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## President's Message

*By Sally Dillon, PNA President*

As PNA's membership continues to grow, I hope to see many new members at our upcoming sanctioned meets. When you attend a meet, please keep in mind that volunteers are the lifeblood of our competitions. They work behind the scenes by arranging for pools, setting up meet registration, answering a myriad of questions, and much more.

During the meets, volunteers are on the deck serving as officials to ensure USMS rules are followed. They're at the Clerk of Course table checking in swimmers, processing relay cards, handing out awards (when given), and more. They're on the deck serving as Safety Marshals to make sure swimmers follow rules for warmups. Volunteers can be found preparing and handing out snacks to other volunteers.



Volunteers are sitting in the timer's chairs, making sure everyone has found the right lane and has an opportunity for official times. It is often said that "timers have the best seat in the house," and that is very true since they always have an unobstructed view of the swimmers in the water. Sadly, filling the timer's chairs is typically the most challenging task of a Meet Director. If you have a light competition load, consider filling a timing chair when you have the time. If you come to a meet with friends or family, encourage them to volunteer as timers. You do not have to be with the meet's host club to contribute as a volunteer!

I hope you will consider volunteering your time at the upcoming meets. Check with the individual meet directors to see what help is needed; their contact information is on the meet document.

- [Thunderbird Aquatic Club Masters](#) - Sunday, March 10 in Anacortes.

Please note that this year the course will be set in yards instead of meters.

- [Blue Wave Aquatics PNA SCY Championships](#) - April 13 & 14 in Federal Way ([see page 13](#)).

Plan on attending the post meet social on Saturday. Awards! Pizza! [See details on page 9](#).

- PNA LCM Summer Meet - July 6 & 7 in Federal Way.

After three years as a one-day meet, this long course event will become a two-day meet this year and serve as the NW Zone Championship.

# Award Nominations Due!

The deadline for nominations for the Dawn Musselman Inspirational Swimmer and Coach of the Year awards is fast approaching.

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913-1986). Each year PNA also honors a local coach with the PNA Coach of the Year Award for his/her service, dedication, and inspiration.



Submit your nominations by Saturday, March 16 to:

PNA Secretary Steve Peterson, [speterson@bandwagon.net](mailto:speterson@bandwagon.net) (for Musselman Award)

PNA board member Sally Dillon at [salswmr@comcast.net](mailto:salswmr@comcast.net) (for Coach award)

See the [January 2024 issue](#) of *The WetSet* for more complete info on criteria for these awards. Click [here](#) and [here](#) to check out past award recipients on PNA's website.

## Puget Sound Masters

Following November's successful SCM championship meet, the PSM board is looking toward the future! Interested in helping out or have ideas to share? All members are invited to attend the board's monthly meetings, which are held on the third Wednesday of each month at 7 pm. Email [pugetsoundmasters@gmail.com](mailto:pugetsoundmasters@gmail.com) if you'd like the Zoom link.



PUGET SOUND MASTERS

And speaking of participating...PSM board elections are just around the corner! Stay tuned for more info.

## PNA Calendar

[Search USMS  
Calendar of Events](#)

Mar 10: TACM March Madness, Anacortes

Apr 13-14: PNA Champs, Federal Way

May 15-Sep 15: [USMS 5K/10K Virtual Champs](#)

June 1: [Whidbey Adventure Swim](#), Langley

June 20-24: [USMS Spring Nationals](#), Indianapolis, IN

July 6-7: LCM meet, Federal Way

July 27: [Fat Salmon](#), Seattle

Aug 6: [Swim Defiance](#), Tacoma

Aug 21-25: [USMS Summer Nationals](#), Mission Viejo, CA

Sep 15-Nov 15: [USMS 3000/6000 Virtual Champs](#)

# Bellevue Club Mile

The 6<sup>th</sup> annual event allowed 70 entrants this year and spots were filled within a couple days. Due to scratches, all swimmers on the waitlist were able to enter. Despite that, a full heat of people scratched by meet day leaving 63 participating.

