

PACIFIC NORTHWEST  
ASSOCIATION OF  
MASTERS SWIMMERS

U.S. MASTERS  
SWIMMING IN  
WESTERN  
WASHINGTON

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# The WetSet

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## President's Message

*By Sally Dillon, PNA President*

Volunteerism was on display at the LCM Summer Meet in July! I messaged representatives from PNA's clubs and workout groups in the weeks before the meet seeking volunteers for numerous positions and to my delight, the response was terrific! Kudos to BERN, BWAQ, ORCA, and TWIM for filling many of the timers chairs during our meet. Volunteers from Renton and Foss HS swim teams timed both days. And BAM and BERN provided hospitality for the coaches, officials, timers, and other volunteers. PNA provided a small donation to each of the participating clubs. A total of eight certified officials volunteered to work the meet and assure the competition was conducted according to USMS rules. Please see photos on pages 14-15.



PNA Summer Nationals – save the dates: August 6-10, 2025

**Planning for PNA's national meet continues. As Organizing Committee chair, I met with USMS National Office staff while in Indianapolis in June. The IUPUI complex, where SCY Nationals were being held, is very similar to the KCAC pool complex in Federal Way (where we hold all our major meets). I took extensive notes and lots of photos! As I write this report, Steve Freeborn is in Mission Viejo doing a site visit at the national meet being held there. Steve will be the Meet Director for our 2025 national meet and he will also meet with USMS staff. Steve and I, along with committee members Jim Davidson and Steve Peterson, had a thorough tour of KCAC with Mike Dunwiddie, the Aquatic Center Director. PNA has hosted nationals four times: SCY 1997 & 2007 and LCM 1992 & 2001. We will have the advantage this time around of having full use of the banquet facility throughout the meet.**

The Organizing Committee will be scheduling our first official video meeting toward the end of September. Currently we have volunteers on the committee from the following clubs and workout groups: BCMS, BERN, BWAQ, CGSM, PSM, and TWIM. Our national championship needs a robust volunteer from each of our larger teams. A request for help will have been sent via email before you read this newsletter. I hope your club or workout group will "answer the call."

# USMS Summer Nationals

By Steve Peterson

The USMS Summer National Championship returned to the beautiful outdoor Marguerite Aquatic Center in Mission Viejo CA, where 1280 swimmers representing 222 clubs registered for over 5000 individual events and 440 relays. Meet attendance was similar in size to the event in 2019 (100 fewer swimmers but 6 more clubs this year). Puget Sound Masters, with 16 swimmers (5 women and 11 men), placed 19th overall and 5th among 17 Regional clubs. PSM men were third in regional scoring while the women came in sixth.

Place	Abbr	Regional Club	Swimmers	Points
1	OREG	Oregon Masters	22	937
2	CMS	Colorado Masters Swimming	31	873
3	ARIZ	Arizona Masters	30	733
4	WISC	Wisconsin Masters	13	359
5	PSM	Puget Sound Masters	16	329.5
6	NEM	New England Masters	13	324
7	CONN	Connecticut Masters	8	147.5
7	MICH	Michigan Masters	8	147.5
9	MINN	Minnesota Masters	9	110
10	IM	Illinois Masters	6	92
11	NCMS	North Carolina Masters Swimming	4	79
12	VMST	Virginia Masters Swim Team	3	67.5
13	AKMS	Alaska Masters Swimming	2	65
14	GAJA	Georgia Masters	4	64
15	BSMT	Big Sky Montana Masters	1	50
16	SMS	Southern Masters Swimmers	1	43
17	SKY	Swim Kentucky Masters	1	28

Table 1. Regional Club Placings

Our contingent ranged in age from Isabelle Singh and Rowan Poppen-Eagan at 25 to Steve Peterson at 78. Top point gatherers were in the 75-79 age group: Andrea Hunt (52 points), Steve Fogg and Robert White (48), and Steve Peterson (43). Hunt earned her points in Freestyle (50, 200, 1500), Back (50, 100, 200), and four relays. White placed 2nd his three Breaststrokes with Steve Peterson close behind with 3rds. Steve Fogg, despite thinking the better of the 200 Fly, took 3rds in the Backstrokes and 4th in the 100 Fly. Hunt in the 200 Back and Fogg in the 400 IM won Gold as PSM's National Champs!

This meet had lots of ties in races – there were no fewer than 15 (six in the top ten range) in seven of the 40 events. It was David Kays' tie for 9th in his 50 Breast that created the half point in PSM's totals. Also note that tie for 7th in club placings.

# USMS Summer Nationals (cont)

(Continued from page 2)

Complete placings are broken out in Tables 2-4. PSM swimmers finished in the top ten in 78% of their 64 individual and 8 relay races. Specific details (events, swimmers, heats, lanes, times and more!) can be found on the [Swimphone meet pages](#). Updates to PNA, Zone, and National records are yet to be finalized.

Lots of photos and narrative are posted on [PSM's Facebook group](#).

Cool things about the meet: Outdoors in California in a great race venue. VIP Hospitality every day (breakfast, lunch, snacks, drinks) worth the purchase price. The PSM tent close to the warmup pool. A hot tub nearby. Exciting races to **watch, announced by an enthusiastic narrator (though calling our neighbors "Ora-GONE"...) A recent feature offered by USMS, adding to the live streaming – when you click on the Heat/Lane numbers in your swimmer summary, not only does the recorded video jump right to your heat, but the names are displayed on the lanes à la the Olympics telecasts! For example, click on Steve Fogg's 400 IM heat and lane: [2/1](#) and start the video! And certainly not the least, a wonderful on-deck coach in Bainbridge's April Cheadle, who offered advice and support from dawn until the last race each day. Not to mention her daily email summaries with photos.**

Not quite so cool things: Parking at the venue (for us oldsters who swim in the early heats) – get there before the 6:15 am warmup or walk a ways! Or take the shuttle from the offsite parking lot that ran once per hour. The Social, with good food but live music canceled because of low attendance. And 200s seeded by time rather than age group – this helped run the meet faster (those officials and timers worked hard long hours in hot weather!) but racing against your age group peers is what it's about!

