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President's Message

By Sally Dillon, PNA President

HAPPY NEW YEAR! If you haven't already done so, I hope you will start 2024 by renewing your USMS membership. Hopefully we can build on our record year, which was 1848 members in 2023, and reach 2000 in 2024. More importantly, most clubs and workout groups in PNA rely on the USMS insurance that comes with your registration. The insurance provides coverage for injury and liability situations. As of January 1, your 2023 membership insurance will not be in effect!

At PNA's November board meeting, we approved a motion to pay the USMS registration fees for our clubs and workout groups (WGs). Our intention was two-fold. The first was to provide a small amount of financial assistance to the clubs by paying their \$70 fee and the second was to ensure that all clubs and WGs would be registered when the 2024 period opened for individual swimmers.

Looking ahead, 2024 will be a good year for meets. Another reason to get registered! PNA will sanction four short course meets (two each of meters and yards) February through April. In early July we will host a two-day long course meter meet. Look for the specific dates in the calendar section.

Finally, I hope you will read the PNA Snapshot 2024 document included in this issue. It explains PNA's role in the world of Masters Swimming and provides sources for more information. Feel free to email me at PNChair@usms.org if you have questions or would like more information.

PNA Calendar

[Search USMS
Calendar of Events](#)

- Jan 1-31: [USMS 1-hr Virtual Champs](#)
- Jan 20: [Moses Lake Masters Invite](#), Moses Lake
- Feb 4: [Bellevue Club Masters Mile](#), Bellevue
- Feb 18: WWU Viking Invitational, Bellingham
- Mar 10: TACM March Madness, Anacortes
- Apr 13-14: PNA Champs, Federal Way
- May 15-Sep 15: [USMS 5K/10K Virtual Champs](#)
- June 20-24: [USMS Spring Nationals](#), Indianapolis, IN
- July 6-7: SCM meet, Federal Way

Dawn Musselman Award Nominations

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913-1986). As a long-time PNA member, Dawn inspired others and encouraged them to do their best. While she still holds three long course PNA records in the 70-74 age group, competitive participation is not a criterion for this award.



Dawn Musselman

Any PNA member may submit a nomination. We’re looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship always
- Shows a strong commitment to PNA Masters Swimming

Show that teammate your appreciation! Compose a paragraph or two describing their qualifications. Include an anecdote for fun, too! The award consists of a personal plaque and a perpetual trophy with the recipient’s name added. These will be presented at the Champs banquet at KCAC on April 13.

Submit your nomination by Saturday, March 16 to PNA Board Member Steve Peterson, speterson@bandwagon.net. If you have questions, call Steve at 360-692-1669.

Past recipients of the Dawn Musselmen Inspirational Swimmer Award

1986 - Dawn Musselman	2005 - Gene Crossett
1987 - Marlene Holmes	2006 - Jeanne Ensign
1988 - Maxine Carlson	2007 - Lee Carlson
1989 - Jim Penfield	2008 - June Van Leynseele
1990 - Tom Foley	2009 - Steve LaHaie
1991 - Karen Jost	2010 - Betsey Kassen
1992 - Jan Kavadas	2011 - Sarah Welch
1993 - Robin O’Leary	2012 - Kiko Kimura Van Zandt
1994 - Marion Mueller	2013 - Rick Colella
1995 - Tammi Keeler	2014 - Charlotte Davis
1996 - Ian Thompson	2015 - Sally Dillon
1997 - Suzanne Dills	2016 - Steve Peterson
1998 - Clark Pace	2017 - Zena Courtney
1999 - Dan Frost	2018 - Lisa Dahl
2000 - Joan Davis	2019 - Arni Litt
2001 - Paul Ikeda	2020 - Steve Freeborn
2002 - Barb Gundred	2021 - Tonya Berg
2003 - Chaya Amiad	2022 - Jim Lasersohn
2004 - Kathy Casey	2023 - Mason Chuang

PNA Coach of the Year Nominations

Each year PNA honors a local coach with the PNA Coach of the Year Award. Nominations are accepted from any PNA member and it is time to submit your nomination for 2024. Recognize your coach for the outstanding contributions to Masters Swimming that he/she has made. Show how much you love and appreciate your coach by nominating them for the Coach of the Year Award. The award will be presented at the Champs banquet at KCAC on April 13.

Submit your nomination by Saturday, March 16 to PNA Board Member Sally Dillon at PNChair@usms.org. Previous recipients of the Coach of the Year Award will serve on the selection committee.

To nominate your coach, compose a letter with the following information:

- Your name and email address
- Nominee's name and email address
- Name of the team, workout group, or club
- Number of years the nominee has coached the team/workout group/club
- Coaching experience
- Coaching accomplishments
- Examples of improvement and/or enhancement of program or new program
- Examples of contributions to PNA
- Evidence of nominee's coaching skills and knowledge
- Impact of nominee's coaching efforts on others

Your nomination should address any, or all, of the following selection criteria:

- Improvement or enhancement of an ongoing program or establishment of a new program
- Sustained service over a long period
- Commitment and/or contributions to PNA
- Willingness to share coaching skills and information with others
- Loyalty of team members
- Coaching accomplishments and/or inspiration to others



Past recipients of the Coach of the Year Award

2023 – Wendy Neely, Blue Wave Aquatics
 2022 – Wade Praeger, Lake Washington Masters
 2021 – **Chad Hagedorn, YPKC Bernardo's All-Stars**
 2020 – Calvin Milbach, Thunderbird Aquatic Club
 2019 – Brad Hering, Stanwood-**Camano WA "Y"**
 2018 – Pete Colella, North End Otters
 2017 – Wendy Neely, Blue Wave Aquatics
 2016 – April Cheadle, Bainbridge Aquatic Masters
 2015 – Paul Ikeda, Orca Swim Team
 2014 – Joel Dodds, Mukilteo YMCA
 2013 – April Cheadle, Bainbridge Aquatic Masters

2012 – Becca Watson, Lake Washington Masters
 2011 – Ken Rice, West Coast Aquatic Masters
 2010 – Shannon Singer, Skagit Valley Masters
 2009 – Lynn Wells, Aquatic Fanatics
 2008 – Mel Smith, Briggs Y Masters
 2007 – Robin O'Leary, North End Otters
 2006 – Neil Romney, North Whidbey Masters
 2005 – Michael McKinlay, Downtown/Bellevue Swim Team
 2004 – Wendy and Malcolm Neely, Federal Way Masters

ORCA at Gay Games Guadalajara

By Mason Chuang

This year's delayed Gay Games XI was held in Hong Kong and Guadalajara at the same time, first in Asia and Latin America. Ten ORCA swimmers (Eric Chen, Jake Harder, Jeremiah Reenders, David Dahl, Mason Chuang, Michael Lamb, Philip Brennan, Rob Reynolds, Spencer Cotton, and Jim Lasersohn) were able to attend the competition in Guadalajara. Not only did they have a great time immersing themselves in the culture there, but they helped in growing the community and furthering the movement.

