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President's Message

By Sally Dillon, PNA President

In 2019, our LMSC topped 1800 members for the first time with 1807 being our year-end total. Your PNA board members were thrilled to see us pass the 1800-member threshold. Fast forward to just a few months into 2020 and our membership numbers started a spiral, which went all the way down to a low of 1474 (in 2021). COVID-19 was mostly responsible; with pools closed all over the place, it was hard to retain members. Fortunately, in 2022 we climbed back up to 1776, and I am thrilled to report that we reached 1812 members on **10/17/23...and our numbers continued to climb! The final count for 2023 is 1848 members. It's a new record by 31 members** - HOW GREAT IS THAT! Thanks to all of you for helping PNA reach this milestone!

The USMS Annual Meeting took place in September at the Marriott Hotel adjacent to the Houston airport. It was very convenient as the delegates merely had to board a small tram car (much like a Disneyland ride) that deposited us at an escalator leading into the hotel's lobby! The 2023 version of the Annual Meeting was "Hybrid" this year, meaning delegates

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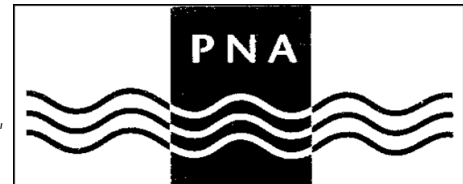
17 members from the NW zone attended in person. In addition to PNA, LMSCs represented were: Inland NW, Montana, Oregon, Snake River, and Utah. PNA representatives are on the far right – Kathy Casey, Walt Reid, and Linda Chapman (standing); Sally Dillon (seated)

President's Message (cont)

(Continued from page 1)

could attend in person or virtually. PNA was entitled to seven delegates, with four attending in Houston and the others spending hours on Zoom. The meetings were efficiently run, and the hotel provided excellent buffet meals for the 2+ day event. Executive Committee officers were elected to two-year terms on the USMS Board of Directors: Ed Coates (President), Julie Dusliere (VP Administration), Crystie McGrail (VP Local Operations), Robin Smith (VP Programs), Kenny Brisbin (VP Community Services), Carrie Stolar (Secretary), and Jill Gellatly (Treasurer).

Prior to COVID, the Annual Meetings lasted 3+ days and various committees met. PNA is one of seven LMSCs that comprise the Northwest Zone. The others are Alaska, Inland NW, Montana, Oregon, Snake River, and Utah. We're a tight group and currently meet via Zoom four times a year. The in-person delegates decided to arrive a day early so we could spend quality time together, as we had done for many years. It was a great decision! See the photo (previous page) of the NW Zone members who attended.



USMS hosted its 2nd Annual Volunteer Relay October 20-22 and it was held at the same Houston airport Marriott Hotel. PNA Board member Linda Chapman was a presenter. PNA was represented by Diana Hermanson (head coach/BERN), Jim Lasersohn (Fat Salmon director/ORCA), David McCarty (PSM president/LWM), and Bob Moore (PNA VP/TWIM). See a report on this event elsewhere in this issue.

PNA Calendar

[Search USMS
Calendar of Events](#)

10/29 to 12/10—[Virtual Two-Mile Relay](#)
11/05—[Snohomish Aquatics Masters](#), Snohomish
11/18-19—[PSM/PNA SCM Champs](#), Federal Way

2/04—Bellevue Club Masters Mile, Bellevue
2/18—WWU Viking Invitational, Bellingham
3/10—TACM March Madness, Anacortes

2024 USMS registration is open!
[CLICK HERE](#) to renew
your membership.



Fat Salmon - New Host Needed!

Do you enjoy swimming the Fat Salmon Annual Open Water Swim? Are you interested in investing in its future? Each July since 1999, the Fat Salmon Open Water Swim has been a highlight of our open water swim community as swimmers and volunteers come together for a morning of swimming, competition, and camaraderie. The swim attracts about 350 local and national swimmers.



This event needs support for 2024 and beyond. The Orca Swim Team has hosted Fat Salmon since 2015, but now we are seeking a new club or clubs to host or co-host this annual event. Individuals from outside the host club(s) to help plan and run the event would also be welcome.