Swimmer	Age Group	Freestyle					
		50	100	200	400	800	1500
Barnes, Brent	55-59	26	18		13		
Bell, Alan	70-74					4	
Conroy, Chris	35-39		9				
Hile, Larry	70-74					8	
Hoffman, Wendy	60-64						8
Hunt, Andrea	75-79	5		4			3
Peterson, Steve	75-79	10	5				
Poppen-Eagan, Rowan	25-29			12	9		
Singh, Isabelle	25-29			7	10		5
Walsh, Greg	70-74	17					
White, Robert	75-79		7				

Table 2. PSM Swimmers 2024 Summer Nationals Event Placings (Freestyle)

(Continued on page 4)

## USMS Summer Nationals (cont)

Swimmer	Age Group	Back			Breast			Fly			IM	
		50	100	200	50	100	200	50	100	200	200	400
Barnes, Brent	55-59				13	11	12					
Bell, Alan	70-74	9		5				10				
Conroy, Chris	35-39				3	5						
Fleming, Donald	60-64				16							
Fogg, Steve	75-79	3	3	3					4			1
Galbreath, Kristin	60-64		8					15				
Hoffman, Wendy	60-64			9			8			3	11	8
Hunt, Andrea	75-79	4	4	1								
Kays, David	55-59				9	6		8				
Lickwala, Holly	45-59					7		10	6	3	5	
Peterson, Steve	75-79				3	3	3				5	
Poppen-Eagan, Rowan	25-29	11	9	5								
Singh, Isabelle	25-29											10
Walsh, Greg	70-74				8	8						
White, Robert	75-79				2	2	2				6	

Table 3. PSM Swimmers 2024 Summer Nationals Event Placings (Back, Breast, Fly, IMs)

Relays (8 total):	Men's		Women's		Mixed	
	Free	Medley	Free	Medley	Free	Medley
Barnes, Brent		11				
Bell, Alan		5			11	11
Fogg, Stephen	6	5				
Galbreath, Kristin			6		11	11
Hile, Larry		11				
Hoffman, Wendy			6	5	15	
Hunt, Andrea			6	5	11	11
Kays, David		11			15	
Lickwala, Holly			6	5		
Peterson, Steve	6	5				11
Poppen-Eagan, Rowan		11			15	
Singh, Isabelle				5	15	
Walsh, Greg	6				11	
White, Robert	6	5				

Table 4. PSM Swimmers 2024 Summer Nationals Event Placings (Relays)



## USMS Summer Nationals (cont)



Steve Fogg and Andrea Hunt are National Champions!



Rowan Poppen-Eagan, Steve Fogg, Isabelle Singh, and coach April Cheadle accept the 5th Place Banner for PSM



Competition pool at dawn

# IX Pan Am Aquatics

By Steve Fogg, via the TWIM Blog

Trinidad and Tobago. The country gained independence in 1962 from England. Trinidad and Tobago is located east of Venezuela, the mountainous northern portion of the island country protects it from the hurricanes. As an English colony, there has been an importation of other cultures from India and Pakistan. This was most noticeable in seeing the places of worship as we traveled from the Capital, Port of Spain, south to the competition venue in Couva.



Historically the economy was sugar cane based. However, the product quality was low yield, so eventually the plantations were abandoned. With the advent of oil and natural gas these new industries became the force in the economy. From our hotel balcony we could see offshore rigs to the north and south. I understand that the main export is LNG (Liquified Natural Gas), and their primary trading partner is Japan. The country imports a lot of vehicles from Japan; by law they can be no more than four years old.



The standard of living is mixed, with a strong middle class. The housing that I saw would have a mix in a given area, however, there are those enclaves of the well-to-do. Since the topography is mountainous, houses and hotels in the north part of the island were built into the hillsides. I was on the tenth floor. The elevator to my room went *down*. The bus to the venue served several hotels. With one exception the hotels were tucked in the side of canyons.

I did a half-day city tour that was interesting. Our driver shared a lot of humorous comments. The prison was referred to as the **Free Hotel**. **“Everything is free – free room, free food, but no freedom”**. This was in response to my question about social programs like education, medical, and retirement. The timing of my question was as we drove past the prison.

There were parts of town not to venture into – **even cabs won’t go there**. As we passed a cemetery our driver mentioned that many of the homeless stayed in many of the monuments in the cemetery as they felt safer there than on the streets.

The climate is tropical with two seasons, wet and dry. Wet is June to December, and dry is December to June. We were there during the wet season. Showers and thunderstorms were in the daily forecast.

One evening a group of us did a turtle tour. We drove across mountains where roads might be one and a half

*(Continued on page 7)*

## IX Pan Am Aquatics (cont)

*(Continued from page 6)*

lanes wide. There was the heavy Sunday night traffic returning to the city from the beach to add to the experience.

We met our tour people, who had some authority over the beach. We eventually found baby turtle tracks in the sand, and then turtles. These were Leatherback Turtles. There are seven species of turtle that use Trinidad and Tobago for nesting. The female comes ashore in May to lay eggs. She will make multiple trips to deposit eggs in different nest locations, the nest is dug up to four feet below the surface with a large number of eggs deposited. She will do this many nights in a row and then leave.

After hatching, the baby turtles need to dig their way to the surface and then follow the sound of the waves to the water. One in a thousand will survive to return 25 years later to lay eggs. Poaching of adult turtles is illegal. Our guides said that this year they had stopped two poachers. Part of what our guides did was to tag and microchip the adults, this would have happened in May.

My first day in country was breakfast at 6:30, the bus leaves at 7:00 (Island Time). The trip south was like being on I-5, only we were going against the inflow to Port of Spain.

The National Aquatics Center is in a complex with a Cricket Stadium and a Velodrome located about halfway down island (South) from Port of Spain. There is a 50-meter uncovered outdoor pool and a covered 50-meter pool. The facility has a number of light towers with really big lightning rods. There is also a diving well with springboards and platforms.

Meeting the other swimmers, volunteers, and officials was very positive. They were friendly and helpful even if we did not share a common language. My first event was the 400 IM.

The Official checking credentials was Nadine Day (from USMS). I had met **her in Doha. As she was checking, she was saying "I know you, how are you? .... I know you, and I know you."**

There was a gentleman from Uruguay who had had some type of trauma. No ear on the right side and a hearing aid on the left. As we were walking out to the pool for our heat, I stopped and pointed to my left ear, he had not removed his hearing aid and was quite thankful for the reminder, and over the following days we would greet each other as friends.

I had another such experience when I competed against Fernando from Peru. His English is flawless. At the end of the 200 Fly we were hanging on the pool ladder just laughing and enjoying the moment. Too bad that the video of that was out of focus. It was another great moment.



*Fogg with new friend Fernando from Peru*

*(Continued on page 8)*



## IX Pan Am Aquatics (cont)

(Continued from page 7)

Handshakes after the race were very common. Everyone was very gracious. Our USMS Coach, Bonnie Adams was a fabulous, Cheerleader, Organizer, Competitor, and she provided snacks!

I was pleased with my races. When you sign up for a meet you have no control over how many there will be in **your age group, or who will make the trip. So it's you against the clock.**

Of the five events that I swam, three of the Pan Am Aquatics records were set in 2018. I used my times from Doha as entry times except the 200 Back. In the 400 IM, I managed to drop 1.12 seconds.

In the 200 Backstroke, I dropped 0.49, while adding a new style point for goggles. I was not wearing a cap. On the start the top strap of my goggles slipped over my head and lodged under my nose. Now that is a concern, what do I do? Just keep swimming, but maybe a little caution is in **order don't want to lose the goggles.**

In the 100 Back, I added 1.88 over Doha and did wear a cap. When we swam the 100 Back it was during a thunderstorm. As I was swimming my final 50, I was seeing lightning flashes in my peripheral vision! That was interesting.