Thanks go to a great team of meet officials (Lorraine Masse, Dave Baer, Dick Chapman, Jim Davidson, Earl Long, and Dave Warren) as well as Head Timer Susan Pappalardo.

Top three swims women:

- 19:34.18 - Allison Cox (40) CGSM/PSM
- 19:36.98 - Christine McClafferty (51) OREG
- 19:49.18 - Svetlana Karpeeva (39) LWM/PSM

Top three swims men:

- 18:06.05 - Evan Edwards (26) OREG
- 18:24.76 - Francisco Felix (25) HMST/PSM
- 18:49.58 - Kirk Nelson (54) CGSM/PSM

Records broken in either the 1500 meter distance or official intermediate splits:

PNA Records

- Women 45-49 1500 Meter Freestyle  
Maureen Rea 48 PSM 20:11.51
- Men 85-89 200 Meter Freestyle  
Dick A Peterson 87 PSM 4:49.31
- Men 85-89 800 Meter Freestyle  
Dick A Peterson 87 PSM 20:08.84
- Men 85-89 1500 Meter Freestyle  
Dick A Peterson 87 PSM 38:15.88

Northwest Zone

- Women 50-54 1500 Meter Freestyle  
Christine M McClafferty 51 OREG 19:36.98
- Women 70-74 800 Meter Freestyle  
Jeanna Summers 70 OREG 13:58.67



*Cheryl Davis & Chad Fletcher*



*David Hathaway & Christine McClafferty*



Volunteer timers Sarah Welch and Steve Fogg with new record holder Dick Peterson.

# WWU Viking Invitational Meet

By Steve Peterson

This year's meet was a week earlier than last year's, and once again wintry weather tried to interfere! A few inches of snow layered the ground on both Thursdays preceding but had all but disappeared by meet day. Nearly 90 swimmers attended the February 18 event at the Arne Hanna Aquatic Center, most traveling great distances to participate. Eight Canadians (5 women, 3 men) came down from British Columbia and one Inland Northwest swimmer drove across the Cascades, while I, of the remaining PNA participants, chose the scenic route from home (Silverdale, Port Townsend, ferry to Coupeville, Oak Harbor, Deception Pass, turning right at Anacortes) to stay overnight in Bellingham on Saturday.



From the [TWIM Blog](#), Dave Scott wrote, "This year the Viking Invite racked up a record number of entrants ... There were a couple significant upgrades to the Viking Invitational meet ... including fancy new-fangled starting blocks and electronic timing! It appears that the northernmost PNA meet is gaining momentum. Go Vikings!

"The volunteer timers were very upbeat and friendly, wishing swimmers a "good race" along with other encouraging sentiments. I remembered my own advice and thanked them for volunteering. The meet featured 18 events in PNA Order of Event Rotation #4 (per [PNA Standing Policies](#) Section 7.3.3), and included all the 200-yard races, many of which are often omitted at non-championship meets. Many swimmers took the opportunity to enjoy themselves by racing in these exhausting events." Two heats of the 500 Free concluded the meet. The two relays originally planned were canceled, as the meet was constrained by the 1 pm facility closing time.

The officiating crew deserves special acknowledgement, as most of them had worked several high school and age group meets over the weekends before and after. Heather Brennan served as Meet Referee, with her team of Dick Chapman (Administrative Official), Laurie Bergvall (Starter), and Stephen Ciatti and Miguel Boriss

*(Continued on page 5)*



*Start of the 200 Back—note the new blocks and electronic timing*

## WWU Viking Invitational Meet (cont)

*(Continued from page 4)*

(Stroke & Turn). Chris Coghill ran the timing console.