Several members of the Orca Swim Team are committed to continuing in their various key roles in support of a new host. While pulling together an event of this length and with this many swimmers requires a lot of work, it is also a lot of fun and is an income-generating opportunity for your club. We need the PNA open water community to come together to keep Fat Salmon going. For further details, please contact Amy Cole at coleamylee@gmail.com.

Lake Chelan Open Water Swim

By Steve Peterson

The annual Lake Chelan Swim, its 13th running recently completed, always takes place the first Saturday after Labor Day (and this year a week before BWAQ's *Last Splash of Summer*). While not a USMS-related or sanctioned event, it does share the "learn to swim" goal of our organization. From their [website Frequently Asked Questions](#):

"This is a FUN event held at beautiful Lake Chelan, Washington. We welcome adults and children (over 12) of any fitness level. You don't have to be a competitive swimmer to participate, this is a fun event suitable for the whole family!

"The Lake Chelan Swim is an event to raise funds and awareness for swimming lessons on Lake Chelan to serve both residents and visitors... The swim is 1.5 miles long and starts at Willow Point Park and goes to Manson Bay Park on the north shore of Lake Chelan. All proceeds go directly to subsidizing free swim lessons at Manson Bay Park."

Several PNA swimmers have participated over the years, most notably Steve Freeborn and more recently members of the BERN workout group. Consider camping at Lake Chelan State Park or in town at the Lakeshore RV Park next September. Join a growing number of us to take advantage of a fun swim, late summer warmth, and ... wine!



The Bernardo's All Stars contingent at the 2023 Lake Chelan swim event.

USMS Annual Awards 2023

By Sally Dillon, PNA President

Each year robust volunteers are honored for their contributions to USMS. I'm pleased to announce that two of PNA's volunteers were honored for 2023. View the award presentation [at this link](#).

The Dorothy Donnelly Service Award is presented annually to USMS registered individuals whose volunteer service has contributed to the growth, improvement, or success of Masters Swimming locally, regionally, and/or nationally. Details about the award can be found by clicking [here](#).

2023 DDSA recipient: Lorraine Masse

After a long volunteer history as an official at her youngster's USA-S meets, Pacific Northwest LMSC's Lorraine Masse began officiating at Masters meets. In addition to "walking the decks" she volunteered to run the meet computer for the Lake Washington Masters' annual meet. Upon changing workout groups, she did the same for the annual Bellevue Club Mile meet. An Admin Referee, Lorraine could be found most weekends on the deck at PN masters meets or PNS youth meets.

In 2021 Lorraine joined the PN LMSC board as its Meets Coordinator, helping meet hosts with the sanction process, using Club Assistant, and much more. Lorraine's technical skills benefited the LMSC when she researched and registered PNA with the Microsoft 365 Teams platform. This program, free to non-profits, provides Zoom-type meetings, Microsoft forms, and team and LMSC mailing lists. As if she wasn't busy enough, Lorraine serves as the secretary for SPLASHForward, an organization working to develop aquatic facilities for communities on the east side of Lake Washington. Expanded aquatic facilities will benefit all in the PN LMSC!

The June Krauser Communications Award is presented annually to a USMS registered individual or group whose work in communications has contributed to the growth, improvement, or success of Masters Swimming locally, regionally, and/or nationally. More info on the award is available at [this link](#).

2023 JKC Award recipient: Lucianne Pugh

The Pacific Northwest Association of Masters Swimmers (PNA) has published a newsletter since the mid-1970's and Lucianne Pugh became the editor in May 2016. PNA's editors have been allowed to put their own creative "stamp" on the style of the newsletter and it didn't take long for Lucianne to create visually appealing issues.

An accountant by trade, Lucianne clearly has an artistic eye and her issues of *The WetSet* are beautifully constructed. She assembles all sorts of content into a cohesive whole, with a consistent look and feel that made it easy on the reader.



Lorraine Masse - PNA Meets Chair and recipient of Dorothy Donnelly Service Award

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USMS Annual Awards 2023 (cont)

(Continued from page 4)

Always proactive as an editor, Lucianne reminds regular contributors of the deadlines and contacts various competitors in advance, asking them to provide reports and photos for various competitions. She uses social media to generate ideas for articles and reaches out to PNA athletes who have interesting stories to tell and/or are accomplishing interesting feats, such as a solo swim around Mercer Island. The variety of articles that appear in each issue is outstanding.