400 IM start

The 200 Fly was my biggest personal accomplishment. For weeks I had fretted over do I have enough air to **make a 200 again since Doha. The best I had been able to do was a 100 at KCAC. Well, "just relax and stretch it out, swim to finish" I kept telling myself. As it turned out I dropped 10.41 over my time at Doha!**

The last race for me was the 50 back. I dropped 0.40 from my entry time. In the end I had five Gold Medals and **one Silver Medal. I'm happy. Then today I looked at the results again and see that I am now the proud owner of the Men's 75-79 Record in the 200 Fly (old record was from 2022), and the 50 Backstroke (old record was from 2011).**

Fernando and I hope to meet again in Singapore next summer, and in Buenos Aries in October of 2026. He has invited me to visit him in Peru after the meet, we will see.

Happy Swimming



# Grown-Up Swimming!

By Caitlin Motley, Cascade Masters

Ahh the glory days...

Remember those summer league days, when you were swimming 25s and the thrill of mystery-flavored Airheads awaited you at the finish line? What a time it was. But then, age happened. It crept in when you turned 11, and those 25s were replaced with 50s, 100s, and eventually even 200s. The fun times seemed to have slipped away.

A few things may have happened since...

But perhaps you're still deeply in love with the sport. You've been swimming for decades, training with your Masters club, racing in as many meets as possible, and eagerly anticipating your next pool session as soon as you step off the deck. The passion is still there, waiting to be reignited.

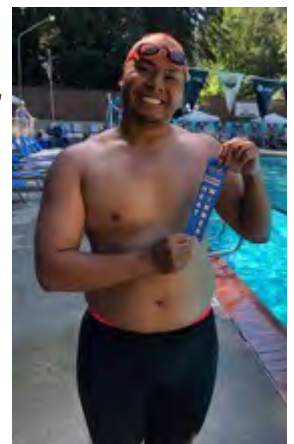
Maybe you burned out. Maybe you had one too many years of 4:30 am wake-up calls and cold water. And cold water. Did I mention cold water? **Maybe you were even in the "10,000 for time" generation, and your eye twitches when you see the line at the bottom of the pool.**

Maybe life just happened. You got a job. You started a family. **You picked up pickleball. You grew up, and you don't swim because that's for the kids.**

**Grown-Up Swimming believes that the kids shouldn't hog all the fun. You too, as a Grown-Up, can enjoy some Airheads after swimming 25s. And who's to judge if maybe that Airhead is frozen...and blended...and lime-flavored?**

Grown-Up Swimming is summer league swimming for adults that brings the parent-coach relay to the next level. We help neighborhoods/clubs start adult teams and Masters teams better engage their swimmers by running a season of super-fun swim meets that look just as much like a pool party as they do a meet. All meets start with a multi-generation relay, heat winners get ribbons and candy, and swimmers have a chance to set world records in exhibition events like the 25 jeans fly.

Grown-Up Swimming Seattle held its first season in Summer 2024 with seven teams and over 60 swimmers. Registration for Summer 2025 will open once the meet schedule is finalized in the Spring. You can visit [grownupswimming.com/seattle](https://grownupswimming.com/seattle) to create or join a team. If you'd like to be contacted when registration opens or would like more information about what it takes to start a team or host a meet, you can email [caitlin@grownupswimming.com](mailto:caitlin@grownupswimming.com).



# Fat Salmon

Fat Salmon reels in the PNA open water swim community

By Heidi Skrzypek

A golden sunrise illuminated a flat and calm Lake Washington on July 27 as 293 swimmers checked in for the 3.2-mile Fat Salmon open water swim. Host team the North End Otters (NEO) accommodated racers with everything from carpool-matchmaking for the one-way course, to backup course plans should water quality deviate in the 11<sup>th</sup> hour (as it had the prior year, cancelling the 2023 event).

The race commenced from the Day Street boat ramp and ended at Madison Park beach, a coastal course lining the west side of the lake, checkered by an armada of kayakers, stand-up paddlers, and safety boats. The 74-degree water made for a race that comprised more than 60 percent skin swimmers and a little more than one-third opting for wetsuits.

## Winners

In the No Wetsuit division, the male and female champions were both accomplished swimmers, racing in respective 18-24 age group divisions. Ava Hamblett (OEVT), a Rice University swimmer, set a new course record with a time of 1:06:44.2. Brown University swimmer Matthew Williamson (OEVT), known for his past **Mercer Island High School swimming feats, topped the men's times and earned the overall winner spot** with a time of 1:05:07.6.

In the Wetsuit division, pro triathlete Caitlin Switaj (UC36) took the female top spot with a time of 1:11:56.8 **while Brian Woodbury (PSM) clenched the men's win with a time of 1:05:46.1.** For curious minds, Woodbury chronicles his training swims online at [brianjwoodbury.com](https://www.brianjwoodbury.com), showing the work he puts in to ascend to the podium.



*Fat Salmon swimmers (from TWIM Blog)*

*(Continued on page 11)*

# Fat Salmon (cont)

(Continued from page 10)

North End Otters take the race reins

Race Director Paul Glezen credited a wide swath of volunteers, past race organizers, and donors for making the 2024 event the success in NEO's first year of hosting Fat Salmon. A Masters group comprised of 48 swimmers, the Otters pulled off a mammoth event.



“Somehow, Fat Salmon has retained the laid-back vibe that Michael Meyer created (and that hopefully, NEO can keep up), even though the organizational task is very different than in the early days,” Glezen said.

Glezen remarked he was most impressed by how much enthusiasm there is for this race and for open-water swimming in the Northwest in general, both from swimmers and from volunteers.



After the expense of permitting, related support costs, insurance, T-shirts, and prizes are covered, there are modest proceeds. NEO will determine how to use those funds in an upcoming board meeting. Glezen noted it's becoming increasingly more difficult to secure pool time and run a club without continually raising dues, while also paying coaches a living wage.

### 3.2-mile swims aren't for everyone

**Glezen's advice for first-timers** considering Fat Salmon: 1) Swim straight! If you can, kayak or swim parts of the course beforehand, so that you know what the sighting landmarks look like from the water. (We plan to make a swimmer's-



2024 Fat Salmon start

(Continued on page 12)



## Fat Salmon (cont)

eye view video for the website to help with this.); 2) Rest assured, the carpool magic for getting to the starting line always works! (For this race, carpool matchmaking was announced pre-race, and organizers designated a staging area that seamlessly unified willing drivers with swimmers who needed rides.); and 3) Make sure you have some open-water experience and base your time estimate on past swims. This helps to determine that swimmers are in the correct wave, of which there are five seeded slow to fast, phased by three-minute start intervals.