From Meet Director Nora Joslin and Western Washington Masters Swimming: “Thank you for coming and participating in the 4th annual WWU Swim Team Viking Invitational! This was the largest meet to date and our first time having touch pads! I would also like to celebrate the 28 new Masters members who swam today and thank all the lovely volunteers and officials who made our meet possible...See you all next year!”



*AHAC has new starting blocks! (Photo courtesy of TWIM)*



*The TWIM crew! Dan Underbrink, Joseph Shelly, Dave Scott, Kerry Ness, Carl Haynie, and Brad Jones  
(Photo from TWIM blog)*



*Heather Brennan, Nora Joslin, Dick Chapman, Chris Coghill, and Laurie Bergvall keep the meet moving*

*Check out the March-April issue of USMS Swimmer magazine! On page 2, Dan Pauling’s Editor’s Note has a good description of [Grown Up Swimming](#), in case you haven’t yet heard of that. In Letters to the Editor (page 3), Christine Cote-Wissman (PSM for the Ron Johnson meet but now Arizona) praises two contributing coaches. And more!*

# Swimmer Spotlight

Keep Active and Engaged! (With some patience and humor, of course!)

An Interview with Dave Baer

*With Tom Walker of TWIM*

We are remembered for what we give, for what we offer of ourselves to others, and for what reaches out from our heart to touch the lives around us. We are called to serve, and that is our highest vocation as human beings because it means what we have accepted the responsibility to move things forward, no matter what. At the deepest level it comes from a caring that is the finest outreach of the human spirit.

Yes, these are those marvelous white clad angels, those caring men and woman who have seemed to also grace the deck above me and who have guided my every swim in hundreds of races over the last 40 years of my Masters journey, people who cared enough to be there each time, every time. It is that enduring dedication that comes from a belief in our community and a belief in our cause.

At our core we are an organization of volunteerism. From that very first moment when someone needed anything you could imagine to support that very first workout and all those that were to follow, from deck chairs, water and sunscreen, from food and water, from timers to officials, from set up and tear down, from the homes and hearts of thousands who have given of themselves so freely and so generously, and their unwavering dedication has made us what we are today, has energized and inspired us.

Somewhere along the line during these last 40 years of my Masters Journey, I forgot to say thank you as much as I should have, so I'm doing that now. Gratitude eternal.

And it is with those who officiate that we have a particularly special bond. Terri White and Jim Davidson have graced these pages in the past, and I call to mind the ever-present Dick Chapman, who is always working tirelessly in our midst.

And don't forget the unfailingly ebullient Mike Murphy. He is a master of disqualifying you in the most diplomatic of ways, and on those few occasions when has smiled down from the deck and delivered the unfortunate news, I felt a bit elevated and encouraged by his professionalism. That's how good he is.

Behind us always is the host and array of volunteers that USMS has assembled, and in this we are blessed.

And there is also this guy named Dave Baer, who you will find at many a meet as Meet Referee, executing his duties with a lot of patience, and always a touch of humor.



*(Continued on page 7)*

## Swimmer Spotlight (cont)

*(Continued from page 6)*

TW: How, when, and where did you decide to become a USMS official?

DB: In the late 1990's, my children were swimming at the West Seattle YMCA. Long-time official Frank Toles encouraged me to become an official and my daughter's coach encouraged me to swim in Masters meets. Ken Breiding encouraged me to work Special Olympics, high school, USA Swimming, and Masters meets because they all needed officials. At that time, there was no USMS Officials program so officials from USA Swimming worked the meets.

TW: Tell us a bit about the training and certification required.

DB: Swimming officials usually are parents of swimmers. This is obviously a challenge for Masters – especially those of us north of 70. Some, not many, of our officials both compete and officiate. Most of our officials come from the USA Swimming world. As the rules have a few differences from USA Swimming, we ask you take a test on our specific rules to be certified.

TW: What does the ongoing education look like?