In addition to her duties as *The WetSet* editor, **Lucianne has prepared numerous “year in review”** slide shows for the annual meetings and socials that have taken place in recent years.



Lucianne Pugh receiving the June Krauser Communications Award from PNA Board members Sally Dillon and Steve Peterson

Welcome New Swimmers!

- | | | | |
|---------------------|-----------------------------|--------------------|----------------------|
| Agostini, Thomas | Helms, Brooke | Malinoff, Alyssa | Prendergast, Zetta |
| Aktas, Cenk | Hill, Erin | Massey, Kurt | Royer, Kristin |
| Arndt, Carolyn | Hoecker, Marc | Matiazo, Rodrigo | Sawyer, Andra |
| Banaszewski, Summer | Holden, Sarah | McAllister, Ashley | Severn, Chelsea |
| Belz, Robin | Holtzinger, Adria | McGee, Richard | Shi, Xiaoxia |
| Benson, Christopher | House, William | Melin, Kathryn | Skogen, Mary |
| Bottorff, Ty | Howard III, John | Meneses, Andrew | Sockness, Magdalene |
| Burt, Alan | Humphreys, Ryan | Meng, Francis | Sorenson, Lars |
| Chang, Katie | Hunt, Shane | Mielke, Jasmine | Spurbeck, Eric |
| Cohen, David | Ives, Nathan | Murphy, Meredith | Stanley, Ellie |
| Condotta, Marcus | Jahn, Ryan | Musa, Fernanda | Stearns, Margery |
| Cozart, Blythe | Johnson Blanchard, Michaela | Musco, Dawn | Stone, Mona |
| Ding, Hao | Kasserman, Julee | Myers, Norma | Swanson, Lia |
| Dorn, Susan | Lee, Mitchell | Neffner, Natalie | Taylor, Jason |
| Ekstrom, Alex | Lekakis, Vasileios | Nevils, Liam | Tran, Jennifer |
| Evenhuis, Russel | Levine, Kathleen | Newman, Margo | Ugla-Gordon, Nico |
| Exelby, Marissa | Lewis, Kathryn | O'Grady, Rachel | Vikstrom-Hoyt, Kelly |
| Fukuma, Kyoko | Lichti, Nate | O'Rourke, Lola | Vlasic, Jessica |
| Garland, Kate | Lo, Kiki | Ortiz, Alondra | Walker, Zoe |
| Goetz, Theresa | Loiacano, Toni | Park, Sihyeon | Webb, Tricia |
| Gruerber, Zachary | Louis, Steven | Pavlovic, Anthony | Wills, Parrish |
| Hayes, Bob | Maccari, Dino | Peter, Holly | Zhang, Yilei |

20th Annual BAMFest

Better Than Ever!

By Steve Peterson, Julee Longridge, and Dan Underbrink

Sunday, October 8, the Bainbridge Aquatic Masters, with April Cheadle now in her 14th year as coach, hosted its 20th annual BAMFest swim meet. With over 140 entrants (68 women, 73 men), this was the largest BAMFest turnout since the pandemic and probably ever. Eight clubs (six non-PNA) with 22 swimmers plus 12 workout groups within PSM (BAMWA 53, ORCA 19, Cascade 11, and nine others with six or fewer) competed. **BAMFest has always featured a reduced event count in the “high school” format of 12 events and 6 relays.**

Thirty-two entrants were brand new to Masters competition! In consideration of this (and as a refresher to the rest of us veterans), the officials conducted a “mini clinic” on starts at the beginning of the meet. Explanations of short and long whistles and “take your mark” were highlighted, along with demonstrations by BAM swimmers of legal in-water, block, and deck starts (see photo below).



First-time competitors were greeted and identified and officials conducted a mini start clinic (legal in-water, block, and deck)



Some 80 local volunteers, coordinated by BAM swimmer and Meet Director Tamara Tulou, provided support with timing, hospitality, and awards. The six on deck officials included Administrative Referee/Starter Julee Longridge, Deck Referee Mike Murphy, Starter Carey Cox, and Stroke and Turn judges Miin Houseman, Yumiko Inoue, and Meredith Spacie.