And they also brought back some medals!

The Gay Games is a quadrennial multi-sport event that seeks to promote equality for all, and in particular for LGBTQ+ people throughout the world. Thank you to the late Rick Peterson for all his work with the Gay Games and for co-founding ORCA swim team Seattle. Way to go ORCA for representing PNA Masters at the Gay Games!

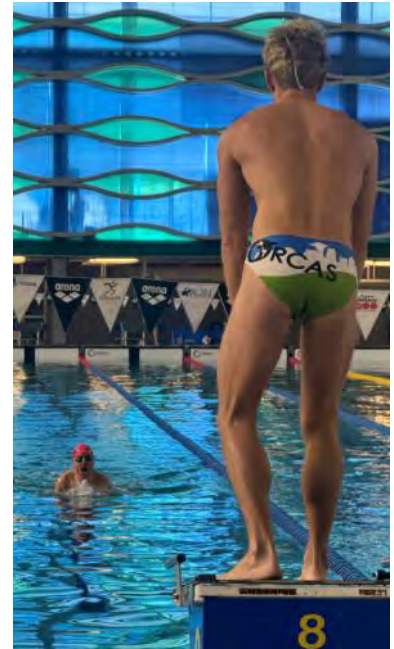
Full results can be found at [this link](#).

Medal count:

Jeremiah Reenders (30-34): 1 silver, 3 bronze
 David Dahl (35-39): 2 silver, 1 bronze
 Mason Chuang (40-44): 1 silver, 1 bronze
 Michael Lamb (55-59): 1 silver, 1 bronze
 Philip Brennan (55-59): 1 bronze
 Jim Lasersohn (55-59): 1 silver, 3 bronze
 ORCA 200-239 4x50 medley relay: silver



ORCA at Gay Games Guadalajara (cont)



Snohomish Aquatic Masters Meet

By Steve Peterson

The Snohomish Aquatic Center was the venue for the 2023 Snohomish Aquatics Masters Invitational on Sunday, November 5. Fewer swimmers registered this year than last (99 versus 145), down from 14 clubs to just 4 clubs represented: BWAQ (3), Oregon (4), PSM (81 from 16 workout groups), and PNA Unattached (11). But attendees again enjoyed a superb facility and a meet well run by the officials and SAM volunteers.

In addition to over 300 splashes in a dozen individual events, teams assembled seven Mixed Medley relays and 13 Mixed Free relays. Those who left before watching 20 swimmers in the 500 missed some great racing, including a USMS record set in the 75-79 age group by Oregon's Dan Kirkland (5:55.81). The final "fast" heat of the day featured an age spread representative of the entire meet:

Lane	Place*	Swimmer	Age	Team
1	8	Kathy Pelham	50	TWIM
2	3	Dan Kirkland	75	OREG
3	2	Vasileios Lekakis	40	UC36
4	1	Baden Sprinkle	35	BWAQ
5	4	Christian Tujo	52	OREG
6	6	Kathy Lewis	18	WWUS
7	5	Felicity Spears	27	SAM
8	7	Jeff Green	43	SAM

*all placed first in their respective age groups except Green, 2nd to Lekakis

A big thanks to Meet Director Juleah Peters for running a successful meet along with the rest of her crew, including Brandon Fairhurst (announcer), Shandy Henderson and Morgen Slomchiniski (control desk operators), David Baer (meet referee; stroke & turn), Lorraine Masse and Connie Finch (starter, stroke & turn), and Dave Warren and Chloe Hernandez (stroke & turn). Chloe Hernandez was recruited from the high school team because many officials were busy with other meets this weekend.



Dan Kirkland (Oregon) sets new USMS record in 75-79 500-yd Free



Snohomish Meet (cont)



Announcer Brandon Fairhurst, Control Desk Operators Shandy Henderson and Morgen Slomchiniski, and Meet Director Juleah Peters

The Western Washington University team was well represented



Generic shot of 200 Free Relay starts

Board Meeting Highlights

November 6, 2023

- President Sally Dillon noted that seven PNA delegates (four in person) attended the USMS Annual Meeting in Houston in September. Five PNA members attended the second annual Volunteer Relay at the same venue in October.
- Financials: Bank account balances as of 10/31/23: Checking \$39,498, Savings \$58,321, total: \$97,819. Net revenue September-October: (\$2,110). Net revenue YTD: \$8,598.
- Membership: 1,848 – all-time record! (995 women, 853 men).
- Meets: The Board approved the February 18 WWU meet in Bellingham and a July 5-7 LCM meet at KCAC.
- Open Water: *Fat Salmon* seeks a new host to continue.
- Historian: Walt Reid has updated and posted the *PNA All-Time Top 12 SCY* listing and the SCY and LCM *Progressive Records* listings.
- The Board approved guaranteeing TWIM an \$800 minimum profit for their March clinic
- President Sally reappointed Bob DeWard and Dan Underbrink as Appointed Directors.
- Next Meeting: January 9 via MS Teams.

ATTENTION PNA “RECORD SETTERS! If you swam outside of the PN LMSC and set a PNA record, please notify our Records & Top 10 chair Doug Jelen ASAP at dougjelen@hotmail.com.

Bill Brenner Clinic on Saturday, March 9th!



Save the date! This is one clinic you won't want to miss!

TWIM and PNA are proud to bring Coach Bill Brenner and his acclaimed USMS Stroke Development and Improvement Clinic to the Pacific Northwest for swimmers of all abilities.

Bill's clinic has been immensely popular and has sold out at venues across America.

This 4.5-hr clinic will cover all four competitive strokes with easy-to-understand progressions that will give you the foundational tools to become a more effective swimmer! Don't miss out!

All four strokes will be evaluated and corrected with the use of drills and coach instruction. Bill Brenner and local Masters coaches will be on hand to help you improve your technique and teach you drills that will enable you to continue to refine your stroke.

Registration opens January 2nd. Clinic will begin at 8 am sharp on March 9th. More details including Bill's Bio can be found at [this link](#).



USMS 1-Hour Virtual Championship

By Sally Dillon

How far can you swim in an hour?

The USMS 1-Hour Virtual Championship takes place this month and over the years, thousands and thousands of Masters swimmers have used this event to “measure” their fitness! If you swim with a team, work with your coach to organize a time when many people can participate in this fitness event.

Founded in the early 1970’s, this long-running event is still a national championship, although the name no longer says “National.” Records are kept and age group winners receive a gold medal and a championship patch, just like they would at a national championship pool meet. Veterans likely recall it was called a “postal” swim from its inception and until just a few years ago. For most of its life, competitors swam the event at their local pool and mailed their entry form to the event host (via envelope and stamp). The event hosts would receive thousands of paper entries each year. Fast forward...entries are now submitted only online. You still get to swim in your local pool if it is at least 25 yards long. Talk to your coaches or teammates and give it a try.