DB: As we primarily rely upon USA Swimming, there are recertification classes every two years that include a test on the rules. Masters swimming has some minor rule differences. In the freestyle, Masters swimmers can use a back stroke start. In the butterfly, Masters swimmers are still allowed to use a breaststroke kick – in Olympic swimming butterfly swimmers must exclusively use the dolphin kick. Because many of our Masters athletes are unsteady on the starting blocks, the starter does not say "Take your marks" until all the swimmers have one foot forward on the starting block.

TW: Tell us a bit about your journey as an official.

DB: I started officiating for my children's YMCA team in the late 1990's. First, I was a stroke & turn official, then a starter, and finally a referee. I was encouraged to work all sorts of meets – YMCA, Special Olympics, USA Swimming, NCAA, and Masters. At the encouragement of a coach, I started swimming Masters. At the 2001 USMS Long Course Nationals held at KCAC, I swam AND officiated – not at the same time, of course!

TW: Why do you do this? What is it that calls you to step forth and volunteer?

DB: The people in the sport. At Nationals, you get to see many former Olympians and the announcer will point those out during the swims. Talking with the Masters athletes is always engaging. It is inspirational to see people still competing even into their second century (I'm thinking of Willard Lamb from Oregon).



*Willard Lamb and Dave Baer*

*(Continued on page 8)*

## Swimmer Spotlight (cont)

TW: What do you find most satisfying about officiating?

DB: It all depends on the meet. Watching swimmers such as Dan Kirkland, Rick Colella, or Willard Lamb setting records at their ages is exciting. Watching age group meets where 8 & Unders are struggling to swim – I remember one young girl swimming butterfly that brought to mind a kitten pouncing through snow drifts.

Special Olympics is surprisingly satisfying. I remember the first Special Olympics I worked – I was unsure what it would be like. The first heat was a 25-meter flotation – where all the competitors are wearing life jackets. One swimmer got into the pool at the ladder then went hand over hand along the side of the pool to the bulkhead. Then, he went hand over hand along the bulkhead to his lane slithering up and over each lane line. I was thinking to myself that the day was going to be long. When they started, the swimmer took off towards the other end of the pool with the focus of an elite athlete. When he finished, he looked around, saw he was first and thrust his arm skyward in jubilation.



*Dan Kirkland and Dave Baer*

TW: What are the biggest challenges? A lot of energy and emotion going on at these meets!

DB: Masters meets are pretty easy compared to championship meets. We still have equipment challenges as the electronic timing systems don't do well in moist environments. Distance events such as the 1650 or 1500 can be difficult for the swimmer to accurately count the laps – and their lap counter can get off a lap or two. It is discouraging to notify a swimmer that they are a lap short and did not finish.

TW: What do you think has helped the most to do this job?

DB: Patience. And, a sense of humor. You see some strange things go on in the water. Fortunately, Masters swimmers tend to be very deliberate in their swimming so it is easy to see what they are doing unlike with younger swimmers who are much faster.

TW: What are your goals for the future as a USMS official?

DB: Finding my replacement! I've been officiating for 25 years and want to compete more now that I am in my 70's. Of course, I have the disadvantage of being two years younger than Rick Colella, so it doesn't look like records are in my future.

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

DB: I play tournament bridge, ski, hike, swim, bike, run 5k's and 12k's (no half or full marathons) and astrophotography. I have been practicing for grandchildren by watching my daughter's rescue puppy. She claims I have spoiled him beyond redemption. Now, I have one toddler granddaughter with a grandson on the way.

TW: Any parting thoughts?

DB: Keep active and engaged! Swimming is more than just a sport because it keeps you engaged with others.



# PNA Social - Awards Presentation - Pizza Party!

The PNA Annual Meeting will be held Saturday, April 13, immediately following the 400 IM as part of a social event that includes a pizza party and awards presentation.