In her submission to local media, Julee Longridge wrote, “*The highlight was definitely the six events of freestyle and medley relays, with friends gathered into teams of four to compete and cheer each other on.*”

“Jack and Jill Fritz, ages 90 and 82, competed at this year’s BAMFest though now snowbirding to Arizona. (They met in the singles line for the ski chair lift at Steven’s Pass.) They celebrated their 60th wedding anniversary October 5th; both are All American national record holders/winners in their age groups, having competed at Spring Nationals this year in Irvine.”



Three of the six deck officials: Miin Houseman, Mike Murphy, and Carey Cox.

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20th Annual BAMFest (cont)

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“Tom Reveley joined BAM a year ago when he and his oncologist agreed that treatment was debilitating and Tom would benefit from swimming. At age 85, this was his first Masters swim meet!

“Tom was one of 32 swimmers at BAMFest this year who had not previously swum in a meet. Talent levels ranged from perfect dives and graceful butterfly to swimmers who appreciated the assistance of a ladder to exit the pool. Smiles and encouragement were plentiful. The meet was inspirational to all, but perhaps especially to the Bainbridge middle schoolers and high schoolers who volunteered as timers.”

The Team Walker International Masters (TWIM) workout group fielded six swimmers. From their meet blog (see [this link](#)), they racked up a total of 26 ribbons (18 blue and 8 red). Despite high placings, Dan Underbrink lamented his “terrible” times, adding: *“Note to self: Don’t donate blood two days before a swim meet! I will say that I had a PR on the blood donation, contributing one pint in a speedy 00:04:38!”*

A big thank you to Meet Director Tamara Tulou, the officials, and the host of volunteers who worked to make the day such a success!



BAM swimmer Tom Reveley with Coach April Cheadle



TWIM’s winning Men’s Medley Relay: Scott Neuhaus, Steve Fogg, Dan Underbrink, Carl Haynie



Lots of ribbons to pick up at the Awards table



BAM’s official greeter Kari Johnson greets Jessica Dubey

Swimmer Spotlight

I Love to Build Things

An Interview with Head Coach Wendy Neely of Blue Wave Aquatics, two-time winner of the PNA Coach of the Year award.

With Tom Walker of TWIM

From this Moment Go Forth...

When Captain Ransom J. Arthur gathered a few dozen swimmers together for the first National Masters Swimming Championships on May 2, 1970, at the Amarillo Aquatic Club pool with meet director John Spannum, he ignited a movement. He launched an organized program of swimming for adults which has grown to nearly 60,000 members throughout America. He lit a blaze that day that became United States Masters Swimming and that burns ever more brightly with each passing year and with those who continue to come, to answer that first call.

He and those original pioneers set down a new banner that day. It was a quantum leap, born through an evolution of consciousness. And from that day emerged a new way of life, a new way of looking at things, a new ideal to which we still aspire. It has become the code by which we live.

On that fateful day he not only ushered in the dawn of a new awareness, but also proclaimed a Vision that calls forth the human heart, the human spirit, to reach toward that highest light, toward that freedom which alone can ultimately satisfy the soul, the inextinguishable desire that lives within us and can never be turned back.

How could we ever truly unfold the scroll of Champions who have come forth from that first day?

For aren't we all Champions? Isn't it every swimmer, coach and volunteer who has embarked on this journey with us in a thousand different places, at a thousand different times and in the untold depths of our own thoughts and of our lives? And it is in the values which we share and the honor that we pay to our sport, to our teammates and to ourselves that we find our highest calling.

This is what Masters Swimming has become for us. Who we are and what we believe.

It has been several years ago now since I first lifted my pen to chronicle the histories that all of you have made and continue to make as significant contributions to Masters swimming and to swimming itself.

I remember someone telling me way back then that I needed to interview Wendy Neely. They were right, of course. She was the PNA Coach of the Year in 2017 and has been honored again as PNA Coach of the Year for 2023. I wanted to talk with her anew to revisit her insights and her perspective, because they continue to tell an important story.



For those of you who haven't yet had the pleasure of meeting Wendy face to face, her energy and warmth

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Swimmer Spotlight (cont)

(Continued from page 8)

seem to flow from a place deep within her. She radiates a quiet yet powerful confidence that reassures. You will be inspired by her conviction.

And like she says, she likes to build things...

TW: **Wendy, you've been recognized by your peers as a Visionary. From what internal source do you think this vision springs?**

WN: GOD, Source, Universe.

TW: What inspires you to do what you do?

