Upcoming Due Dates
(Keep Scrolling Down for PNA & Zone Champs)

PNA Coach of the Year Nominations

Do you have a coach that went above and beyond in 2025? Please consider recognizing your amazing coach by nominating them for the PNA Coach of the Year Award! Nominations are via an online form available **HERE**.

Past winners and more information are posted on the PNA website **HERE**.

Nominations for Pacific Masters Coach of the Year are due March 21, 2026 (change from previous post)

Dawn Musselman Inspirational Swimmer Award

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986).

Do you swim with someone who exemplifies the ultimate teammate?

More info **HERE**.

Online nomination form **HERE**. Nominations due March 21, 2026 (change from previous post)

Upcoming Events

PNA and USMS are happy to announce that PNA & Zone Champs will take place at KCAC on **April 11-12**. Details coming soon. Check the PNA pool meets page for updated information and registration next week. Social event is planned for Sunday after the meet.

ORDER OF EVENTS:

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

MORE INFO

Full-Time Masters Coach Job Opening

Lake Washington Masters is looking for a full-time coach.
Applications still open.

MORE INFO & APPLICATION

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Upcoming Due Dates
Saturday, 3/21

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Upcoming Clinics & Events

1. April 3-4 - **USMS Open Water National Championships**
2. April 11-12 - **PNA & Northwest Zone Championship meet announcement** posted and **registration** scheduled to open on 3/16. Entry deadline Sunday, April 5.
3. April 12 - PNA Social after the championship meet. You do not have to swim to attend. Contact Sally Dillon at **salswmr@comcast.net** to reserve a spot.
4. May 23 - **Open Water Swim Clinic with Coach Amy**
5. July 25 - **Fat Salmon Annual Open Water Swim (3.2 miles)** - registration opens May 1
6. **More open water events**

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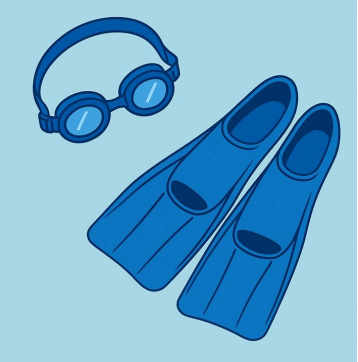
Registration Closes for PNA & Northwest Zone Championship Meet Sunday, April 5

REGISTER by Sunday, April 5.

USMS swag will be given away during the meet! Your meet entry is your raffle ticket. Don't miss out on your chance to get some great swimming gear.



PNA Social after the championship meet. You do not have to swim to attend. Contact Sally Dillon at **salswmr@comcast.net** to reserve a spot if you are not entering the meet.

Upcoming Clinics & Events

1. April 3-4 - **USMS Open Water National Championships**
2. May 16 - PN USMS PASC Masters & Munchkins Meet more information to come
3. May 23 - **Open Water Swim Clinic with Coach Amy**
4. July 25 - **Fat Salmon Annual Open Water Swim (3.2 miles)** - registration opens May 1
5. **More open water events**

PSM Seeking Coaches

PSM is seeking coaches to join us at USMS Summer Nationals in Sacramento Aug. 5-9! Coaches are reimbursed for travel and lodging expenses in addition to receiving a daily stipend. Candidates must be currently coaching a workout group and be USMS certified. (USMS offers certification through an online course and Zoom call.) If you're interested or would like to learn more about the role, please send an email to **pugetsoundmasters@gmail.com**.

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