Make plans to attend this fun and tasty event! It will be held at the Aquatic Center banquet hall, which is adjacent to the pool. A short business meeting will include an opportunity to ask questions about PNA. The annual PNA awards will be presented to the 2024 Coach of the Year and Dawn Musselman Inspirational Swimmer award recipients. An ongoing slide show will provide entertainment when you arrive, and snacks and beverages will be available.

Tickets are required and only 120 will be sold. PNA is subsidizing the event, and the \$10 cost includes a “drink ticket” – good for beer, wine, or sodas. Water will be available at no charge. A variety of pizzas (with gluten free options) will be served, along with a dessert.

Purchase your tickets online when you sign up for the meet. If you are not entering the meet, contact PNA President Sally Dillon at [salswmr@comcast.net](mailto:salswmr@comcast.net) to arrange for “will call” tickets.

## Board Meeting Highlights

### January 15 Board Meeting Highlights

- Financials: Bank account balances as of 12/31/23: Checking \$40,496, Savings \$58,323, total: \$98,819. Net revenue November-December: \$2,184. Net revenue YTD: \$9,528. Lengthy calls and snail-mail paperwork exchanges updated PNA’s authorized bank account signatories (President Sally, Treasurer Brent, Secretary Steve).
- Membership: 1,140 (627 women, 513 men).
- Meets: The Board approved BWAQ-hosted PNA Champs for April 13-14 at KCAC.
- Open Water: The North End Otters volunteered to host Fat Salmon. The Board approved sanctions for Whidbey Adventure (June 1), Fat Salmon (July 27), and Swim Defiance (August 10).
- A subcommittee will consider a proposal that PNA waive meet fees for event hosts who conform to sanction and posting timelines. 2023’s 8 meets and 3 open water events would have benefited hosts about \$3,400 had this policy been in place last year.
- The Board granted PSM \$2,700 to subsidize last November’s SCM Champs meet, given the high rental cost for KCAC.
- Budget: Following several adjustments, the Board finalized PNA’s 2024 budget with planned revenue of \$22,150 and expenses of \$28,760, for a deficit of \$6,610.
- Next Meeting: March 11 via teleconference.



[Click here](#) for a list of PNA Officers, Board Members, and Volunteers

# SPLASHForward update

## SPLASHForward update

By Susan Pappalardo

Masters swimmers are there for each other. Support and camaraderie were on full display at the Bellevue Club Masters Mile in early February. It was witnessed between close teammates, between those who just met while racing in the lanes next to each other, and on deck in the highly social post swim endorphin enhanced moments. This is the thing that we can't wait to see multiply by the 1,000's when we open the doors to a new public aquatic center. This is community and why we are so highly motivated to do our work.

### Pool Tours 2024

Who doesn't love visiting modern pool facilities?!! At the end of January, I flew to Richmond, Virginia to meet up with our aquatics consultant, Isaac Sports Group and another client to tour 50-meter pools and learn about their origin stories, operations, programming, successes, and challenges. We did deep dives with [SwimRVA](#) in Richmond, the [Hampton Virginia Aquaplex](#), and visited [NOVA Aquatics Center – Regency](#) in Richmond. All have 50-meter pools plus at least one dedicated teaching pool and have robust learn to swim programs. It was inspiring to see how they support 2<sup>nd</sup> graders within their community with free swim lessons by the thousands.

Twice in February, we toured the [Snohomish Aquatic Center](#) to get an up-close look at one of our local best-in-class facilities to inform a possible City of Kirkland aquatics-only facility 2024 ballot measure. We invited one of South Whidbey's Parks Commissioners and fellow Masters swimmer Matt Simms to join us along with our aquatics consultant. We later facilitated having the City of Kirkland's City Manager, Mayor, and Councilmembers get their own up-close tour. The City of Kirkland is running a post November 2023 ballot measure survey to learn why voters voted the way they did and if they support a new ballot measure with only a 40,000 sq ft aquatic facility. In early March they will be deciding whether to proceed in 2024. *Stay tuned!*