WN: I have cultivated a strong intuition and that helps **me figure out what people need and want and I'm able to blend it all together.**

TW: What is it that entices you and urges you on?

WN: My breath! People, places, things.



TW: **You're also recognized for your huge contribution as a Masters Coach and a leader of The Blue Wave Aquatic Masters. Tell us a bit about that journey. Let's start with how you became a Masters Coach.**

WN: I was invited to be an evening Masters coach, coaching once or twice a week. There was another coach who was coaching the morning workouts. He left and my husband Malcom took over as head coach. So, there was an opportunity to grow when I was assigned to coach those workouts. When my husband could no longer coach back in the Federal Way Masters days, I took over as head coach. I love to build things, and the rest is history.

TW: What is it about Masters coaching that is so meaningful to you?

WN: **I love the people I coach. It's fun and it's easy; puts me in a flow state.**

TW: What is your coaching philosophy?

WN: We meet people where they are. Support and foster relationships. This makes everyone have a place to fit in. I love three-month goals/big growth in small amount of time. We love people who are inspired to make rapid **transformations, no matter if you've been swimming for three months or 20 years. Everyone's journey is different, but inspiration and growth are the same.**

TW: How do you inspire your team and strive to enrich the well-being of everyone who swims with you?

WN: **Honestly, I don't know. I see and hear everyone. We're a swimming family. We all grow together, look out for one another, and enjoy coming to swim workouts.**

TW: Blue Wave Aquatic Masters is a legacy program and part of our foundation here in PNA. How have you shaped

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Swimmer Spotlight (cont)

and guided it since you stepped up to lead?

WN: **I don't know. All I know is I love to build things. If they don't work out, then a good enough foundation wasn't laid. We were out of business for the two years of COVID and had to start over. We started with a small schedule and doubled our rates to be able to restart and pay our bills. We lost a LOT of members. They didn't see the value past the rate increase. The value of our team goes far beyond the workouts/coaching, and we've rebuilt the foundation of our team and continue to grow. I'm so grateful for the rebuild. These have been my most fun and inspiring years to date.**

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

WN: I wish to continue to foster the growth and relationships within our program and wish happiness and swimming to all.



TW: How about in USMS in general? Any thoughts there?

WN: I feel like USMS is appealing to a different demographic and spicing things up, which I love!

TW: What would you say to anyone thinking about becoming a Masters swimmer? What sort of adventure may await them?

WN: **Give it a try. You might find exactly what you're looking for.**

TW: Lastly, what are your goals for the future as a coach and as a part of our aquatic world?

WN: To continue to attract swimmers who want to grow and be a part of an awesome community.

TW: Any parting thoughts?

WN: These were thought provoking questions!

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

WN: I love my life and relationships. I cold water swim/plunge, spend time in the forest, travel, meditate breathe, read. Basic things.

I coach for the King Aquatic Club as the other part of my job building a new site. I have a contract with King **County Aquatics (USA swim team) to build a kid's satellite post after the two-year COVID closure.**

I also use healing breathwork and meditation to support/mentor/teach adults and teens who want more flow/inspiration and empowerment in life, less worry, fear, anxiety depression. I started working with swimmers who were losing interest in swimming due to mental and emotional setbacks. Much of it had to do with stress, anxiety, performance pressure, etc.

I also work with adults who are swimmers and guide them back to a less stressful path, one that is based on emotional freedom and creativity. We practice Kundalini Yoga (Yoga of awareness). We use breathwork for endurance, relaxation, recovery, and stress reduction.

I'm working on a project of weaving together all I've learned on my journey to help heal others, and that came from first healing myself. I love those Full Circle moments...

Editor's note: See Wendy Neely's website soulswimming.net.

SPLASHForward Update

By Susan Pappalardo

Take a minute and put yourself in the third lap of a 200, the seventh of a 400, or the later part of a long open water swim. **It's likely a time of discomfort where you must answer this question: Will I push myself harder even though I am tired? Regardless of how you answered this question in your last workout, event, or years ago in your prime, it's one that seems to typify where we are in the effort to realize new public aquatic facilities as we head into the end of 2023. The answer for SPLASHForward is undoubtedly to push harder. We will carry forward the momentum regardless of whether we have the success of a best time or find ourselves with an opportunity to learn each step of the way.**



At the time of drafting this column, we were weeks away from the November election and the hope of taking the next step for Kirkland, Si View Parks, and South Whidbey. There are aquatic feasibility studies underway and renovations in motion for public pools in the region. Momentum.

