with the 400 free and Holly repeating the 200 fly from last weekend. Holly dropped down to 3:03 and Brent hit a personal best in the 200 breast (3:21) and had a solid 50 breast swim.

Holly took on the 100 back, but not without some memorable moments. First, she realized on the start that she had no idea where to put her head; should it be tucked, should it not? Definitely not the place to figure out that detail. Then during the swim, she hugged the lane line like a security blanket desperately trying not to DQ by appearing to tug on it. Swimming backstroke outside has some unique challenges.

While Brent and Holly were the only PSM swimmers, there was a group from Oregon who often travel to these meets (six strong this time) who made them feel like part of their team. They had some amazing swims as a group including breaking numerous State records and almost one National record.

Thank you Oregon and thank you SPMS for putting together two fantastic meets at two great facilities.

## Welcome New Swimmers!

Alexander, Lucy  
Arends, Evan  
Basel, Greg  
Blair, Graham  
Blaszak, Kenneth  
Boomer, Micah  
Boyd, Julanne  
Brooks, Brian  
Broughton, Connor  
Buddeke, Claire  
Campbell, Jennifer  
Cooke, Julie  
Croghan, Rachel  
Davies, Amanda  
Farbarik, Julien  
Ferguson, Becca

Fitzner, Claudia  
Gabreski, Patricia  
Gustaveson, Patty  
Hotchko, Nathaniel  
Howard, Leslie  
Korpinen, Mekayla  
Logan, Barbara  
Louis, Steven  
Mangalindan, Alexis  
McQuin, Claire  
Micheletti, Katie  
Miller, Brianna  
Mills, Billie  
Neitz, Alexandra  
Pembroke, Meghan  
Piedrasanta, Jonathan

Poncy, Jennifer  
Pulvender, Rishika  
Putulin, Sarah  
Qian, Martin  
Robinson, Heather  
Ruckle, Katy  
Seubold, Kristin  
Slagle, Ashley  
Smart, Morgan  
Springer, Jack  
Stearns, Margery  
Vayuvegula, Ravi  
Vickery, Danae  
Weber, Kurt  
Went, Elisabeth  
Zhang, Ziyang



# SPLASHForward Update

By Susan Pappalardo

Drill, swim, drill, swim. The necessary work to perfect the art of efficient strokes. Showing up and advocating is a lot like doing drill work toward perfecting the vision for new public pools in our region. This September and October, our Masters community has an opportunity to help get the vote out in Kirkland to pass Proposition 1, a Parks levy measure; in North Bend to pass Proposition 1, a Parks capital bond measure; and on South Whidbey Island to pass a Parks capital bond measure, all of which fund new public aquatic centers.



In July, Kirkland City Council approved putting Prop 1 on the November ballot to fund capital and ongoing operations and maintenance of a new 86,000 square foot aquatic and recreation center at the Houghton Park and Ride plus other top rated elements with broad voter appeal including expanded beach lifeguard hours and water safety programs. Learn more at [www.kirklandpoolsnparcs.org](http://www.kirklandpoolsnparcs.org) and follow @yesforkirklandpoolsnparcs on [Facebook](#) and [Instagram](#). **Si View District's Prop 1 is a third attempt to raise \$21.3M in capital funding for Phase 1 of the new aquatic and recreation center in North Bend that includes a four-lane 25yd lap swimming pool, family and learn to swim recreation pool, and lazy current.** Learn more at [Si View Metropolitan Park District \(siviewpark.org\)](http://Si View Metropolitan Park District (siviewpark.org)). South Whidbey is planning the first public pool to serve their community that includes a 6-lane 25yd lap pool and a teaching, fitness, and therapy pool. Learn more at [SW Parks and Aquatics Foundation - Aquatic Recreation Center \(swpaf.org\)](http://SW Parks and Aquatics Foundation - Aquatic Recreation Center (swpaf.org)).

King County Aquatic Facilities Grant Awards  
The 2023 King County Parks Levy Grant awardees will be announced on September 6<sup>th</sup> and include eight Aquatic Facilities Grantees totaling \$9.25M in capital funding. These include \$2.5M to Covington to replace or expand the Covington Aquatic Center, \$2M to Lake Washington School District toward the Phase 2 renovations of Juanita HS Pool, \$2M to Mercer Island School District to renovate Mary Wayte Pool, and \$1M to the City of Snoqualmie to add a new pool. Additional awards include capital improvements at the Henry Moses Aquatic Center, Enumclaw Aquatic Center, Sammamish Aquatic Center, and Evergreen Pool. This completes the second of three rounds of awards with the levy funding ending in 2025. SPLASHForward serves on the Aquatic Facilities and Parks and Open



*86,000 sq ft Aquatic and recreation Center at the Houghton Park & Ride. Elements include a family recreation pool and an eight-lane lap swimming pool. Design phase will commence if the Parks measure passes.*

*(Continued on page 19)*

## SPLASHForward Update (cont)

*(Continued from page 18)*

Space Grant Advisory Committee and hopes to see these levy grants renewed by voters in the future.