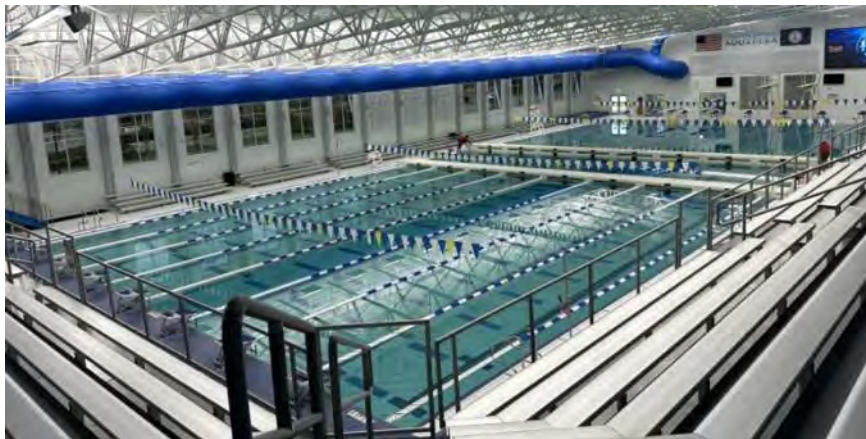
### Bellevue Update

The state environmental review for Bellevue Airfield Park will be holding a virtual public informational meeting on March 6<sup>th</sup>. We anticipate the environmental determination for the new Bellevue Aquatic Center site to follow. We are working with the Bellevue School District on further refinement of their partnership and similarly with the Boys and Girls Clubs of Bellevue.

Thank you for sharing our efforts with a friend! Want to get involved or have questions? Email [info@splashforward.org](mailto:info@splashforward.org).



# SPLASHForward update (cont)



*Pools visited by SPLASHForward supporters included (top-to-bottom):*

*SwimRVA—50M pool with seating for 700. The private community-focused facility also includes a 25yd teaching and fitness pool, physical therapy pool, and fitness center.*

*Hampton Virginia Aquaplex—A City facility 50M pool with 2x1m and 2x3m diving boards, a warm water teaching and recreation pool, and an outdoor summer water park.*



*Nova Aquatics Center—Regency, a private 50m pool and two 3-lane teaching pools built in a former Macy's at a mall.*

# USMS 1-Hour Virtual Championship

By Sally Dillon

Twenty-two swimmers represented their clubs and PNA in the annual USMS 1-hour Virtual Swim. USMS awards medals to the top 10 finishers in each age group and the top six finishers in the relays. Virtual relays are comprised of three individuals in the men's and women's categories, and four individuals for the mixed relays (two men/two women). Distances swum are added together in the relays. Seven individuals and three of PSM's relays earned medals.

BWAQ swimmers Baden Sprinkle (35) and Dan Smith (62) swam farther this year than they did in 2023. That's always a great accomplishment and they both placed in their age groups. Baden's 4820 yds earned him a 2nd place medal and Dan's 4785 yards earned him a 4th place medal!

The PSM 75+ women relay team (Hunt, Shryock, and Welch) took 2nd in their division while the 45+ men (Maynor, Van Velthuyzen, and Wadey) took 5th and the 45+ mixed team (Yasukochi, McRae, Van Velthuyzen, and Maynor) were 3rd.

PSM had 20 participants this year with numerous event "regulars" and several newcomers. Congratulations to all who participated in this year's event!