Student Lifeguard Workshop November 14th

Another way momentum is building is with our high school lifeguard program. SPLASHForward is once again holding a Student Lifeguard Workshop this November in partnership with UW Harborview Injury Prevention Research Center, Seattle Children's Hospital, Public Health – Seattle/King County, and Amazon to continue our coalition's efforts to build the student lifeguard pipeline. This year we are expanding our reach and inviting students from across King County. The workshop will be held on Zoom Tuesday, November 14th, from 6–7:30pm. [Learn more here.](#)



After the workshop, we will support interested students on a first-come, first-served basis to become lifeguards with both financial support and skills development. **A highlight of our coalition's recent efforts has been creating a cohort of interested students at Tukwila Pool and Evergreen Aquatic Center from local high schools.** In mid-October we held skills assessments, provided skill strengthening if needed, and supported them in with lifeguard training certification. We look to continue this model at other aquatic centers and their local schools.

Looking to 2024

Stay tuned for Bellevue's next major milestone in 2024 where the adoption of Bellevue Airfield Park's master plan will secure the site. We wish you frequent training and strong finishes as you head into the holidays. Hope to see you 'at the pool' in 2024!

If you would like to get involved with SPLASHForward or learn more, reach out anytime info@splashforward.org.

Thank you for sharing our efforts with a friend!

2023 USMS Volunteer Relay

Bring on the fun!

By David McCarty, Puget Sound Masters

Those of us who have swum competitively for years are likely used to racing in various “Invitational” meets. But how many have ever raced in a “FUN-vitational”?

Five members of PNA and Puget Sound Masters (PSM) attended the 2023 USMS Volunteer Relay, in Houston, TX, October 20–22, where the main theme was event development. USMS staff and volunteers from LMSCs across the country gathered to network, share ideas, collaborate, and motivate each other. Through a series of workshops, experienced event managers and newer volunteers discussed best practices for hosting events, be they swim meets, open water races, fitness events – and even annual LMSC board meetings. Sessions ranged from getting into the details of sanctioning meets, securing and preparing key volunteers for a well-run and positive meet experience, to working with local government officials to conduct safe open water events.

But sharing the minutiae, particulars, and finer points of planning and implementing a successful event were just the half of it. The other half involved creative ideas for making events FUN and INCLUSIVE. For fitness swimmers interested in participating in their first meet but anxious about it, how about assigning an experienced buddy to show them the ropes? For experienced racers who are a bit burned out from the traditional races, why not throw in some silly relays involving inner tubes or costumes? From awarding rubber duckies to heat winners to post-event socials with food trucks, there was no shortage of creative, fantastic events, and themes being put into practice across USMS today.

The USMS mission is to “Empower adults to improve their lives through swimming,” and the 2023 Volunteer Relay exemplified it. Linda Chapman, Diana Hermanson, Jim Lasersohn, David McCarty, and Bob Moore represented PNA and PSM and came home with many insights and ideas for improving the lives of our swimming community. So if you’re considering putting on an event on behalf of your workout group and don’t know where to start, or want new ideas for pumping up the fun, or secretly foster creative ideas that you thought were too crazy to implement, talk to us! Let’s work (and play) together to bring more adults into masters swimming – and retain them – to improve lives throughout our PNA community.



L-to-R: Jim Lasersohn, Diana Hermanson, Linda Chapman, David McCarty, and Bob Moore

Last Splash of Summer



The 2022 Last Splash of Summer was held Saturday, September 16 at Angle Lake in SeaTac. The event featured 94 swimmers ages 9-75 competing at three distances.

Events offered were 1-Mile Wetsuit, 1-Mile No-Wetsuit, 2-Mile Wetsuit, 2-Mile No-Wetsuit and 500 Yards (a no-wetsuit event for ages 9-12). Additionally, this year saw the introduction of a 1-Mile FIN Wetsuit and 1-Mile FIN No-Wetsuit. All the same rules applied as the other events except participants could wear fins.

Read the TWIM blog post and see more pictures at [this link](#).

Full results are available at [this link](#).