Swimmers need to register prior to swimming and the swim can be completed anytime from January 1-31. More event details and registration can be found [at this link](#).



USMS 3000/6000 Virtual Championship

Congratulations to frequent virtual swim enthusiasts and Puget Sound Masters members Johnny van Veltuyzen and Michelle McRae. They were the only representatives from PNA in this year’s event with both swimmers entering just the 3000-yard event. Both placed well in their age groups with van Veltuyzen (40-44) taking second with a time of 37:38.52 and McRae (45-49) placing fourth with a time of 41:45.09.

Complete results can be found [at this link](#).



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TWIM Takes On PSM SCM

By Scott Neuhaus
Via the TWIM Blog

Wow! What a meet.

The competition was superb, the comradery was unparalleled, and the venue was impeccable; as usual. Those Puget Sound Masters people sure know how to run an event. Special thanks go out to Meet Director David McCarty, Meet Referee Teri White, the staff of KCAC, all the volunteer timers, IT people, officials, and lifeguards. We on the TWIM team know how special you are and that these events would never happen without your generosity with your time.

You know, I don't think I ever saw so many races that were so close as to be won by the proverbial "gnat's eyelash". A tad more oomph here, a skosh less effort there - so many races could've gone either way. Thank God for electronic timing. Actually, I guess we should thank science for electronic timing. It makes you wonder what they did back in ancient times (Olympics/Greece) to compare runners and swimmers. They must've had some incredibly precise sundials, huh!? As you might know, timing was unimportant then; winning was everything. In fact, the ancient Greeks (Macedonians) had a poignant saying - *da dojdes na vtoroto mesto e da izgubis* - which very literally meant "to come in second is to lose". We are a little more sophisticated in our thinking nowadays. We understand that there is victory even in defeat due to unseen obstacles that some have had to overcome while others have not. Walk a mile in the guy who finished 3rd's shoes and you might not even be swimming. I know there is no truer admonition. Working with Special Olympics kids like I do...well, it has fortified that sentiment in my mind. I have never relished competition more than I do now. Winning is great but setting the goals and enjoying the journey is where it's at.

Before I get to the amazing performances that occurred, though, an "aside":

I have a bone to pick with Father Time.

What's the deal, dude!? Is this the Theory of Relativity or the Compression of Time in a 4th dimension, or what? Specifically, why does time go by faster as one ages? When I was a kid, a summer, those blissful 90+ days of no school, used to last for years, it seemed. Now, time rolls by so quickly, months rush by like Usain Bolt on a caffeine high. And how is it that so many more seconds zip by when I'm swimming the same distance I've always swum? A second is still 1/60th of a minute, isn't it? Oh, it's now officially defined as 9 billion one hundred ninety-two million six hundred thirty-one thousand seven hundred seventy vibrations of the unperturbed ground state of the hyperfine transition frequency of the Cesium 133 atom.

What?

Carpe Diem...Cesium the day!

I think if you do that when you're older, you'll only get 23 hours in your day! Oh, I forgot the exceptions. There are those that swim among us that apparently were anointed with the tears of a narwhal at a young age and

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TWIM Takes On PSM SCM (cont)

(Continued from page 10)

therefore do not age the same - Rick Collela, Kurt Grote, Sonja Skinner, Scot Sullivan, and Dan Kirkland come to mind. But let's not talk about them. Let discuss normal swimmers. I've been trained that, as a writer, I get the facts first, then I can distort them any way I want. But this is not me distorting facts. This is Father Time distorting the space-time continuum...just to make those of us that are normal appear to swim slower. It is a conspiracy of epic proportions!

Common sense is needed here but common sense is like deodorant, the people that need it most never use it. Okay, okay, I'll stop. When one finds oneself in a hole they should know to stop digging. But I want all to know that I am lodging a formal protest with this alleged "Father Time". I know it's not "Mother Time" because a female wouldn't be so cruel. And I'm doubling my workout efforts (and canvassing far and wide for all to be on the lookout for that narwhal).

Disclaimer: These are NOT the ravings of a lunatic. Lunatic ravings are off the charts, and I have been assured by my therapist that although certainly on the periphery of said charts, I am none the less still on them. And I take great pride in that.

Now for the good stuff, the skinny, the low down, the meat and potatoes on what transpired in the wet stuff.

But first:

The Star-Spangled Banner was sung by Dan Underbrink and I (harmonizing in our little corner) and more than just one passerby acknowledged that it wasn't too bad. Then, all heads, well, a lot of heads bowed for reflection to the water gods. That vigil was led by Dave Scott, Steve Fogg and again, myself.

Now, in alphabetical order:

Guilherme Anzilago Tesser is first up; the man with more letters in his name than a shark has teeth. Speaking of sharks, this guy is scary in the water. He was only on board for the first day of the meet, but he sure showed us some speed. Swimming in the 40-44 group he grabbed 1st in the 50 fly w/ a nice 31.40. He followed that up with a blazing 26.51 in the 50 free. He also found time to help out on a relay. And there was a reunion of sorts, that he was a part of also. A gal friend, Ana Paula da Rosa Silva, from Brazil, happened to be in Vancouver, Canada and came down to commiserate with us all, and swim! Who are we kidding, she came to visit Guilherme. I love the sound of Portuguese! She was a sweetheart, though. An original "girl from Ipanema" (actually from an area a bit further south than Rio). She was freaking fast in the water, too. She got 1st in the 35-39 gals 50 free in a very respectable :32.42.



*Guilherme Anzilago Tesser, Scott Neuhaus,
and Dan Underbrink*

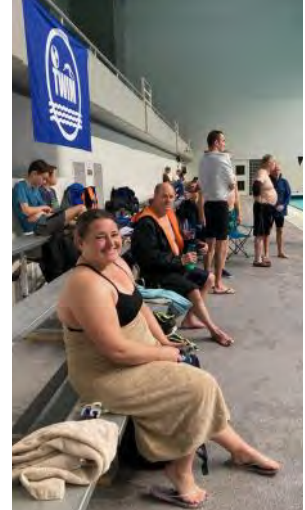
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TWIM Takes On PSM SCM (cont)

(Continued from page 11)

Next is Brent Barnes. How does contributing 92 points to the PSM cause sound!? That's 4th best among TWIMmers! I can't believe that 5 years ago I could keep up with this guy in breaststroke. Now his 100 split in his 200 breast is 5 seconds faster than my 100! That doesn't seem right! He's pulling away from me in the freestyle events, too. Nice times, Brent. . .keep it up. I don't mind (much).

New gal Emily Castillo stopped by on Saturday to swim a couple individual events and she also anchored a relay. Nothing like going for a pair of tough races in the super-competitive 45-49 age group. Still, she came away with 2 second places, one in the 200 IM and the other in the 50 fly. Whenever I hear the name Emily, I think of the movie, "The Devil Wears Prada" and how Merrill Streep's character refers to her assistants, no matter what their real name, as "Emily". As if they were all the same. Ironic, in this case, as our Emily has nothing "run of the mill" about her. A very special talent with a personality to match. It's really great having you aboard, Em!