When you run lean, you lean in

**Glezen isn't shy about engaging with Fat Salmon veterans who helped light the path to success. It's a model** for other modest-sized USMS teams to follow. He says that Michael Meyer, the race founder, and Liz Rosen, a long-time prior director, were always available for questions, as was Jim Davidson, PNA Open Water Coordinator.

**"The folks we dealt with from the city were great and very enthusiastic. I can't imagine negotiating this transition without our ORCA mentors/sherpas Jim Lasersohn, Amy Cole, and Bill Koszewski. Jim swears he didn't spend more time on Fat Salmon this year, helping us, than when he was race director, but I'm not sure if I believe him," Glezen said. "Having Amy to help reach out to sponsors and to keep us organized with her knowledge of the race was a great relief. Bill helped with the powerboat piece of the race and created two brand-new back-up course maps with GPS coordinates for boat and buoy locations. And the NEO volunteers are absolutely awesome."**

In terms of the dozen or so committee leads, Glezen said it was **"cool to see people step out of their comfort zones to take on various committee assignments ... and crush it."**

Finally, Glezen recognized the many day-of-race volunteers who showed up as early as 4:15 am and made it all happen. In addition to NEOs, the race saw help from the many ORCA swimmers and other folks outside of NEO who are just fans of the event and love helping. In addition to the 30 or so land volunteers, there were over 40 boat volunteers. The village turned out!

Gratitude for the community at large

NEO extended thanks to: Wild Salmon for donating the traditional salmon award; Jack's BBQ for donating breakfast burritos (one lifeguard was overheard saying they'd accept payment in burritos!); Anchorhead Coffee; longtime sponsor Gentle Giant Moving Company for transporting swimmer gear and lifeguard paddleboards; Blue 70 for the swim caps and generous raffle prizes; Sylvia's Sport and Resort for generous raffle prizes; and SwimTrek for generous monetary donations.

**The organizers are already nailing down many moving parts to secure next year's date. Cross your fingers the event will take place the last weekend in July in 2025. Check for updates on the event website at <https://fatsalmonswim.com/>.**

**25 Years Ago, Fat Salmon was "spawned!"**

In the "dot com" heyday of 1998, Michael Meyer, an accomplished swimmer both in the pool and open water,



## Fat Salmon (cont)

joined swim buddies Dave Santos (Mercer Island native) and Paul Skoglund (Bellevue native) in Lake Washington to swim from the I-90 bridge to **Howard Schultz's dock north of the Seattle Tennis Club**. It was then that he recognized the route could make a great open-water competition course.

**At the time there weren't many** open water event options. The Emerald City open water mile race was the predominant event in Seattle. To find organized open water challenges, local swimmers like Meyer himself often chose out-of-town destination events such as Alcatraz, Los Angeles area swims, or the Trans Tahoe Relay. Alternately, locals would spend thousands of dollars swimming the Catalina Channel, around Manhattan Island, or the English Channel.



*1999 Fat Salmon start*

**“Swimming that route in Lake Washington, I realized it was ideal for an open water event,” Meyer said. “A 3.2-mile course was an approachable distance, the north-south orientation of the route meant the sun wouldn’t get directly in your eyes, and this could be a good event for locals with no travel needed.”**

The next summer in 1999, Meyer teamed up with Ed Artis of Queen Anne Masters to be co-race director for the first Fat Salmon event. With 25 signed-up racers (18 of whom showed up), no insurance, no permits, and no safety plan, it was a wavy inaugural event and exceptionally chilly in the low 60s—even after aiming for what was the historically warmest time of summer, the third Saturday in July. A mere, self-financed \$350 (approximate) budget covered the costs of caps (no shirts yet) and the safety boat (and gas) rented from the Lake Washington Rowing Club. The prize would be one salmon each for the top-finishing male and female racers.

Meyer enlisted the help of his visual artist brother Marc Meyer, a designer for Oakley, to create the famed salmon character (the charming fish that appears in new themes each year on event caps, T-shirts, and sweatshirts).

**Word got around. Meyer and his fellow organizers realized they weren’t going to be able to “freewheel” it anymore and they sought out more formal safety and permitting protocols.** Seattle Police Department reinforcements, insurance, more safety boats



## Fat Salmon (cont)

with a 10:1 swimmer-to-boat ratio, city permitting (with parking permits, race plans and barricades, etc), and **lifeguard support entered the picture.** One member of Seattle's open-water swim community sent Fat Salmon T-shirts to influential swimmers around the country that helped make it THE destination open water swim event for out-of-towners. Entries were handled by mail. Soon, those entries included out-of-state postmarks.

The early years also showed the founders' tongue-in-cheek approach to the event. T-shirts would sometimes sprinkle in *red herring* fake sponsors and pithy taglines embedded on the back, based on organizers' shenanigans. One year, the organizers even recruited a "band" comprised of maracas, spoons, and a ukulele player to entertain swimmers. In the early 2000s, the waiver language added in a "risk of mutilation by propeller" after a pulled swimmer was cut by a safety boat prop. If trial by fire was the process, this crew feared no burn.

"But to have a *really good* race, we needed to add a one-mile option to the event," Meyer said. Part of the impetus was that it would increase registration among pairs and make it more accessible for swimmers who weren't comfortable doing the full 3.2-mile course. The event mushroomed. Although the one-mile segment has since fallen off, Meyer said he sees ways in which the event could bring it back with permit changes, and he believes the Fat Salmon is poised for growth.

Each year informs the next. In 2024, Meyer swam the event with his son, Abel, while appreciating how the event has taken on a life of its own. As the torch is passed to new hosts and race directors, Fat Salmon continues to evolve. So many people have helped shape the swim into what it is today. Meyer called out Ed Artis (Queen Anne Masters), Jason Nadal of UW Swimming—who Meyer says was willingly roped into being announcer for several years, Jeanne Ensign (GLAD), Liz Rosen (GLAD) – who held race directorship for many years and still hosts the Fat Salmon website, Jim Lasersohn (ORCA), and Paul Glezen (NEO), the newest race director.

Police boats, the City of Seattle (permitting and lifeguard support), hundreds more sponsors, helpers, volunteer kayakers, boaters, moving company trucks, water providers, food providers and more also get kudos for making this event smooth and safe.

Few deviations to the event have taken place since 1999. The course had a slight tweak on the approach nearing the Madison Park Beach exit this past year. And the race has reliably been held in July except for cancellations in 2005 (the birth of Meyer's son), 2020 (for COVID), and 2023 (for a water quality issue). In 2021 as COVID continued, a virtual race took place.



"We always aim to remember the basics," Meyer said. "Make it a safe event, make it easy to participate, and do so in an affordable way."

Congratulations all on spawning an enduring open-water event for Masters and the community at large.





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*Olympian*

*Tatiana Lemos de Lima!*

**MASTERS SWIMMERS -**  
Speed up your **Butterfly & Breast** before the next meet!



## *Tatiana Lemos de Lima*

held the Brazilian & South American record in the 100 Free from 2008 to 2015. Since retiring from professional swimming in 2013, she has coached age group swimmers in the U.S. and is currently Head National Group Coach at Wave Aquatics in Kirkland.

