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PNA Champs Team Winners and Records

Congratulations to the Team Division winners of 2026 PNA Champs.

Here is a link to the [PNA SCY records as of 4/12/2026](#).

 1ST PLACE Large Team Division Blue Wave Aquatics 2026 Champs & Zones Pacific Northwest Association of Masters Swimmers	 2ND PLACE Large Team Division Cascade Masters 2026 Champs & Zones Pacific Northwest Association of Masters Swimmers	 3RD PLACE Large Team Division Team Walker International Masters 2026 Champs & Zones Pacific Northwest Association of Masters Swimmers
 1ST PLACE Medium Team Division Puget Sound Masters 2026 Champs & Zones Pacific Northwest Association of Masters Swimmers	 2ND PLACE Medium Team Division Lake Washington Masters 2026 Champs & Zones Pacific Northwest Association of Masters Swimmers	 3RD PLACE Medium Team Division Orca Swim Team 2026 Champs & Zones Pacific Northwest Association of Masters Swimmers
 1ST PLACE Small Team Division Mercer Island Redwoods 2026 Champs & Zones Pacific Northwest Association of Masters Swimmers	 2ND PLACE Small Team Division North End Otters 2026 Champs & Zones Pacific Northwest Association of Masters Swimmers	 3RD PLACE Small Team Division Bernardo's All-Stars 2026 Champs & Zones Pacific Northwest Association of Masters Swimmers

2026 Dawn Musselman Inspirational Swimmer and PNA Coach of the Year



Dawn Musselman Award

The selection committee of previous winners Kathy Casey (2004), Charlotte Davis (2014), Sally Dillon (2015), Steve Peterson (2016), Steve Freeborn (2020), and Dan Underbrink (2025) evaluated the nomination submittals for this year's five nominees:

- Nellis Kim (Blue Wave Aquatics)
- Margo Marsh-Limm (Snohomish Aquatic Club)
- Wendy Polidari (Snohomish Aquatic Club)
- Eric Ryden (ORCA)
- Tamara Tulou (Bainbridge Aquatic Masters)

At the Social and Awards Pizza Feed following PNA Champs on Sunday, April 12, Steve Peterson announced **Tamara Tulou** as our 41st *Dawn Musselman Inspirational Swimmer* honoree. Read what Tamara's nominators wrote about

Coach of the Year

Congratulations to Coach April Cheadle of BAM, the 2026 PNA Coach of the Year!

On Sunday April 12, after the events at PNA Spring Championships the annual meeting and awards ceremony was held in the banquet building behind KCAC.

April Cheadle has been the head coach of Bainbridge Island for many years. Her program has grown to 200 swimmers. She does an incredible job and has touched countless lives of not only swimmers but others around her. She brings knowledge, experience and compassion to her team. She is her swimmer's biggest cheerleader, always watching and giving advice on how they can improve. Read [MORE ...](#)

her on the [PNA website "Awards" page](#).

Relay 2026

USMS will host **Relay** 2026 Sept. 25–27 in Denver. The theme of this year's Relay is event development, with engaging sessions on examples of successful events, economic sustainability, nontraditional meet formats, event sanctioning, building community, dual sanctioned events, adding pizzaz, building an event, Grown-Up Swimming, and how LMSCs can help led by expert presenters.

Who should attend: team and club reps or coaches who are interested in successfully hosting events, improving events they already host, facilities directors, LMSC Board Members involved with events.

PNA and USMS cover expenses (shared room, additional charge for a private room).

More information is [HERE](#).

The application to attend is [HERE](#), due July 12.

Upcoming Clinics & Events

1. July 25 - **Fat Salmon Annual Open Water Swim (3.2 miles)** - Sold Out
2. July 26 - **WA State Senior Games**
3. **More open water events**
4. **Oct 11 - BAMFest 2026** - more info to come
5. **Nov 21-22 - PSM/PNA Short Course Meter Champs** - more info to come

"An Excellent Open Water Clinic"



TWIM Booster Club, in partnership with **Amy Heape's Open Water Coaching**, held an amazing open water swim clinic! The clinic was targeted at beginning open water swimmers, and at those hoping to improve their open water swimming skills. The format was open water swimming skills, taught in the safety of a pool environment. Follow-up to the clinic includes an individual (or small group) discounted open water session with coach Amy later this season.

This clinic was so successful, that we plan to offer it again, next year! With this in mind, **we hope you will fill out a short survey**, so that we can tune the next clinic to appeal to a greater number of people.

Read about the recent clinic here – and be sure to scroll through the many fun photos! [Dive In: Recapping the Open Water Swim Clinic with Coach Amy Heape](#)

Please fill out the short survey [HERE](#).

Update on Evergreen Pool

Help keep Evergreen Pool open! More information and the petition can be found [HERE](#).

[RAAFT.org](#), a non-profit organization has been formed with the intention of re-opening the Evergreen pool in the Fall. We are backed by an umbrella organization, the [PARC Foundation of Thurston County](#). We are working to fundraise enough to pay for needed repairs to the pool, along with the start-up costs to restart programming an open swim. We believe our start-up costs will be around \$90,000. Which, compared to the cost of building a pool, is a pretty good price! By fall of 2026 we hope to start hosting meets at the Evergreen pool, along with lessons, open swim, water polo, underwater hockey, kayak groups, and more!

You can contact Henry Valz at henryvalz@gmail.com for more information, or the organization at president@raaft.org. We are now working on building partnerships within the Thurston County community, as well as throughout Western Washington!

Please visit [RAAFT.org](https://raaft.org) for more information, and if you're interested in making a donation, we would very much appreciate that, too!

Henry Valz
Washington State Senior Games Commissioner
RAAFT.org
Olympia High School Swim and Dive Head Coach

Openlane - Free Tool

Are you a Masters swimmer who likes having a goal time to chase, a new event to try, or a way to discover swimmers beyond your own results page? Developed by our own PNW swimmers [Jennifer Tran of ORCA](#) and [Yawei Hao of Mercer Island Redwoods](#), [Openlane](#) is a free tool that helps USMS swimmers get more out of their swim performance and meet results.

[Openlane](#) features two time-standard charts, including [2026 USMS Motivational Times](#) based on National Qualifying Times and [2026 Percentile-based Motivational Times](#) based on season-best times across the country. It also includes Race Quest, a gamified challenge to swim every official event; Featured Swimmers, highlighting local and national Masters athletes; and Analytics Insights, a personalized dashboard with personal bests, meet summaries, event trends, and Olympic Time Machine comparisons. Check them out [HERE!](#)



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