Emily Castillo

Next topic for discussion is the Foggmeister, the Velvet Fogg, the Big Kahuna. He always makes his presence known, not just in the pool but also aiding and abetting all his teammates with words of encouragement, coaching tips (thanks!) and even counting for whomever asks. He swam four individual events and two relays and, in the process, contributed 77 points to the cause. That doesn't tell the whole story, though. Two of his swims, the 100 fly and the 50 backstroke, were new PNA records. I'd like to think I played a part, albeit small, in the backstroke record. I believe the exact quote from him coming out of the water, from the heat where I was on the outside of him was, "You had me worried for a sec there!" (Yes, I added the exclamation point as I really don't think he was that concerned.) All his swims will be Top 10 rankings for the year if last year is any indication.

Brad Jones stopped by for a visit on Saturday and talk about making a splash! How does a new PNA record in the 400 Free sound!? How 'bout if I told you his 4:38.06 broke it by over five seconds!? He nearly had another in the 100 fly as well, missing by the narrowest of margins (one tenth of a second!!!). He almost had a third in the 50 fly, too! Needless to say, he left us all on the edge of our seats. His 50 fly split in the relay was faster than the PNA record by .62 seconds but, alas, that is not official, just, simply, freakin' fast! All three of his swims will definitely be top 5 ranked, nationally, for the year! I think he knows where that darn narwhal hangs out!

I heard a rumor at this meet that the guy that has beaten me in breaststroke more times than Dan Underbrink has is converting over to TWIM. Bill Krieger is his name and breaststroke is definitely his game. And as it happened, I was able to beat him for the first time EVER in the 50 breast, this very meet. Sure, it was because he was DQ'd, but a win is a win. I won't mention the fact that he took his 100 breast out two seconds faster than I swam my 50. And his initial 50 in his lightning fast 200 breast (good enough for top 12 nationally) was nearly as fast as my sprint. What I'm trying to say is, welcome aboard Bill! It's good to have you!

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TWIM Takes On PSM SCM (cont)

(Continued from page 12)

Holly Lickwala was present and accounted for, contributing 94 points to the cause. She swam in five individual events and three relays. Some impressive duty! Mixed therein were three first place finishes and two seconds. Her 50 back, 200 back, 50 breast and 200 breast look like they are certain top 10 times nationally as they were snugly in there for last year. In addition to this she is always there with words of encouragement while keeping an ever-watchful eye on her two boys. Oh, and this means that our dynamic duo of Holly and Brent racked up 186 points together! Incredible!

Kerry Ness was there both days, but a shoulder injury limited him to team support exclusively on day two. Still, he did chip in 45 points for his efforts on Saturday with his swims in the 400 free, the 100 breast and the 50 fly. And I have to say that he is a trailblazer in the comfort division. I will be shopping for one of those reclining backpack chairs of his. I definitely want what he's having!

Kathy Pelham swam three events, all on Saturday and helped out on a relay, too. Two second places (200 & 400 frees) and a first; her 1500 time/win will be fast enough to rank her in the top 5 nationally, for the season, most assuredly, as it would've in the past 3 seasons.

The Fargo kid, Dave Scott, made waves of his own. A first, two seconds and a third plus a nice leadoff swim in the 400 free relay. And that 200 breaststroke? Last year his 3:00.14 was 8th ranked nationally. He blasted that out of the water, here, with a white-hot 2:55.17. That just might make top 5! His 100 breast was top 15 last year, and he pegged up 2/3 of a second off that, so that should be up there, too. A great effort with fine results for the kid from North Dakota!

El Presidente, Dan Underbrink, tossed in 103 points for the meet and by that total won the high point trophy for the team while coming in 2nd in his age group. He swam 1300 competitive meters while scoring 1st in the 200 back. He had 3 seconds (200 free, 400 free & 200 Breast) and notched 3rd in the 50 & 100 backs. He also was on 2 PSM relays. Double duty is a way of life for Ironman Dan.

Tom Walker was back off the disabled list after getting his hand sewn back together. His 85 points contributed was noteworthy in that he was DQ'd in the 100 IM otherwise he would've broken the century mark. He won the 400 free while registering a second in the 200 back. He racked up thirds across the board in the breaststroke events.

And then there was your humble, poolside reporter, showing measurable improvement generally, giving me some hope that special times are soon to come. But if not, I'm all about the journey, and so far, the journey, especially when sharing it with this great bunch of aquaphiles that I am surrounded by at these events, well, it makes it all the more special and memorable.



*Kerry Ness, Holly Lickwala,
Brent Barnes, and Dave Scott*

(Continued on page 14)

TWIM Takes On PSM SCM (cont)

(Continued from page 13)

TWIM swimmers, as alluded to above, were very active in PSM relays. In fact, Holly swam in three of them! Dan, Steve Fogg and I swam in two each. Kathy Pelham, Dave Scott, Brad Jones, Emily Castillo and Guilherme each swam one. The rankings are not out for the 2023 season but compared to last year there were several notable performances. Holly's 1:30.56 breaststroke leg on the PSM 400M mixed medley relay (160-199) propelled that foursome to what would've marked up at third place, nationally, last year. We'll have to see how it scores for this year, but that is impressive. Holly and Emily each contributed scorching legs to their 160-199 women's 200 free relay that would've been 5th, nationally, last year. Me, Dan and the Foggmeister contributed solid efforts to score what would've been 5th last year in the 280-319 Free relay (400). And Steve Fogg swam the backstroke leg on the mixed 200 medley which was fast enough to get 6th last year. The younger relays, well, things just need to be too blazing to mark up too high but that does not detract from the individual efforts therein. Specifically, I would like to acknowledge Brad Jones' smoking 27.14 leg in the PSM 200-239 free relay, Dave Scott's 1:09.46 free leg on the 200-239 free relay, Kathy Pelham's speedy 34.63 on the 200-239 women's free relay and finally Guilherme's very nice 28.48 50 free anchoring the 120-159 free relay (200). Nicely done, everyone, for making yourselves available and contributing considerable effort to the PSM cause.

So, there you have it, the final word on the final meet of the year. A fitting caper on 2023 with an eye toward 2024. There's more fun to be had right around the corner. In the meantime, to my TWIM family, hopefully everyone will have a happy and safe holiday season. That includes Thanksgiving, Christmas, New Year and any other holiday that I'm not aware of that needs celebrating.

'Til we hit the waves again!

