

CONTENTS

- 1—President's message
- 2—PNA calendar
- 2—New swimmers
- 4—Swimmer Spotlight
- 7—Meet survey results
- 8—Board meeting highlights
- 9—COVID-19 rules
- 9—Postal results



## President's Message

By Linda Chapman, PNA President

Greetings and happy spring to all! A season of transition, spring often nudges us to new starts and a shift in focus from inside to outside. Transition is a spring feature in PNA as well.

You might have noticed the name on this column is different from the one it has been for the past four years. Outgoing PNA President Sally Dillon has ably guided PNA through the last four years and we all owe her our thanks. Sally has decades-long history with USMS (not hyperbole: **Sally's been involved in Masters Swimming since 1972!**).

That gave PNA a leader who knew her way around and how to get things done. Take a peek at [Sally's USMS page](#) – the list of her contributions is amazing! Thank you Sally!



During the recent PNA Elections, the following PNA Board positions were elected. (Everyone was unopposed; that definitely keeps down the drama!)

President: Linda Chapman  
Vice President: Kathy Casey  
Secretary: Steve Peterson

Treasurer: Lucianne Pugh  
At-Large Director: Todd Doherty  
At-Large Director: Dick Green

They, along with an excellent group of appointed leaders (more on them in another issue), **make up the PNA Leadership Group. There's always more to do, so if you have the urge to contribute (we're a friendly bunch), drop me an email ([chapman\\_family@comcast.net](mailto:chapman_family@comcast.net)) and we'll set about exploring options.**

I want to recognize two outgoing PNA Board members who have contributed much effort and heart to PNA. Arni Litt was most recently PNA Treasurer after many years as PNA Registrar (now called Membership Coordinator). Arni has been volunteering at the local and national level for about 20 years. Her knowledge and enthusiasm to do whatever needed to be done was

*(Continued on page 2)*

Follow PNA  
online!



# President's Message (cont)

(Continued from page 1)

MAY - JUN 2021 invaluable. She's also a scientist which is very cool. Thank you, Arni!

Jay Pearson is the outgoing PNA Secretary. During Jay's nearly four years of service he transitioned from a "regular" job to full-time coaching and writing. PNA benefitted from Jay's thoughtful opinions and deep knowledge of swimming, as well as his most excellent writing skills and sense of humor. (He would never have written that disaster of a run-on sentence as I just did.) Thank you, Jay. We look forward to seeing you at practices and meets in the years ahead.

Finally, I'd like to focus on something PNA and USMS did late last year to help PNA Club and Workout Groups stay solvent during COVID-19 pool closures. After USMS instituted grants of \$5 per swimmer (\$8 for 'Gold' Clubs), the PNA Board voted to grant an additional \$10/registered swimmer for PNA Clubs and Teams based on the same metrics USMS used for their grant. PNA also instituted a refund for the Club/Workout Group annual USMS registration fee. The result of both of those initiatives was PNA paid out grants of over \$7,000 to PNA Clubs and Workout Groups.

## PNA Calendar

### PNA POOL EVENTS:

6/19 - Give It a Shot, Snohomish, WA

### PNA OPEN WATER EVENTS:

6/19 - [Whidbey Island Adventure Swim](#),  
Langley, WA

8/14 - [Aly Fell Memorial Swim](#) Lake Padden,  
Bellingham, WA

9/25 - [Last Splash of Summer](#), Angle Lake  
Park, SeaTac, WA

### NON-PNA OPEN WATER EVENTS:

<http://say-yes-to-life-swims.com/>

5/27 - [Thursday Evening Stress Relief Series](#)

6/3 - [Thursday Evening Stress Relief Series](#)

6/27 - [Tubby Trout 5K](#)

7/17 - [The OctoChallenge 8K](#)

7/24 - [Make the Most of your Breast Stroke in the Open Water : Clinic and 1/2 mile swim](#)

7/31 - [Swim Defiance](#), Tacoma, WA

## Virtual Open Water Series

A Utah LMSC has organized an open water swim series with swims that can be completed "virtually" at venues of the swimmer's choosing. Participants will track their open water swims using the Swim.com app from 6/3/2021 through 9/1/2021. Rankings for the greatest open water distance will be shown in Swim.com leaderboards in real time and can be sorted by age group and gender.