## *Registration Info*

Saturday, Oct 26, 2024  
Check in: 12:30 - 12:45 pm  
Clinic: 1:00 - 3:00 pm

Hurry!  
Limited to  
first 30!



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[twimteam.org](http://twimteam.org)

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# Swim Defiance

Defying the Tide at Swim Defiance 2024

By Heidi Skrzypek

Sixty-six intrepid swimmers waded into the waters off Vashon Island's Tahlequah-adjacent beach on August 11 and swam across Dalco Passage to Tacoma's Owen Beach for Swim Defiance, a 3K open-water swim hosted by Bernardo's All Stars Masters swim team.

"I think this year's swim went very well," noted Race Director Diana Hermanson. "We had more kayakers that brought a lot of experience, plus the ones who have helped with this swim in the past. Thanks to the kayakers, the swimmers definitely kept a better line this year, which helped them hit the finish line in the right place."

Even timing the crossing during "slack" tidal changeovers, this course is known to have an inevitable tidal pull. Swimmers were directed to sight for the Point Defiance ferry terminal, well east of the intended destination directly across the water. The advice proved perfect. For any deviating swimmers, a fleet of kayakers and safety boats aided in redirection.

"This year the swim was faster than we had seen in past years, and I attribute some of that to a great tide plus the kayakers helping keep a better line and track for the swimmers to follow," Hermanson said. All swimmers made it to the finish before the absolute cut-off time of two hours.

Hermanson said she was most impressed with the top male and female swimmers who set a fast pace for the swim and the rest of the field followed. This year's overall winner and top male finisher was Vasileios Lekakis (UC36) with a time of 41:43.9. Hallie Pound (BERN) earned the top female spot, finishing in 44:09.5.

The swim had 81 total entries, with 66 swimmers checking in on race day and 63 finishing. The event currently has a cap of 100 swimmers, which is the expected cap for 2025. In 2026 Swim Defiance will celebrate its 100<sup>th</sup> anniversary of the first competitive crossing of Dalco Passage, at which time Hermanson hopes to accommodate 125 swimmers.

Bernardo's All Stars is a small but mighty and growing club (44 enrolled members).



*After the event*

"It takes most of our team to volunteer and help set up, run and tear down for the event," Hermanson said. "We couldn't host this event without all the help from current and some past members."

In addition to team members, organizers were assisted this year by power boats from Gig Harbor Yacht Club, Quartermaster Yacht Club, Tacoma Maritime, and the U.S. Coast Guard Auxiliary. The Mountaineers kayakers were also a huge part of this year's success.



## Swim Defiance (cont)

Since Bernardo's All Stars is a non-profit 501(c)(3), the proceeds from the swim go back into the club to help send its coaches to clinics so they can keep up on the best techniques and ways to help their swimmers.

"Proceeds also allow us to do extra fun things for our members, like host dinners and extra swims at no cost to them," Hermanson said. "Most importantly, it helps offset the cost of providing free adult swim lessons in the pool and open water."

For anyone wanting to enter this swim for the first time, Hermanson recommends swimmers get into the cold water to acclimate throughout the summer season before the swim. Go to the pre-event practice swims that Bernardo's offers – there is one per week at Owen Beach in the evenings for five straight weeks leading up to the event.

Bernardo's All Stars extends a big "thank you" to all of its generous sponsors: Master Builders, The Concierge Group/ Remax/Katy Smith Real Estate, Tricor Title, Evergreen Home Loans, Tatanka Take Out, Premier Sport & Clinical Massage, Plato's Closet, Mama's Brittle, Stack 571, TriSwim, All Color Print Shop, Tacoma Center YMCA, and Metro Parks Tacoma.

A date for next year is currently in the works and should be confirmed by the end of September. See complete race results and learn more at <https://www.swimdefiance.com/>.

## Open Water Series High Point Competition

Age	Name	Whidbey Adventure Swim		Fat Salmon				Swim Defiance		Total Plc	Total Pts	Events		
		1.2 mi	2.4 mi	No Wetsuit		Wetsuit		Place	Pts					
		Place	Pts	Place	Pts	Place	Pts	Place	Pts	Place	Pts			
F25-29	Pound, Hallie			1	22	2	18			1	22	2	62	3
	Lederman, Emily	1	22			4	14			2	18	4	54	3
F30-34	Motley, Abigail			1	22	3	16			1	22	3	60	3
	Li, Yun							1	22	2	18	2	40	2
F35-39	Motley, Caitlin			2	18	2	18			2	18	2	54	3
	Allen, Lauren							2	18	3	16	3	34	2
F40-44	Winans, Amanda	1	22			2	18					2	40	2
	Nogaire, Megan					3	16			2	18	3	34	2
F45-49	Singer, Mary			3	16					1	22	3	38	2
	Marks, Jami			2	18	9	4					9	22	2
F50-54	Lee, Amy	2	18					3	16	3	16	3	50	3
	Kelleher, Dana			1	22	5	12					5	34	2
F55-59	Skrzypek, Heidi	3	16			4	14			1	22	4	52	3
	Hermanson, Diana			2	18	1	22					2	40	2
F70-74	Horowitz, Carol					1	22			1	22	1	44	2
M35-39	Sprinkle, Baden					2	18			1	22	2	40	2
	Qian, Martin					4	14			3	16	4	30	2
M40-44	Lekakis, Vasileios							1	22	1	22	1	44	2
	Dickman, Matthew			2	18					2	18	2	36	2
M55-59	D'Alessandro, Gianluca			2	18			4	14	1	22	4	54	3
	Eicher, Theo	1	22							2	18	2	40	2
M60-64	Crombie, Jeffrey			2	18			4	14	1	22	4	54	3
	Wood, Philip			1	22			2	18			2	40	2

Listed are the top two male and female swimmers in each age group in **this year's OWS** competition. To be eligible, each swimmer had to swim at least two of the three events.

Points were awarded to the top 10 finishers in each event and divisions for different distances and wetsuit/no wetsuit were scored separately.

# The Spotlight

An interview with Coach Kent Slyter of San Juan Island Masters (SJIM)  
 With Tom Walker of TWIM

How far is it from the Heart to the Vision to the Hand?

It is the Light that shines from within that forever inspires us, it is the Light that shines through the mind and through the eyes, it is the Beacon that has guided humankind in ages past, as men and women have forged civilizations based upon a luminous awakening of the soul.

Reading this, there is a good chance that you are a Masters swimmer. How far would you travel to swim? How many hours, how many miles would you go to be at that next workout? How much does being a swimmer mean to you? For most of us, it is all consuming passion that will drive us to every corner of the world. It is a desire for freedom that lives within us all, when the soul can soar unfettered above the alluring peace of the blue that ever calls us homeward.