PSM SCM meet by the numbers (from [Swimphone.com](https://swimphone.com)):

172 swimmers registered for 681 events

Team points

Swimmers earning six first-place finishes to score a perfect 120 points:

- Colette Crabbe (OREG, 65-69)
- Janet Gettling (OREG, 75-79)
- Kurt Grote (OREG, 50-54)
- Lex Higlett (OREG, 40-44)
- Dan Kirkland (OREG, 75-79)
- Ellen Reynolds (TRB, 55-59)
- Sonja Skinner (OREG, 45-49)

- 5793 – Puget Sound Masters
- 3072 – Oregon Masters
- 745 – Central Washington
- 386 – UC36
- 297 – Spokane Club Masters
- 288 – Blue Wave Aquatics
- 287 – INW Y Aquatic Masters
- 135 – Team Redbird
- 117 – CAN-EBSC

- 116 – Kroc Masters
- 112 – Tamalpais Aquatics
- 107 – Santa Barbara Masters
- 94 – Rocklin Aquatics
- 85 – Moscow Chinooks
- 74 – Harbor Aquatics
- 60 – Arizona Masters
- 40 – IRL-TMPLG
- 37 – Puget Sound Swim Club

PNA Snapshot - A Tutorial of PNA Hierarchy!

World Aquatics: The sole and exclusive world governing body for these six aquatic sports: swimming, open water swimming, artistic (synchronized) swimming, water polo, diving, and high diving. Before 2021 it was known as the Fédération Internationale de Natation (FINA).

USMS: United States Masters Swimming. It is the national federation to which PNA and its members belong. USMS initially became an organization within the AAU in 1971.

LMSC: Local Masters Swimming Committee. There are currently 51 LMSCs across the USA. Our LMSC is PN (Pacific Northwest).

Northwest Zone: Includes seven LMSCs from six states: Alaska, Inland Northwest (eastern Washington and northern Idaho), Montana, Oregon, Pacific Northwest, Snake River (southern Idaho), and Utah. The leaders from the zone meet via Zoom quarterly (September, December, March, and June). All members of PNA's Leadership Team receive emails from the Zone Chair and are invited to participate in the conference calls.

PNA: Pacific Northwest Association of Masters Swimmers is the official name of our LMSC. USMS uses PN, but old habits are hard to break! Its geographic region is the state of Washington west of but not including the counties of Okanogan, Chelan, Kittitas, and Yakima, and north of but not including the counties of Cowlitz, Skamania, and Klickitat. PNA's swimmers typically live and swim in western Washington but can be members if they live outside of the region. PNA is LMSC #36, which you'll see indicated as the first two digits in your registration number.

PNA LMSC Board of Directors – 16 voting positions

Elected by the membership:

President, Vice President, Secretary, Treasurer, At-Large Directors (2)

Elected previously: Immediate Past President

Appointed and representing clubs:

Club Directors (2)

Appointed by the President and confirmed by the Board:

Two Appointed Directors (one-year terms; appointed in December for the following year)

Five Coordinators: Bylaws, Meets, Membership, Open Water, Club/Team Development

The President also appoints non-voting chairs/coordinators who are responsible for Awards, Coaches, Fitness and Clinics, LMSC historical documents, *The WetSet* newsletter, Officials, ePostal swims (AKA Virtual Championships), Records and Top 10, and the website.

PNA Board Meetings

The board currently meets via videoconferencing six times a year in odd numbered months. An effort to meet in-person at least once a year is underway. We are all volunteers and life sometimes can get in the way, but the expectation is that voting board members will attend most of the board meetings.

Non-voting chairs and coordinators are invited and encouraged to attend meetings although it is not required. Sometimes invited to meetings are PNA's club and team representatives and coaches.

As required by USMS, PNA designates an Annual Meeting each year that is open to all members. It is scheduled to take place during the SCY Champs weekend.

Minutes are prepared after each meeting and once approved by the board, they are posted on the PNA website. Dating back to 1974, they can be quite interesting!

*Looking for more info about PNA?
Go to our fabulous website at
<https://swimpna.org> and browse the
dropdown menus at the top of the page.*

Swimmer Spotlight

An Interview with Eric Durban
 Winner of the Triple Crown of Ultramarathon Swimming
With Tom Walker of TWIM

Ever wonder why Columbus set sail, what internal fire to satisfy, what flame to quench, launched him into the mighty blue unknown on that day that forever changed history? What was the compass that guided him forth, what call from within? Or Odysseus in those most ancient times, as he sallied out from Troy into the perilous wine-dark Aegean seas and into those treacherous adventures of twists and turns toward his beloved homeland of Ithaca, in that ten-year Odyssey of fabled yore?

Or as Eric Durban says in these more recent times “I truly enjoy swimming.” Yes, and only a mere 50,000 yards a week when occasion requires.

What is it about swimming that satisfies the deepest yearnings of the human soul? Is it an expression of that primal rhythm that flows from the wellsprings of our being? Is it the feel of that deft navigation as we glide so seamlessly the watery sphere, engulfed in a new awareness, an exalted state of consciousness?

It seems like words beyond sound that take shape within our vision, a call that propels us forever onward, a horizon in the mind’s eye, and the land to which we venture emerging from the water, a land that calls us forth from within.

Perhaps it is the eternal compass within, ever seeking True North; perhaps it is like the meeting at last of mind and sea, an ultimate harmony...

This is the story of a Man and his brother who set forth on such a journey, like the journeys chronicled by the storied bards of old, Homeric on those white cliffs above ancient seas.

Eric Durban and his brother Lars, like the Wright Bros, set out together on an epic quest to master the English Channel, and this is, in part, the story of their journey. What schoolboy has not heard of the crossing of this Channel by the boldest and most determined of individuals among us? The image of the prototypical Swimmer, outlined against the blackness of night? The years and miles and hours, boats, maps, charts, currents, stars, and universes within and without.

Along the way, Eric also managed to become the oldest person to complete the three events that are the crown of Ultramarathon swimming: Manhattan, Catalina, and the English Channel. Not a bad day’s work! Records are made to be broken, though. Yes, he did become the oldest person ever to complete the Triple Crown of Marathon Swims on 9/14/23 but hastened to point out that Ed Horne took the title from him just 15 days later. Eric’s average age for the three swims was barely over 67 years while Ed’s was 67.8. (Eric insisted that we mention that.)



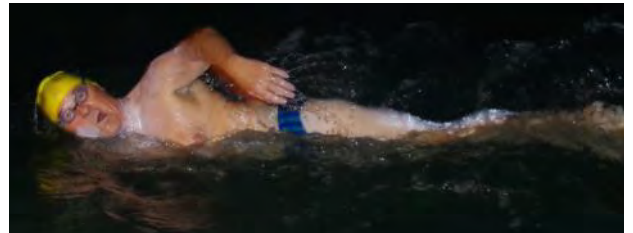
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Swimmer Spotlight (cont)

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Like every true champion, he elevates the accomplishments of others and downplays his own.

For isn't this very journey symbolic of our lives, as the land slowly emerges from afar and we stroke toward the welcoming light of the shore.