Date range	distance (km)
6/3 to 6/9	5.0
6/10 to 6/16	3.0
6/17 to 6/23	1.5
6/24 to 6/30	3.0
7/1 to 7/7	5.0
7/8 to 7/14	3.0
7/15 to 7/21	1.5
7/22 to 7/28	3.0
7/29 to 8/4	5.0
8/5 to 8/11	3.0
8/12 to 8/18	1.5
8/19 to 8/25	3.0
8/26 to 9/1	5.0

For registration info, email event director Will Reeves at [will.reeves@slmasters.org](mailto:will.reeves@slmasters.org).



Discover the joy of open water swimming

Sign up for our newsletter  
for news of pop-up events.

## Registration is open for Say Yes to Life Swims events

Space is limited due to COVID restrictions, so register early. *All events are insured and supported by water safety personnel.*

Events include:

- Tubby Trout 5k June 27, 9 am
- The OctoChallenge 8K July 17, 9 am
- Make the Most of Your Breast Stroke in Open Water clinic & 1/2 mile swim, July 24, 9 am

## PNA Open Water Events for 2021

Four PNA open water events have been scheduled for 2021, but because of the on-going uncertainty surrounding COVID-19, all dates should be considered tentative at this time.

All of these swims will be subject to state and local guidelines as well as recommendations from USMS. The number of participants may be limited and procedures for conducting the events could be significantly different from those in the past. In any case, the priority will be maintaining a safe environment for swimmers. Organizers are hopeful that restrictions will loosen as the year progresses and everyone can get back to events that are relatively normal.

Here is the schedule as it stands now. Watch the [PNA website](#) and [Facebook page](#) for updates..

[Whidbey Adventure swim](#) - June 19  
(WAS entry information is included in this newsletter.)  
[Swim Defiance](#) - July 31

[Aly Fell Memorial](#) - August 14  
[Last Splash of Summer](#) - September 25  
[Fat Salmon](#) – No date set; possibly virtual event

SAVE THESE DATES IN 2021		
BLUEWAVE-AQUATICS.COM/COMPETITION.ASPX		
JULY 31	SEPTEMBER 25	JUNE 20-SEPTEMBER 22
EVENTS HOSTED BY BlueWave AQUATICS AND SPONSORED BY ashley house		

# Swimmer Spotlight

## Have Taco, Will Travel

An interview with Brad Jones  
With Tom Walker of TWIM

Is Brad Jones a great swimmer? If you've ever watched him cut gracefully down many a championship lane, executing each stroke to perfection as he flies along ever so effortlessly like an aquatic Zen magician, you're probably going to answer yes. Or he'll have to do until Great comes along...

Is Brad Jones a Top 10 USMS Swimmer? The answer is, "Indubitably!" in several different easy events, like the 400 IM, the 100 Fly, and the 200 Fly. Piece of cake, right? For most, these events are a death sentence, but for our fair-haired boy of the north, they're like ringing a bell.

Yet perhaps Mr. Jones's greatest fame stems from his legendary love of tacos. (More on this as our saga unfolds.)

By the way, Brad is one of the funniest individuals you'll ever meet, and it is all part of that irrepressible and one might say impish spirit which enlivens that contagious grin of his and lets you know that laughter will shortly follow.

And it all ties in so beautifully with the hilarity and almost ecstatic jocularity that we share on deck at meets, at Nationals, at breakfasts, at hotels, at motels, at restaurants, at whispered pre-race prayers, at post-race confessions, at wild, all-night parties...well, you get the idea! It's what we Masters swimmers do every now and then. After all, we are fun-loving creatures, aren't we?

You know, this beautiful friendship and joy and camaraderie that is so central to all of us who swim together under the noble USMS banner...

Yet all levity aside, Mr. Jones comes to play, both in the pool and in life itself, and conducts himself like a Champion. He is all in: In passion, in commitment, and in an unquenchable determination to succeed. He knows what it takes because he has done it, and he'll probably be doing it again very soon at a theater near you.

Masters Swimming, when all is said and done, is about Heart, and this guy's got one in spades. Indeed, there is a place inside all of us, a source from which greatness perpetually emanates. It is the force that gets up to the blocks, that gives us the courage to be fully alive in that moment, to dive in and swim like there's no tomorrow, to sprint that last 25, to give it our all with every cell in our being.

That is the very spirit that flows through us as Masters swimmers and I think it is the spirit that lives in Brad's heart.

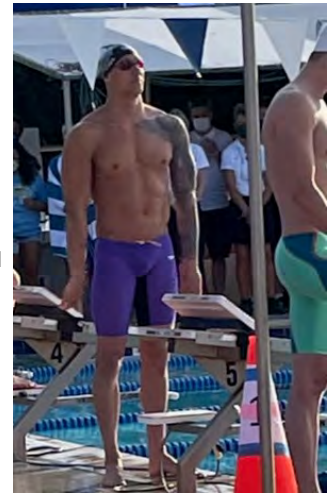
TW: Why do they call you Brad Bobby?