## Results:

PSM women	age	distance	place
Ashbrook, Terra	29	3100	21st
Glaze, Kathy	41	3010	47th
Forner, Ginger	45	3520	37th
Marks, Jami	45	3820	30th
Yasukochi, Emily	47	4115	18th
McRae, Michelle	49	4220	10th
Kahan, Lauren	50	3260	40th
Wolfe, Amy	54	3350	36th
Flynn, Deborah	64	3000	63rd
Goldberg, Jennie	70	2335	42nd
Hunt, Andrea	76	3375	2nd
Welch, Sarah	77	2935	7th
Shryock, Julie	78	2360	15th

PSM men	age	distance	place
Van Velthuyzen, J	45	4620	6th
Maynor, Jeff	46	4510	8th
Wadey, Chuck	47	3415	31st
Ellis, Kenneth	57	3520	44th
Hansen, David	64	3490	50th
Weyhrauch, Tom	67	2400	54th
Morrison, Jeffrey	69	3675	28th

## Welcome New Swimmers!

Abbey, Molly  
Adolph, Nick  
Allen, Steven  
Ambrosio, Jessica  
Ball, Hannah  
Bell, Caitlin  
Blaga, Simona  
Bland, William  
Boysen, Emily  
Bradley, Seamus  
Brandt, Veronica  
Burke, Allison  
Callow, Ted  
Cardinal, Alison  
Chandler, Christiaan  
Chapman, Sam  
Claridge, Hailey  
Clothier, Amanda  
Connors, Stefanie

Cunnington, Eva  
Cutter, Charlie  
Dalla Chiara, Giacomo  
Denault, Lindsey  
Everett, Jennifer  
Fahland, Andea  
Ferrer, Lindsay  
Finch, Scott  
Fisher, Jenine  
Fitch, Peter  
Fitzpatrick, Madi  
Gentes, Diane  
Glaze, Kathy  
Gonzalez, Teresa  
Graham, Bret  
Guimaraes, Patricia  
Gurrey, Sixtine  
Haack, Valentina  
Hartney, Maureen

Hayes, Colin  
Hecksel, Phillip  
Herquinio Cruz, Carlos  
Holiem, Jim  
Holtzclaw, Tara  
Jacobsen, Leah  
Johnson, Megan  
Kalafut, Cecille  
Keljo, Amy  
Killory, Francis  
King, Robert  
Kirstein, Adam  
Klem, Ryan  
Knoth, Jenny  
Knoth, Ruby  
Ko, Tyler  
Kuo, Wenhao  
Lee, Amy  
Licking, Makenna

Little, Gretchen  
Matsuda, Jenifer  
McGuire, Andrea  
Miharilaza, Larry  
Moxley, Stephen  
Newman, Colleen  
Olson, Todd  
Perry, Charlotte  
Powers, Gabrielle  
Quinn, Conor  
Randall, Jamie  
Razafindrakoto, Larry  
Riley, Timothy  
Robinson, Donald  
Roche, Elizabeth  
Rogier, Tatiana  
Rosset, Corbin  
Roth, Stephanie  
Sakai, Sakae

Sanchez, Daniel  
Schafer, Kristen  
Schuessler, Sandra  
Slyter, Kent  
Soares Guimaraes, Ricardo  
Stearn, Chris  
Stecher, Max  
Thompson, Grant  
Thompson-Martinez, Daniel  
Van Dyck, Carrie  
Veronneau, Lisa  
Walsworth, Rachel  
Wu, Guojing  
Wu, Leonardo  
Zhao, Zachary



## 2024 PNA Championship

Sat, April 13th and Sun, April 14th  
Hosted by Blue Wave Aquatics

Sanctioned by PNA for USMS Inc.  
#364-S004

**LOCATION:** Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023 **PHONE:** 206-296-4444

**FACILITY:** 50-meter championship pool set up as two 25-yd courses, each with eight 9-ft wide lanes and a water depth range of 9'-10.5'. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. Continuous warm-up available in 7-lane, 25-yd dive tank.

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

### SCHEDULE:

Saturday, April 13<sup>th</sup>: warm-ups start at 9:00 am, meet starts at 10:00 am.  
Sunday, April 14<sup>th</sup>: warm-ups start at 9:00 am, meet starts at 10:00 am.

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

**RULES:** Current USMS rules will govern the meet. Strictly forbidden: Using hand paddles, fins or kick boards in warm-up areas; Diving in warm-up areas unless in designated sprint lanes.