I met a man who is on this journey of ours. He will travel that distance, he will be at that event with a sincere and honest enthusiasm, ready to embrace it all. He exults in the joy of just being there, of being a swimmer. And he will indeed be among the first there, will ask the most questions. He seems to be in a perpetual state of **respectful awe, and honors swimming like a holy call. You can't defeat a spirit like that.**

As you probably know by now, love can lead us to do the most amazing things, and it has given us a new **Masters program! It's like the birth of a new star in our universe. It's how our Masters programs have started everywhere.** First with just a handful of swimmers, a few workouts...

This is exactly what has made USMS great since its very beginning, and this is how a team is brought into being. The vision, determination, and perseverance of those we call coaches and the families, friends, and communities that support them have all helped in a thousand different ways.

Coach Kent Slyter of the newly minted San Juan Island Masters carries forth this hallowed mission of ours...

TW: Where, when, and how did you fall in love with swimming?

KS: I grew up in Englewood, CO where swimming lessons were part of the PE curriculum. As a 5th grader I swam on a local swim team, but it stopped there. But I continued to swim at open swim and always enjoyed the water. In July 2012 I was inspired to run a triathlon the following July. I knew that I had better get going, so shortly thereafter, off to the pool I went. Let me tell you, swimming 25 yards was a chore!!! I was close to a family whose children were on the local swim team, so I asked this junior high boy to help me swim better. That same year that local swim team began a Masters Swimming club. I was at the first practice and have not looked back since. I continued to train for and participate in triathlons for several years and the swim was always the easiest and best part for me!



(Continued on page 19)

## The Spotlight (cont)

*(Continued from page 18)*

TW: And what is the spark that first ignited your aquatic journey?

KS: As I began to swim at 6 am (really?!?) two times a week, I was thrilled to be coached by two men who were so knowledgeable, encouraging and supportive. To see progress, to understand the things you are doing in the water, and to feel the results – well that was a powerful draw. The group swim was so very special. To be a part of the journey for others and to have them be a part of your swimming journey was very special. But I must go back to coach Kevin from Cortez, CO. He still is the voice in my head when I coach. His love for swimming, his love to see others swim well and enjoy it, his tremendous encouragement. I am not sure if I would have continued if not for Kevin and later Coach Steve. I got involved in the swim club, serving on the board and helping on deck occasionally. I then began the process of becoming a USA Swimming certified coach. That process ended as we shortly thereafter left Cortez, CO.

TW: How does swimming nurture your body, mind, and soul? Why is it so fulfilling?

KS: In the water things seem to fade away. Swimming is a thinking activity, one that is intentional. As a famous **Masters coach has said, “If you are not thinking you are sinking.” Swimming takes me to a different place. A place of refreshment and a place of great accomplishments.** Look how far I swam. Look at the improvement in that stroke. It feels good to get up and do. To feel that spot later in the day and remember that I worked hard this morning.

TW: Tell us about the journey, aquatically and historically, that brought you to present day Friday Harbor, WA.

KS: **My story is God’s story for He has brought us to this place. I am a pastor, and we wrapped up a long-term ministry** in Colorado. We took a month to travel up Hwy 1/ Hwy101 in the summer of 2019. Along the way as we stayed in different places, I searched out local Masters Swimming clubs and joined them for a workout. It was so much fun to swim in a different place with strangers and yet, not strangers for we shared a bond in the water. Our trip took us to Bellingham WA for a week thinking this was the end of our travels and we then would head back home. We had a few extra days to kill before we headed to a wedding in California, so, we booked a whale watching trip that docked in Friday Harbor, San Juan Island for a few hours. We asked the company if we could stay on the Island for two days and get back on the tour at that time and they said yes. So, we explored San Juan Island and decided that while we had the health, the time, and the money we would rent a place and stay the winter (not very cold and very, very little snow!) **That was October 2019 and we’re still here! We enjoyed our adventure, got involved in a church and decided to move to the Island for a bit, until a new ministry opened for us.** We continued to be involved in Islands Community Church until the summer of 2021 when the pastor needed to move back to the mainland. They asked me if I would pastor ICC and I am now going on my third year as the pastor here.

TW: Tell us about how you began your swimming adventure there.

KS: After we moved to the Island, I found SJI Fitness and Aquatics. I was very disappointed that the Island had no Masters program. I swam every now and again, but then hurt my knee. Then all of life shut down. When things opened up again, I got back in the water and began getting ready for a Triathlon on the Island. I got to know the swimming community on the Island - a great group of people. Soon I was asked if I would help teach swimming to children. Yes! Then it was, would you help teach swimming to adult men through the local Resource Center? Yes! Then, would you teach some private lessons? Yes! Then, I was asked if I would like to help coach the local swim club. Yes! Yes! I was

*(Continued on page 20)*

## The Spotlight (cont)

*(Continued from page 19)*

able to work with the Fitness & Aquatics owner and teach Adult Stroke Development classes. As a pastor, teaching is my thing. I have the ability to see details and explain things so that they are understood, and I have great enthusiasm and joy when I teach and coach. The encouragement and enthusiasm of Coach Kevin inspires me to coach as he does.

TW: You are now the head of a newly chartered Masters team, and congratulations! Tell us about how that all came together, how you gathered folks and started a movement?

KS: As so many of us know, as you get into a routine of when you swim, you get to know those folks who swim at that same time just a bit. I began to long for the days of my Masters swimming adventure. The idea struck me as we were teaching the adult stroke development class: We should start a Masters program here on the Island and I need to get the owner of the club on board. Check! He was all in. Years ago, the Fins of the San Juans Masters Swim Club was right here in Friday Harbor, so this was not a new idea, but a renewed idea. I then needed to find a coach. You see, I wanted to swim, not be the coach. But my best attempts failed over and over. There was only one solution. I was going to have to be the coach.

**So, we started with the men and women in our class: “Hey, how about continuing to swim? Join us on Monday and Thursday mornings.” We then sent the word out at the club and on Facebook.**

Our first day was March 4, 2024. The Fitness and Aquatics Club has recently changed owners and is now called The Rec with our club being called The Rec Masters Swim Club on SJI.

TW: What are the challenges and rewards thus far?

KS: The challenge that is by far the greatest is getting a consistent group to participate. I am confident that come fall we will see a positive change. It has been hard to get going, think that the group is at this level and then one or two new swimmers drop in and they are at a different level – be it higher or lower. I am aware that that situation will always be a challenge. So, I am learning how to make the set work for all the swimmers. The other challenge is just in numbers alone. I want The Rec to support this and keep it going and so I hope for a larger group this fall.

Rewards? Seeing adults respond to tips and coaching. Seeing the joy of getting it and swimming with greater efficiency. Having a swimmer comment **on the way out, “That was a good one!”** Having adults mention that their back is better, general movement is better. Overall health seems to have improved.

TW: What is your vision for the future of your team?