TW: First of all, tell us about how this all began, your journey as a swimmer, and second, what were the key moments along the way?

ED: I grew up in upstate New York and failed my first Red Cross beginner's swimming class because I was afraid to swim on my back. I eventually got a little braver, and when our high school started a swim team I joined up. In one of my first swim meets, our coach pulled me and another swimmer to the side to say he was going to have us swim the 100 Fly and we really needed to finish legally to win the meet. We both got disqualified and lost by one or two points. So not an illustrious start to my swimming career. I eventually got more serious about swimming later in high school and college. After my first year at Husson University in Bangor, ME the school dropped their swim team and I transferred to Babson College outside of Boston – mostly so I could continue swimming. I was almost always swimming the distance events, although I did manage to resurrect my butterfly career intermittently. However, while I was a serious swimmer (sometimes doing double and triple workouts a day in college), I was not an outstanding swimmer. I just enjoyed it. After college I was an off-again, on-again Master's swimmer for the next 30 or so years.

TW: When did you decide to become a Marathon Swimmer?

ED: I was swimming with Blue Wave Aquatics at their Evergreen workouts, when Scott Lautman suggested at the end of a practice that I should consider swimming the Strait of Gibraltar. It is about a 10-mile swim and that seemed incredibly long to me, but he said I could do it. That planted the seed. Not sure what order it happened in, but in 2012, my brother Lars and I joined up with a group organized by Shannon Singer to do the Swim Around Mercer Island (SAMI). The first year we did it we had one of us kayaking and one of us swimming for a quarter of the way and then alternated positions for each following roughly 25% segment. The following year we did the full swim as a tandem. However, it was not legit as a marathon swim as we stopped at each of 4 parks along the way to feed and take brief rests. In 2015 I tried to get in line to swim Gibraltar for my 60th birthday year, but they were not accepting applications as they had too many swimmers backed up waiting for their opportunities. My wife suggested I try another swim and pointed me toward the intercontinental swim across the Bosphorus in Istanbul, Turkey. While that is "only" a four-mile swim, I swam that as part of a European vacation in 2015. I consider my first legitimate marathon swim to be Gibraltar, which I did with my brother Lars and Zena Courtney in June of 2018 when we finally got a time slot to go. That swim had an independent observer and followed other open water marathon swimming standards.

TW: What is it about Marathon Swimming that attracts you?

ED: I truly enjoy swimming, both open water and pool. Swimming with my brother, as we pace well together, has been another great motivator. Since retiring in early 2019, marathon swimming has given me great focus and of course,

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Swimmer Spotlight (cont)

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great exercise. I enjoy spending time in the fall (or earlier) in planning swims for the upcoming year(s). I have also enjoyed meeting swimmers from all over the world. Marathon swimmers are a very welcoming group and support each other in swims.

TW: Where does this drive come from, do you think, what inspires you to do this, and what is the urge that compels you? What is the biggest challenge you face in the doing of this?

ED: As with most things in life, success is a motivator. Getting that first swim in Gibraltar under our belts made me start to believe that I could do marathon swims. So, it made me start to look for the next swim – the next challenge. And each swim/challenge makes me nervous leading up to getting in the water to start.

My brother and I were at the SCAR swim in Arizona last year where the marathon swimming legend Sarah Thomas, the only swimmer to do 4 consecutive crossings of the English Channel, was supporting another swimmer. At one point my brother asked her if she was nervous before one of her swims and she readily admitted she was nervous before each of them. Made us feel a little more normal with how nervous we get.

One other big challenge is the cost of the swims, both in time and money. I am lucky to have retired and have both time and enough resources to do these swims. I do recognize that if I was still working, I might have a bigger challenge in finding the time and money.



TW: You have just completed your English Channel Swim, and in so doing you have become the oldest swimmer ever to swim the Triple Crown of Marathon Swims (Catalina, Manhattan, and English Channel). Can you tell us a bit about each of these incredible swims?

ED: They are all great swims with their own challenges and special moments.

Catalina was the first one my brother and I did. At the time, our marathon swimming “resumes” were a bit dated and sparse. A Board member of the Catalina Channel Swimming Federation called each of us in what was a bit of a discouraging call, although in retrospect it was a reality check for us. We were cautioned that we hadn’t had a lot of recent long swims in 2021 and nothing that would suggest we could do a 20+ mile swim. We also were warned that tandem swims pose greater hypothermia risks for the faster swimmer who may have to wait for the slower swimmer at feeds. We asked for advice and got some excellent suggestions and got to swim. Catalina involved our first long night swim since you start at about 10:30 at night to avoid boat congestion and let the wind die down. It is where I really learned that on an almost 14-hour swim with only brief breaks, you have a lot of time to spend in the dark recesses of your mind and tell yourself why you should quit early. My brother really was motivation for me to keep going, partly because I didn’t realize he was having some of the same thoughts. Good memories from the swim are seeing the phosphorescence sparkling in the water as the stars sparkled above.

Manhattan’s 20 Bridges swim was the second of the Triple Crown swims we did in July of 2022. It has changed a bunch over the years but is well organized and currently has multiple dates throughout the summer and fall where 3-4 swimmers start together, but independently make their attempts to circumnavigate New York’s Manhattan Island. It is the longest swim at 28.5 miles, but they time the start to take advantage of the flood tide

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Swimmer Spotlight (cont)

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pushing you up the East River and the receding tide to assist you down the Hudson River at the end. The Harlem River in the middle is the most polluted as the water is relatively stagnant.

I am told that the views of the city are magnificent...if you breathe to your left. So my brother got to view the city all the way around and I mostly saw it at feeds and an occasional breath to my left. It is an iconic but very expensive swim.

Tandem swims, which my brother and I did, are quite a bit cheaper.

The English Channel provided the biggest challenge. For both reserving a pilot boat to accompany you and for getting a day during your window with limited winds. I was lucky in getting a #1 slot with Eric Hartley, captain of the boat Pathfinder for the neap tide from September 22-27, 2023. Since you can't swim tandem on the English Channel, Lars got the #2 position on the Pathfinder.

I went early to try and get an earlier slot and my captain agreed to take me 9 days earlier on a spring tide. While the start of the swim was choppy, about 4 hours in the winds died down and thereafter the weather cooperated. While cold water can be a concern on the Channel, in early September it is about as high as it gets. I started in 66°F water and finished in almost 70°F water.

TW: Was there an overall plan in the beginning to do all these three? What was the timeline here?

ED: I had not thought about the Triple Crown until having completed Catalina. In signing up for Manhattan, I knew that if successful, I would want to try the English Channel. So, once we signed up for Manhattan, we started trying to secure a boat for the Channel.

We looked at Manhattan as a shorter version of Catalina, as we could see that the average swim time is about 8 hours. While with Catalina, that was essentially our only marathon swim in 2021, in 2022 we wanted to maximize the number of swims for the training we would put in. Thus, we scheduled seven marathon swims in 2022.