**ELIGIBILITY:** Open to all 2024 USMS or foreign registered swimmers 18 and above as of 04/14/2024. Age groups based on the swimmer's age as of 04/14/2024. Foreign registered swimmers must provide proof of current registration in their country's federation.

**ENTRIES:** Individuals may enter up to 6 individual events and 4 relay events.

**ONLINE ENTRIES:** Enter online at:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1449&smid=18157](https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=18157)

**NO ENTRIES ACCEPTED AFTER SUNDAY APRIL 7<sup>th</sup>, 2024 11:59 PM (PACIFIC TIME).**

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

**REFUNDS:** There will be no refunds.

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

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

**CHECK-IN:** Positive Check-in required for 1650, 1000 Free, 400 IM, and 500 Free. Swimmers missing the check-in deadline may be scratched from the event.

- Online check-in via SwimPhone available starting at 9:00 am. Link: [https://www.swimphone.com/meets/meet\\_menu.cfm?smid=18157](https://www.swimphone.com/meets/meet_menu.cfm?smid=18157)
- In-person check-in is available starting at 9:00 am at the Clerk of Course.
- Check-in deadlines (online and in-person) are as follows:
  - 1000 Free by 9:30 am
  - 400 IM by End of Event #6
  - 500 Free by 9:30 am
  - 1650 by End of Event #20

**RELAYS:** 18+, 25+ and subsequent ten-year increments as needed. The age of the youngest member of the relay team shall determine the age group. Mixed relays require two men and two women.

Deadlines for relay cards:

Medley Relay cards [events 9, 10, 11] – 12:00 PM Noon

Free Relay cards [events 21, 22, 23] – 12:00 PM Noon

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

**SCORING:** Scoring will be 9-7-6-5-4-3-2-1 for Individual Events and 18-14-12-10-8-6-4-2 for Relay Events

### ORDER OF EVENTS:

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

\* Positive Check-In

\*\* Break – will be at least 5 minutes and could be longer depending on the meet timeline.

**T-SHIRTS:** Championship shirts are available for purchase during registration. We offer short sleeve, unisex, classic fit t-shirts. PRE-ORDER DEADLINE MONDAY, APRIL 1ST.

- Short Sleeve XSM, SM, MD, LG, XL \$27 | 2XL, 3XL, 4XL \$30



### PNA LICENSE PLATE FRAMES: \$25.00

Here's a great way to share your love for PNA and Masters swimming. Order these high quality metal frames when you register for champs and pick them up at the meet.

### PNA SOCIAL, AWARD PRESENTATION, and ANNUAL MEMBERSHIP MEETING

The event will take place in the KCAC banquet hall immediately following the conclusion of Saturday's swim events. Registrations are required. The \$10.00 fee to attend entitles you to snacks, one drink ticket (beer, wine, sodas), delicious pizza and salad from POP's Pizza, and dessert. A short PNA business meeting will be followed by the presentation of PNA's Coach of the Year and the Dawn Musselman Inspirational Swimmer awards. Tickets are required; purchase when you register for the meet. Those wishing to attend but not entered in the meet should contact Sally Dillon at [salswmmr@comcast.net](mailto:salswmmr@comcast.net) for tickets. Limit of 120 People.

**DIRECTIONS:** From North or South Bound I-5 take exit 142 B. Proceed west on South 348<sup>th</sup> St for 2 miles. South 348<sup>th</sup> changes to SW Campus Dr. at 1<sup>st</sup> Ave. The pool is on the right.

### QUESTIONS:

Meet Director: Steve Freeborn 206-940-7442

Meet Referee: Mike Murphy [swimoff1@gmail.com](mailto:swimoff1@gmail.com)

Meet Registrar: Angela Turley 253-797-4920, [angelajtu@comcast.net](mailto:angelajtu@comcast.net)