KS: I am looking forward to becoming a recognized club with US Masters. That will happen in July. I would love to see the vast amount of those swimming with us join US Masters as individuals. I hope to see some of us swim at the Anacortes meet next spring. (I think that is a yearly event.) I want to have all my swimmers attend to watch and/or compete.



*(Continued on page 21)*



## The Spotlight

(Continued from page 20)

TW: What is your vision for the future for yourself as a coach and a swimmer?

KS: I am currently a Level 1 certified US Masters Swim coach. I am hoping and planning to become Level 2 & 3 certified in the next handful of months. I love learning so that I can teach others, and I want to be sure that I am teaching it correctly. As for myself, I have a goal to compete in the meet in Anacortes next year. I have the goal to **follow in so many others' footsteps, swimming for many more years. Making my age a non-factor in swimming and swimming and swimming.**

TW: What would you say to those who want to start a Masters program of their own or join a Masters team?

KS: Do it!!! Join! We all need someone to guide us, to correct us, to see what we cannot see in ourselves. We all need someone to be accountable to, someone that will push us a bit, so we actually do swim that set or that yardage. We **need someone to say, "OK, on the top, go!" Swimming is a great activity, and you will meet great people!**

Join! We all need to have a group that is like us and encourages us.

Join! You can do it. Yes, you really can! I can say this with confidence, you will never regret joining a Masters swim club. You will regret not giving it a try.

## TWIM Starts & Turns Clinic

By Emily Castillo, via the TWIM Blog

Fair warning to anyone competing in a Masters meet this fall—you're going to see some lightning fast starts and turns! **On August 17, 20 Masters swimmers went on a deep dive into starts and turns with Diana Hermanson, PNA's 2024 Coach of the Year.**

**If you're like me, you deal with a fair amount of anxiety when it comes to starts. There's a lot to worry about:** *What is this wedge on the block? Where do I put my feet on a backstroke start? How do I keep my goggles in place?* Diana covered all of these concerns and taught techniques for achieving beautiful, clean starts.

Swimmers were in and out (and in and out) of the water as they practiced their dives. They received excellent personalized feedback on their technique from our on-deck coaches. Swimmers made great improvements. We were seeing very impressive dives by the end of the session!

Diana also taught how to make quick, powerful turns. Swimmers learned how to position themselves well to turn quickly and get some great speed off the walls.

The Power Starts & Turns Clinic was a lot of fun, and swimmers walked away with some impressive skills. A huge thanks to Diana and to our on-deck coaches: Colleen Wahlstrom, Jessi Gable, Kelly Vikstrom-Hoyt, Steve Fogg, Serrell Collins, Alison Eliason, Kent Slyter, and Mike Schwartz!



# USMS 3000/6000 Virtual Swim

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

Individual results must be submitted by November 18 and relay entries will be open November 19-20. Relay events will be contested in three categories: three men, three women, and four mixed (two men, two women). PSM swimmers should send results to PNA relay coordinator Sally Dillon at [salswmr@comcast.net](mailto:salswmr@comcast.net).



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

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

## New PNA Members!

Alon, Danielle	Gideon, Moira	Joossens, Connor	Nevatt, Mark	Schenk, Steven
Barnes, Jill	Graham, Nathalie	Klunder, Erin	Orencia, Alan	Simens, Denise
Bethlahmy, Caitlin	Grayson, Joanna	Lawson, Kathleen	Orozco, Seth	Sommerfeld, Kelly
Boling, Dylan	Hagerup, Heather	Lawson, Mark	Parakhin, Veronica	Song, Willetta
Brinks, Juliette	Harris, Bruce	Lindekugel, Henry	Petruzzella, Daniel	Stanley, Brielle
Chaet-Lopez, Alexis	Hawes, Meagan	Loch, Rachel	Pieters-Kwiers,	Stober, Kyle
Chang, Taejung	Hetherington,	Mclain, Evan	Marijke	Stowe, Rochelle
Claar, Danielle	Kristina	Meier, Ben	Pires, Allison	Thompson, Stella
Clark, Kenneth	Hocutt, Micah	Melim, Andi	Popaditch, Robert	Thornton, Anastasia
Collins, Maegan	Holman, Kelly	Mennes, Haley	Raetz, Jaqueline	Tun, Han Thazin
Cooper, Dane	Hutson, Annemarie	Moen, Craydi	Reeder, Christina	Whipple, John
Dodge, Kirk	Johnson, Bayley	Morrow, Abigail	Rees, Amelia	White, Jared
Farnes, Kim	Johnson, Mason	Mottaghinejad,	Rigby, James	Xia, Christopher
Forster, Sonja	Jones, Miranda	Sarah	Romo, Amber	Xu, Christianna
Gerrior, Eleanor	Jones, Zachary	Muench, Yvonne	Scarlett, Kimberly	Xu, Michael



## July 8 Board Meeting Highlights

- Financials: Bank account balances as of 6/30/24: Checking \$46,783, Savings \$58,326, total: \$105,109. Net revenue May - June: \$1,673.
- Membership: Continues to run about 3% ahead of 2023 with 1,698 (923 women, 775 men).
- Meets: The July 6-7 LCM meet went well, though with fewer swimmers than last year. The board granted recognition for the Washington State Senior Games meet to be held at Briggs YMCA on July 28. BAMFest will proceed as planned on October 6 at Bainbridge Aquatic Center. The board granted sanctions for the Anacortes SCM (Sept. 29), Snohomish SCY (Nov. 10) and the PSM SCM and NW Zone Champs at KCAC (Nov. 23-24).
- 2025 Summer Nationals update: Meet Director Steve Freeborn, Organizing Committee Chair Sally, and committee members Steve Peterson and Jim Davidson visited KCAC in May. They met with facility manager Mike Dunwiddie to tour the facility and discussed ideas for the use of various spaces. Sally visited IUPUI in Indianapolis and met with numerous National Office staff members.
- President Sally urged interested members to consider attending the USMS Volunteer Relay, October 18-19, in Houston. The theme is Community Development. Registration deadline is September 13. PNA will cover registration and lodging.
- **SPLASHForward: The board will decide in September on a Founder's Circle pledge of \$10K to help build a new aquatics complex in Bellevue.**
- PNA Website: Webmaster Dave Scott has made several improvements for easier management and use of our website.
- Next Meeting: Monday, September 9, at 6:45 pm via Teams teleconference.
- [CLICK HERE](https://swimpnal.org/Pool-Meets/) FOR LIST OF PNA BOARD OF DIRECTORS

# SPLASHForward Update

By Susan Pappalardo

How many new public pools will we see in our PNW region by the 2028 Olympics? Without a fully operable crystal ball, we know that there is great potential for more than one. Masters swimmers play an important role in every new public pool and we appreciate your efforts within your communities. If you are interested in getting more involved with SPLASHForward or need support for your efforts, don't hesitate to reach out.