Those were:

3/23/22 Swim around Coronado Island in San Diego - 11 miles

4/27/22 Saguaro Lake in Arizona (1st lake of SCAR swim series) – 8.5 miles

4/28/22 Canyon Lake in Arizona (2nd lake of SCAR swim series) – 9.0 miles

4/29/22 Apache Lake in Arizona (3rd lake of SCAR swim series) – 14.2 miles

4/30/22 Roosevelt Lake in Arizona (4th lake of SCAR swim series) – 6.2 miles

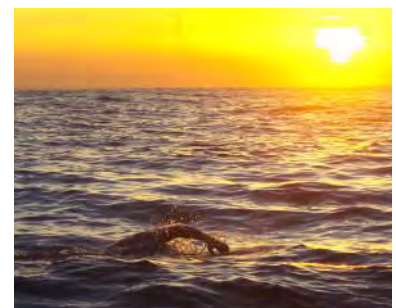
7/14/22 20 Bridges swim in Manhattan – 28.5 miles

8/20/22 Length of Lake Tahoe – 21.3 miles

TW: Talk a bit about the training, strategizing, and support that go into all of this. People, Mentors, hours in the water...

ED: As far as mentors go – I would have to point to the cold water and marathon swim whisperer, Scott Lautman, as the person I have turned to for guidance and encouragement. He's done it all and is happy to share his knowledge.

Over the years of marathon swimming, my training has changed. At the beginning I did mostly pool swimming. But with Catalina coming and COVID raging, I had moved outdoors. In 2021 I swam most days at Angle Lake with my fellow swimmers Steve Freeborn, Andy Iyall, Dan Smith, and Tony Lieggi. As they all had to go to work after the swim, plenty of days I would stay after our group swim and do another lap around.



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Swimmer Spotlight (cont)

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We also connected with Tricia Elmer via Scott Lautman and did a few long training swims with Tricia and Scott. In 2022 we did quite a few more training swims in Lake Washington with them. We also started monthly three-hour pool swims at the Snohomish Aquatic Center, near where my brother lives. That morphed into Long Swim Fridays in 2023 where we would do some kind of swim covering 5-6 miles. Between most of my marathon swims, I would try to get in a hell week of swimming – which meant getting in at least 50,000 yards.

During the winter and spring of 2022 and 2023, I made sure to get in once almost every week into cold water for 15-20 minutes or more. I'm nowhere near the cold-water swimmer that many in the northwest are as I really don't like temps under 50°F.

I've gotten in over 800 miles of swimming in 2021 and 2022 but will fall about 50 miles short this year.

TW: What new challenges are on the horizon and what is your personal goal at this point?

ED: My brother and I will swim the SCAR series again this coming April. Then I will be heading to England in August to crew for Lars on the English Channel where he was weathered out this year.

While I have thought about attempting the Ocean's 7, my age is climbing up there.

Recently we are looking into starting a SCAR of the northwest and are looking at a series of lakes where we could pull off such an event. It would presumably be 3-4 lakes over 3-4 days with each day involving a marathon lake swim of 6.2 miles or longer. Swimmers could choose to swim one or more of the lakes with preference given to those looking to swim all the lakes offered. We are looking to target such an event for 2025. In 2024 we will have to swim in each of the lakes to make sure the logistics are figured out.

TW: What is the best advice you would give to those who want to become or are training to become Marathon swimmers?

ED: a) Pick a marathon swim, any one of them. You can find a list of them in the [LongSwims Database](#) maintained by the Marathon Swim Federation. That gives you a goal and hopefully provides motivation.

b) Find someone who has done the swim you are looking to do and pick their brain on the swim itself as well as their training recommendations.

c) Find training partner(s) that are about your speed that will hold you accountable for meeting your training regimen.

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

ED: I'm the treasurer for several organizations, having been a CPA/CFO in my working life. I also make sure to go out every week or two and hike with my brother and a couple of other friends or my wife.

TW: Any parting thoughts?

ED: Anyone reading this should think about training for the Northwest SCAR equivalent if you are wanting to target a nearby marathon swim or a series of them. Stay tuned and we will hopefully announce something before the end of 2024.

Thanks also to Blue Wave Aquatics for providing venues and organization for pool and open water swims.

Kegler completes The Great Kick Around Coronado

How far could you swim in open water with just kicking—no arm strokes?

PSM member Melissa Kegler recently completed what she called “The Great Kick Around Coronado”—an 18.5-kilometer (11.5 miles!) trip around Coronado Island in San Diego Bay. Water temperature was 62 °F and air was 66 °F

“Yes, it was kicking only,” reported Kegler in her online blog. Kicking-only swimming became a focus after Kegler had shoulder surgery in July of last year. “If I can’t swim, what can I do? I have legs, I can kick,” she wrote.



After being cleared to go back in the water after surgery, she first worked up to 2 kilometers of kicking and then to 3.5 kilometers. Next she fulfilled a promise made to others to kick the 7 kilometers from Alki Bathhouse to Lincoln Park.

And how to top that? She knew there were Seattle swimmers traveling to the San Diego area to do the Around Coronado Swim with Open Water Swim

Academy. “I had always thought about swimming it, but was never the right time. Could I kick it?” she thought.

And kick it she did! Kegler called the experience “...pure joy from start to finish, and I’ve never been able to say that about any swim.”

See Kegler’s In The Blue blog for complete details about this and other events. Kegler is also featured in Ice Mermaid: Cold Resolve, a movie about her journey as a marathon swimmer.



Melissa Kegler (far right) with Summer Wesson and Dan Simonelli of Open Water Swim Academy after Kegler completed an 11.5-mile kicking-only swim around Coronado on 12/26/23. Wesson and Simonelli were kayak support/observers. (submitted photo)

Welcome New PNA Swimmers!

Ashbrook, Terra
 Bakh, Robert
 Balasubramanian, Shree
 Bingham, Anne
 Chu, Jonathan
 Cuda, Amanda
 Davis, Kari

Estrada, Shammara
 Faria, Gabriela
 Felix, Francisco
 Foy, Christie
 Hiett, Julie
 Hughes, George
 Keeler, Alexis

Kim, Eva
 Knox, Ian
 Kuhar, Ryan
 Kwok, Patti
 Lipe, Jessie
 Moran, Marcy
 Olsen, Marissa

Olson, Heather
 Showalter, Max
 Smith, Cecilia
 Smith, Marguerite
 Yu, Olivia

SPLASHForward Update

We have a winner in lane one! [South Whidbey](#) reached a super majority (62.6%) to pass their ballot measure in November to fund (\$22.5M) the construction of a 23,500 sq ft aquatic and recreation facility. South Whidbey's aquatic center will be the next new public aquatic facility in the Pacific Northwest. Kirkland and Si View Metropolitan Parks District (North Bend) ballot measures did not pass. Kirkland's Prop 1 levy failed garnering 40.55% of the needed 50%+1 vote and Si View MPD Prop 1 bond failed to gain the required super majority (60%) at 56.34%.