**PARKS**

**Your Big Backyard**

In Pierce County, Gig Harbor’s PenMet Parks recently completed a feasibility study for Gig Harbor’s first public pool. Our colleagues in advocacy, Safe Swim Gig Harbor, were the catalyst behind getting to this moment and continue to build great community support.

### Bellevue Update

On August 3, the City of Bellevue formally submitted the proposed master plan for Bellevue Airfield Park for **environmental review to the State Environmental Protection Agency. We’ll be watching closely as this public process takes the next steps with an eye on a possible determination by end of this year or early ‘24 and an ultimate adoption** of the master plan by City Council. Until then, we are clarifying misinformation by an opposition group and building our fundraising base of support.

### PSM Endorsement

Thank you to Puget Sound Masters for their recent endorsement of our mission! We welcome endorsement by all regional Masters teams. Reach out to [info@splashforward.org](mailto:info@splashforward.org) to learn more.



PUGET SOUND MASTERS

Enjoy your drills and finessing your feel in the water this fall. We appreciate all efforts to help get the YES vote out this November and support new public pools in the PNW that expand access for Masters swimming and essential swim lessons for all!

## PNA Board Members

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 Dir– 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 – Lucianne Pugh  
 Webmaster – Dave Scott

# PNA Calendar

- 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](#)
- 9/16—[Last Splash of Summer](#), Seatac, WA
- 10/8—[BAMFest](#), Bainbridge Island, WA
- 11/05—[Snohomish Aquatics Masters Invitational](#), Snohomish, WA
- 11/18 to 11/19—[PSM/PNA SCM Champs](#), Federal Way, WA

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**SAVE  
THE  
DATES!**





# Bainbridge Aquatic Masters

20th Annual BAMFest

Sunday, October 8, 2023

Warm-up: 9am / Meet starts at 10am

Sanctioned by PNA for USMS Inc. #363-S006

LOCATION: [Bainbridge Island Aquatic Center, 8521 Madison Ave, Bainbridge Island, WA 98110](#)



## ORDER OF EVENTS:

FACILITY: Competition will be held in the 6-lane, 25-yard Ray Williams pool. Two warm-up lanes will be available in the 25-yard Don Nakata pool during competition. Both pools are maintained at 76-81°F. 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.

MEET DIRECTOR: Tamara Tulou, [SwimBAMFest@gmail.com](mailto:SwimBAMFest@gmail.com)

MEET REFEREE: Julee Longridge, [juleelongridge@comcast.net](mailto:juleelongridge@comcast.net)

CONCESSIONS: Available at no charge. Donations welcome.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2023 USMS or foreign registered swimmers 18 and above as of 10/08/2023. Age groups based on **the swimmer's age as of 10/08/2023.**

ENTRIES: Swimmers may enter up to 6 individual events. Entries must be submitted online by Tuesday, October 3rd, 2023 at 11:59 PM (Pacific). No race day (deck) entries. Enter online at [this link](#).

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

CHECK-IN: Positive check-in required for the 500 free, Event 11, by 10:00 AM. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Swimmers already entered for the meet may deck-enter relays at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully and legibly. Entries **for the Mixed Free and Mens' and Womens' Medley relays, events 1, 2, and 3, are due by 9:30.** Entries for the Mixed Medley and **Mens' and Womens' Free relays, events 13, 14, and 15, are due by the end of event 7 (50 Free).**

AWARDS: Ribbons will be available for first, second, and third place finishers.

Event #	Event
1	Mixed 200 Free Relay
2	Women's 200 Medley Relay
3	Men's 200 Medley Relay
4	Mixed 200 Free
5	Mixed 50 Back
6	Mixed 200 IM
7	Mixed 50 Free
15 minute break	
8	Mixed 100 Fly
9	Mixed 50 Breast
10	Mixed 100 Free
11	Mixed 500 Free
12	Mixed 100 IM
10 minute break	
13	Mixed 200 Medley Relay
14	Women's 200 Free Relay
15	Men's 200 Free Relay
16	Mixed 100 Back
17	Mixed 50 Fly
18	Mixed 100 Breast

DIRECTIONS: Heading south on SR 305 from Agate Pass Bridge, turn right at the third traffic light onto Madison Ave. The Aquatic Center is approximately one-half mile, on the right.  
Heading north on SR 305 from the ferry terminal, turn left at the fourth traffic light (approximately 1.5 miles) onto Madison Ave. The Aquatic Center is approximately one-half mile, on the right.