Next steps for the new Bellevue Aquatic Center

Big news! On August 1, a modified determination of non-significance was issued by the environmental review under the State Environmental Policy Act for the Master Plan Update for Bellevue Airfield Park. What does this mean? In short, the master plan can now go before Bellevue City Council for adoption consideration. Council review is currently scheduled for Tuesday, September 17. Watch our social media and sign up for our newsletter to stay updated. We are calling on all supporters of a major new public aquatic center at Airfield Park to show up at the council meeting wearing blue or [your SPLASHForward t-shirt](#). Please share this within your circles. We want to see the largest turnout we can possibly muster! If the City Council **adopts the master plan, then we will have crossed the threshold to securing the aquatic center's site and confirming this public private partnership project with the City of Bellevue.**



Bellevue Airfield Park Preferred Master Plan

PNS & Amazon

In July, Pacific Northwest Swimming and Amazon renewed their funding support for SPLASHForward. With **PNS's \$20,000 donation over two years, they become the first organization to join our Founders' Circle.** We are incredibly grateful for these funding partners to sustain our efforts. The majority of our funding goes toward our professional services, consultants, fundraising, and operational costs.

SPLASHForward in the Water with Piper Enge & Friends

On August 3<sup>rd</sup>, we held a stroke clinic for 8-12-year-olds with Piper Enge and her friends that included Olympic Trials Qualifiers and Junior National finalists as a fundraiser for SPLASHForward. Participants included Sophia Sunwoo (Olympic Trials Qualifier 50m free), Kamryn Meskill (Junior National finalist 100 fly SCY, 50/100m free LCM), and Bob Frazer (Junior National Qualifier 100m fly, 200m fly, 200m free). We look forward to hosting similar events in the future. If you are interested in helping us put on an event for masters, please reach out to [info@splashfwd.org](mailto:info@splashfwd.org).



Bob Frazer, Sophia Sunwoo, Piper Enge, and Kathryn Meskill

More lifeguards!

Since May we have supported 77 new student lifeguards and held two lifeguard skill strengthening classes supporting 17 students on their journey to become lifeguards and swim instructors. This brings us to 106 new lifeguards this year. All

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# SPLASHForward Update (cont)

(Continued from page 24)

of this would not be possible without our program sponsors and partnerships with local aquatic facilities. Thank you to our title sponsor Amazon and our supporting sponsors Bellevue Rotary Foundation, Myrtha Pools, Proliance Orthopedic Associates, Moccasin Lake Foundation, and Seattle Children’s Hospital. We have over 25 students on our waitlist and are looking for additional program sponsors and supporters to reach our goal of 120 students this year. Please reach out if interested – [lifeguard@splashforward.org](mailto:lifeguard@splashforward.org)

## PNW Aquatics Regional Coalition Update

Regional efforts continue to unfold. We were recently contacted by a member of the Whatcom Aquatics Foundation as they forge their appeal for expanded indoor recreation and aquatics facilities in Bellingham. Friends of Lopez Island has shovels in the ground as they begin their construction phase while continuing to secure funds from both philanthropic and state grant sources. Issaquah has a preferred expansion plan for the Julius Boehm Pool and will be looking for public support. Valley Pool Together continues to facilitate discussion for partnership for a regional pool that would serve North Bend, Snoqualmie, and unincorporated lands near the Si View Metropolitan Park District. Kirkland is conducting a study to explore the winterization of Peter Kirk Pool. We are supporting their efforts and finalizing our report of our recent work for a 40,000 sq ft community pool and an Every 2<sup>nd</sup> Grader Learns to Swim initiative. In early August, we were contacted by an individual in South Florida looking for advocacy support for a new public pool! The need for new public pools knows no boundaries.

Keep swimming and supporting new public pools!

# TWIM at Senior Games



TWIM members Valerie Thompson, Steven Schwartz, Bill Maibauer, Louis McDermott, and Dan Underbrink combined for 24 medals (including 8 gold!) at the July 28 WA State Senior Games in Olympia.

## TWIM's Candace

Jacobs and Carl Haynie competed at the August 18 OR Senior Games in Corvallis, each winning gold in all their events.



# Thank you LCM Meet Volunteers!

The PNA LCM Summer Meet was held Saturday-Sunday, July 6-7 at Weyerhaeuser King County Aquatic Center in Federal Way. The event featured 123 registered swimmers (77 men, 46 women) representing 17 clubs. Big thanks go out to the large group of volunteers, without whom the meet couldn't have happened!



*Charis Tucker, Wendy Neely, and Lorraine Masse*



*Colleen & Bruce Elkington (BWAO)*



*Cynthia Hinds and Casandra Batdorf (BERN)*



*Joshua & Nathan Barnes (TWIM)*



# Thank you LCM Meet Volunteers! (cont)



Jennifer Tran & Emily Lederman (ORCA)



Kelly Vikstrom & Carl Haynie



Sally Ryan & Tom Weyhrauch (BERN)



Suzanne & Trilby Conger (Foss HS)



# Swim Calendar

2024

- May 15-Sep 15: [USMS 5K/10K Virtual Champs](#)  
 Sep 7: [Swim Across America \(Seattle\)](#), Seattle, WA  
 Sep 15-Nov 15: [USMS 3000/6000 Virtual Champs](#)  
 Sep 21: [Last Splash of Summer](#), Kent, WA  
 Sep 22: Back to Pool Meet (CANCELLED)  
 Sep 29: [Fall Kick-Off SCM Meet](#) (Anacortes)  
 Oct 6: [BAMFest](#) (Bainbridge Island)  
 Oct 26-27: [1st Annual National Invitational Pentathlon](#), Bend, OR  
 Nov 1-10: [Pan Pacific Masters Games](#), Gold Coast, Australia  
 Nov 3: [PAC SCY Thanksgiving Splash Meet](#), Portland, OR  
 Nov 10: SAM Invitational (Snohomish)  
 Nov 23-24: PSM/PNA SCM Champs (CANCELLED)  
 Dec 15: [Clark County YMCA SCY Christmas Meet](#), Vancouver, WA



2025

- Jan 25: [TEAM Eugene SCY Winter Splash Meet](#), Springfield, OR  
 Mar 8-9 [Oregon City SCH Spring Ahead Meet](#), Oregon City, OR  
 Apr 4-6: [Oregon Masters Association SCY Championship](#), Newberg, OR  
 Apr 24-27: [USMS Spring National Championship](#), San Antonio, TX  
 May 17-18: [COMA LCM Meet and Lake Juniper Buoy Swim](#), Bend, OR  
 May 18: [TEAM Eugene LCM Spring Splash Meet](#), Eugene, OR  
 Jun 22: [THB LCM](#), Beaverton, OR  
 Jul 15: [Portland Bridge Swim](#), Portland, OR  
 Jul 19-20: [Applegate Lake Open Water Swim](#), OR  
 Aug 1-3: [Cascade Lakes Swim Series](#), OR  
 Aug 6-10: [USMS Summer National Championship](#), Federal Way  
 Aug 16: Eel Lake Open Water Swim, OR

[Search USMS Calendar of Events](#)