The TWIM contingent (via the TWIM blog)

Mary Singer Completes Channel Solo Swim

Congratulations to Vashon Rockfins swimmer Mary Singer for successfully completing the Catalina Channel solo swim (about 20 miles) in 13:11:23 on September 25.



2023 USMS Virtual 5K Championships

By Sally Dillon

Puget Sound Masters (PSM) swimmers did quite well in the most recent USMS virtual championship. Three of the six competitors swam their 5Ks after the July 1 LCM meet that was held at KCAC in Federal Way. The other three competitors found pool time on their own to get in their swims.

All four of PSM's female swimmers placed in the top-four of their respective age groups:

Haleigh Werner (54): 1st place in 1:10:41.19

Michelle McRae (48): 2nd place in 1:17:52.14

Andrea Hunt (75): 2nd place in 1:44:03.35

Yun Li (29): 4th place in 1:32:13.99

The men's results were:

Martin Qian (34): 5th place in 1:29:31.02

Gehua Yu (55): 11th in 2:07:13.00

Two PSM relays were created from individual results:

The women's 45+ placed 2nd with a time of 4:12:36.69 (McRae, Werner, Hunt)

The mixed 25+ placed 4th with a time of 6:19:30.20 (Li, Warner, Qian, and Yu)



Surprisingly, with just six swimmers from Puget Sound Masters (PSM) entered in the 5K virtual swim, the four PSM women placed 5th in the club scoring and the two PSM men placed 13th. Both categories had 31 clubs represented. In the "combined" category, PSM was 5th again out of 45 total clubs participating in that category. Challenges to finding pool time in a 50-meter course may have contributed to a lack of participants in this event. The 10K event had fewer than half as many clubs participating!

The USMS Virtual 3000-yd and 6000-yd National Championships are taking place right now. You can enter and swim through November 15. It's much easier to find pool time for these events, especially the 3000! So it is not too late to take the plunge and participate.



Haleigh Werner (on right, pictured with PNA President Sally Dillon), won her age group in the 5K



Board Meeting Highlights

September 5 Board Meeting Highlights

- **President's Report: President Sally Dillon appointed Lucianne Pugh** to succeed Jake Ni as Social Media Coordinator. TWIM contacted Sally about PNA subsidizing their proposed swim clinic next March with USMS coach Bill Brenner. Given additional questions, the Board will consider this request at the November meeting.
- Financials: Bank account balances as of 8/21/23: Checking \$45,344, Savings \$58,320, total: \$103,663. Net revenue July-August: (\$1,827). Net revenue YTD: \$14,567.
- Membership: 1,718 (926 women, 792 men), on pace to exceed 1800 by membership year end.
- Meets: The July 1 *PNA LCM meet* at KCAC enjoyed over 160 entrants. The Board approved the 6th Annual *BC Mile* (February 4) and TACM *March Madness* (March 10). WWU is considering the last Sunday in February. LWM may resurrect their meet at Juanita pool on March 17.
- Open Water: The Board agreed to exempt the ORCA swim club from the \$1.75/swimmer fee for *Fat Salmon* and to absorb the \$100 sanction fee. The event was canceled at the last minute, however, because of high bacterial count at Madison Park. Jim Lasersohn has decided to not continue as Meet Director, so new hosting is needed. *Swim Defiance* hosted by BERN enjoyed great success with 63 entrants.
- **Social Media: PNA's Facebook page and group have 560 and 85** followers, respectively. There are 255 followers on Instagram and 83 on X (ex-Twitter).
- Club & Team Development: USMS surveys of teams regarding *Try Masters Swimming* events revealed a mix ranging from no participation to moderate success toward recruiting new members. The Board agreed to pay the annual USMS registration fee for PNA clubs and workout groups of 5 or more members for 2024.
- Coaches: Linda Chapman advised the Board to consider two-year budgeting cycles for sending the Coach of the Year to the USMS Coaches Clinic as this now occurs biennially.
- Standing Policies Revision: The Board approved 6 of 7 substantial and 38 of 41 housekeeping changes to the Standing Policies.
- Next Meeting: November 6 via **MS Teams**.

PNA Voting 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 Director – Dan Underbrink
 Club Director – Kim Boggs
 Club Director – Doug Jelen
 Club & Team Development
 Coordinator – **Linda Chapman**

Coordinators/ Standing Committees

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



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,
425-530-1595

MEET REFEREE: Teri White – 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

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