OTHER INFORMATION: Find the ferry schedule and status on the [WSFerries website](#).

QUESTIONS?: Contact the meet director, Tamara Tulou, at [SwimBAMFest@gmail.com](mailto:SwimBAMFest@gmail.com).

2023 PSM/PNA SCM Championship and  
Northwest Zones Championship Meet  
November 18-19, 2023  
Warm-up: 9 AM, Meet starts at 10 AM  
Hosted by Puget Sound Masters  
Sanctioned by PNA for USMS Inc. #363-TBD



LOCATION: Weyerhaeuser King County Aquatic Center  
650 SW Campus Drive, Federal Way, WA 98023  
PHONE: 206-477-4444

MEET DIRECTOR: David McCarty – [davidmccarty7@gmail.com](mailto:davidmccarty7@gmail.com),  
425-530-1595

MEET REFEREE: Teri White – [teriwhite53@gmail.com](mailto:teriwhite53@gmail.com),  
253-370-8261

FACILITY: 50-meter championship pool set up as two 25-meter 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.

WARM-UPS: Depending on KCAC staffing, continuous warm-up will be available either in the dive tank, the scoreboard pool, or outside lanes if events are run in two courses.

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

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

ELIGIBILITY: Competitor must be at least 18 years to compete. Open to all 2023 USMS or foreign registered swimmers 18 and above as of **11/19/2023**. Age groups are based on the swimmer's age as of 12/31/2023. Foreign registered swimmers need to provide proof of **current registration with their country's federation**.

ENTRIES: Individual Entries and Relay-Only Swimmers

- Swimmers may enter up to a maximum of 6 individual events, but no more than 4 events and 2 relay events per day.
- Club Registration: Swimmers will register/compete by CLUB (i.e., PSM, BWAQ, OR) as opposed to workout group (i.e., LWM, GLAD).
- Entry time required for all events. Estimates are OK.
- Enter Online at: <https://swimpna.org/pool-meets/>
- Entry Deadline: Entries must be submitted online by 11:59 PM (Pacific) Sunday, November 12, 2023.
- Entry Fees: \$49 surcharge PLUS \$2 per individual event. No charge for relays. PNA swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#).
- Refunds: There will be no refunds.
- Deck Entries: No race day deck entries allowed.
- Entry Questions: Linda Chapman – [chapman\\_family@comcast.net](mailto:chapman_family@comcast.net)

SEEDING: All events slow to fast. Pre-seeded except for the 1500 Free and relays. At the discretion of the Meet Referee and Meet Director, two courses may be used for the 400 and 1500 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](#).

CHECK-IN DEADLINE: Positive check-in required for the 1500 Free by the conclusion of event #13. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS – Submit relay cards to the Clerk of the Course:

- #16, 17 (W/M 200 Free) and #18 (200 Mixed Medley) before end of event #6
- #29, 30 (W/M 200 Medley) and #31 (Mixed 200 Free) before end of event #21
- #38, 39 (W/M 400 Free) and #40 (Mixed 400 Medley) before end of event #26
- No charge for relays, but relay-only swimmers must enter online by the entry deadline.
- Mixed relays require two men and two women.
- Relay age group is the aggregate meet age of the four relay team members – 72-99, 100-119, 120-159, ... 40-year increments

1500 FREE: Swimmers in the 1500 Free must provide their own COUNTER if desired. Timers and counting device will be provided. Entrants will be limited to the first 32 swimmers (4 heats). A waitlist for the event will be created if necessary.

AWARDS:

- Medals may be purchased at the meet.
- Zone ribbons will be available.
- Recognition for High Point winners for each gender and age group combination

ORDER OF EVENTS – Short Course Meters:

#	Saturday	#	Sunday
1	400 Free Mixed	20	400 IM Mixed
2/3	200 IM W/M	21*/22	200 Breast W/M
4/5	200 Free W/M	23/24	100 Free W/M
6*/7	100 Breast W/M	25/26*	50 Back W/M
8/9	50 Fly W/M	27/28	100 IM W/M
	Break		Break
10/11	200 Back W/M	29/30	200 Medley Relay W/M
12/13**	50 Free W/M	31	200 Free Relay Mixed
14/15	100 Fly W/M	32/33	200 Fly W/M
16/17	200 Free Relay W/M	34/35	100 Back W/M
	Break	36/37	50 Breast W/M
18	200 Medley Relay Mixed	38/39	400 Free Relay W/M
	Break		Break
19	1500 Free Mixed	40	400 Medley Relay Mixed

\*Relay cards due \*\*Check-in deadline for 1500 Free