Lessons were learned that will be applied to our efforts. SPLASHForward spent time debriefing both South Whidbey and Si View MPD as well as with the Kirkland campaign. Partnerships, an equity and affordability plan, community engagement with community validators, and the role of a nonprofit are key factors to success.

As you read *The WetSet*, the City of Kirkland will be surveying voters to learn why they voted the way they did to inform a potential August 2024 ballot measure for an aquatics-only facility. Follow us on social media and [sign up](#) for our newsletter to stay in the know. We are supporting Kirkland in partnership development and aquatic leadership on usage and scope of the facility.

2023 Milestones

Highlights from 2023 include supporting Bellevue Airfield Park's master plan as the site for the new Bellevue Aquatic Center, supporting 82 students in becoming lifeguards, establishing our Fundraising Capacity Committee, and launching our Founders' Circle.

One particular story that demonstrates the ripple effect of our lifeguard training program and water safety in our community is Artin's story. [Watch it here.](#)

2024 Road Ahead

A much-anticipated milestone in early 2024 will be the completion of the state environmental review for Airfield Park and the opportunity for Bellevue City Council to formally adopt the master plan putting the new Bellevue Aquatic Center into the design phase.

Our role is central to success and we need support to continue our work. Please reach out if you can help us make introductions to supporters or your club would like to know how best to support us in the year ahead. Clubs and groups of individuals can collectively have an impact and we welcome discussions.

Masters make Great Board Members

We are looking for a new Board secretary, a new CPA or Accountant, a part time seasonal program coordinator, and someone with community engagement passion. If you are interested or know of someone we should talk to, please reach out to susanpappalardo@splashforward.org or [submit your interest here.](#)

Thank you for sharing our efforts with a friend! Questions welcome info@splashforward.org.



City of Bellevue
lifeguard
Artin Hadi.

USMS Membership Benefits

Have you [renewed your USMS membership](#) for 2024 yet? A US Masters Swimming membership opens the door to a world of health, camaraderie, and personal achievement. Here's why taking the plunge is the right choice for your well-being.

-Fitness Beyond the Surface: Dive into a fitness routine that goes beyond the ordinary. Swimming promotes cardiovascular health, muscle strength, and flexibility. Experience the transformative power of swimming for your overall well-being.

-Community that Counts: Join a community of passionate swimmers who understand the joy of gliding through the water. Forge connections, build friendships, and create a support network that extends beyond the pool. It's more than a membership; it's a swimming family.

-Workouts Tailored to You: Whether you're a seasoned swimmer or just dipping your toes in, [our structured workouts](#) cater to all skill levels. Stay motivated with varied routines designed to help you reach your fitness goals while enjoying the water.

-Expert Guidance at Your Fingertips: Benefit from coaching resources that elevate your swimming technique. [Local clubs/groups](#) are available to help guide you, offering insights and tips to enhance your skills and boost your confidence in the water.

-Make a Splash in Competition: Dive into the thrill of friendly competition. With a US Masters Swimming membership, you gain access to a range of [pool meets](#), [open water events](#), and [virtual events](#) providing opportunities to challenge yourself, set personal records, and celebrate your achievements.

-Exclusive Events and Knowledge Clinics: Immerse yourself in our exclusive [events and knowledge clinics](#). From coaching clinics to technique improvement sessions, these experiences enrich your swimming journey, offering insights and tips to take your skills to the next level.

-Insurance Benefits for Peace of Mind: Enjoy the added assurance of [insurance benefits during sanctioned events](#). Your membership comes with valuable coverage, ensuring you can focus on the joy of swimming with peace of mind.

-Dive into Online Resources: Stay connected and informed through our [online community platform](#). Access resources, join forums, and stay updated on the latest swimming trends. Connect with fellow members, share experiences, and be part of a dynamic online swimming community.

-Flexibility Tailored to You: Life is busy, and we understand. That's why our programs offer flexibility, allowing you to tailor your training to fit your schedule and individual fitness goals. Make swimming a part of your life, not a chore.

-Achieve More, Together: Your journey with US Masters Swimming is a personal voyage of growth and achievement. Celebrate milestones, improve swim times, and master new techniques. With us, every lap is a step toward a healthier, happier you.

Ready to make a splash? Renew your US Masters Swimming membership today and unlock a world of wellness through the joy of swimming.

See you in the water!

6th Annual Bellevue Club Masters Mile
1500 - Short Course Meters
Sunday, February 4, 2024
Warm-up at 12 noon; Meet starts at 1 pm
Sanctioned by PNA for USMS Inc. (pending)

LOCATION: The Bellevue Club, 11200 SE 6th Street, Bellevue, WA 98004

The Bellevue Club is a private facility. After parking, enter at the Athletic Entrance and check in at the reception desk (your name will be on a list). Day use lockers are available in the locker rooms at no cost. Please be respectful of the membership facilities.

FACILITY: 25-meter pool, nine lanes, at least seven lanes for competition. Temp ~80°F. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1. Seating is limited; bring deck chairs.

TIMING SYSTEM: Daktronics timing system with touch pads, a button, a watch, and scoreboard readout.

MEET DIRECTOR: Sally Dillon, 425-961-0023, salswmmr@comcast.net

MEET REFEREE: Dave Baer, dlbaer53@gmail.com

CONCESSIONS: Snack bar at the athletic entrance.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2024 USMS or foreign registered swimmers 18 and above as of 2/4/2024. Age groups based on the swimmer's age as of 12/31/2024 (must be 18 on or before meet date).

ENTRIES: All entries must have an entry time. Entry time limit is 40 minutes. See conversion chart on the registration page. Registration for the Bellevue Mile will open at 10 am Pacific on Sunday, 1/21/2024. Entries close at midnight (Pacific) on Sunday, 1/28/2024. NO race day deck entries will be accepted. Meet entry cap is 70 swimmers.

SEEDING: The event will be deck seeded FAST TO SLOW with age groups and genders mixed.

CHECK-IN: In-person positive check-in required by 12:30 PM on 2/4. Online check-in will be available the day of the meet from 6am to noon. Swimmers missing the check-in deadline may be scratched from the event.

INTERMEDIATE SPLIT TIMES: Swimmers who would like intermediate split times submitted as official times must complete a USMS Split Notification Form indicating the distance(s) for which splits should be submitted (e.g. 200, 400, and/or 800). Forms will be available at the meet.

AWARDS: PNA medals (1st-3rd) will be available for purchase at \$2 each.

ENTRY FEES: ~\$20 US (includes sales tax) charged through Eventbrite registration; includes LMSC and timing surcharges.

ONLINE ENTRIES ONLY: Enter online at: [6th Annual Bellevue Club Masters Mile](#) by 1/28/24.