BJ: Brad Bobby is my West Virginia name. If you have seen the movie "Deliverance" you will understand.

TW: So go back to the beginning. When did it all start for you, swimming, that is?

BJ: Well COB, I started swimming in Potomac, Maryland at the ripe old age of seven. Summer league swimming is

(Continued on page 5)



## Swimmer Spotlight (cont)

*(Continued from page 4)*

huge back in Montgomery County, Maryland. There is nothing like it in the Pacific Northwest. From there, I started swimming for one of the biggest club teams in the country (Curl Swim Club, which is now Nation's Capital Swim Club). Club swimming is where I really learned to love the sport of swimming.

TW: What is the timeline of your aquatic journey from the beginning until now?

BJ: I swam with the Curl Swim Club in the D.C. area all the way through high school. In Maryland, unlike here in the Pacific Northwest, it is very easy for a club swimmer with big goals to swim for their high school and not sacrifice their long-term goals. I swam for my high school **all four years, which was really fun! (I wish that was the case here in the Pacific Northwest... don't get me started!)**

**I'll never forget getting my first Junior Nationals cut at the Naval Academy during a big meet there. I went to three different Junior National meets during my high school years. After high school I received a scholarship to swim at James Madison University. I had a great Freshman year at JMU, but I wanted to do more with swimming so I transferred to Penn State University. Transferring was definitely the right move for me. I was so happy with both the academics and the swim program at Penn State.**

After college, I hung up the Speedo for roughly 25 years. I enjoyed skiing, yoga, kettlebells, running, and other forms of strength training. I started coaching with the Bellingham Bay Swim Team in 2010; it was great to be around the pool again. Slowly, and with a lot of pushing and nudging, I became interested in Masters Swimming. When I turned 50, I swam in my first Masters meet, SCY Nationals in Greensboro – I was hooked! I had my ass handed to me in the pool, but I met so many amazing people like yourself! AND there was a beer garden at the meet!

TW: What inspired you to swim and who were your early mentors?

BJ: **I loved swimming from the start. I've always loved the process of a training cycle or season. I love training, having a goal, connecting the dots on how to get to that goal.** I had plenty of failures during my early swimming years, but those always made me want it more. I played baseball and lacrosse in Maryland, but nothing stoked my fire like swimming. The mentors I had were all on my team, my training partners. At Curl Swim Club we had so many fast swimmers, I was in the middle of the pack at best. I always looked up to my teammates at Curl Swim Club.

TW: How and when did you become involved in Masters swimming?

BJ: I started Masters on my 50th birthday. In 2003, I was diagnosed with an Acoustic Neuroma, a small tumor at my brain stem. I had the tumor radiated, which killed the tumor, but wiped out my hearing on one side and created some balance issues. I tried to swim laps many times during my recovery, but I would get really dizzy and have to stop. Finally, I decided that I was going to work through the dizziness, because I really wanted to swim. It took months, and a lot of patience, but **I'm now able to swim a full Masters practice without any major issues. I usually get pretty dizzy for the first 200 yards, but then it goes away. I've got a great group of folks I enjoy swimming with up here in Bellingham. I'm the only one that likes to go to meets, though. I'm grateful to all my TWIM teammates who keep me motivated to go to meets.**

TW: What is it about it that draws you in?

BJ: **The people I've met through Masters swimming have been a big draw for me. I will always love the water and the process of training for an event. I do my best when there is an event on the calendar that I'm training for. When there is an event coming up, I'm much more likely to be consistent with my training and focus. No event on the calendar, and you will**

*(Continued on page 6)*



## Swimmer Spotlight (cont)

(Continued from page 5)

find me on the bottom of the pool blowing ring bubbles. I've been doing a lot of that lately.

TW: You've been highly successful as a USMS competitor. What are some of the individual races you're proudest of, and why?

BJ: I've been lucky enough to be on some really fast relays with PSM; those are definitely the highlight for me. My two favorite relay swims are 1) 2016 LCM 400 Medley relay at Colman Pool with Carl Haynie, Dan Phillips, Kirk Nelson and myself. I'm pretty sure we logged one of the top times in the world. And 2) a 2017 SCM 400 Medley relay with Carl Haynie, Dan Phillips, Rick Colella, and myself. This one ranked really high in the world also.



TW: You do indeed swim the 400 IM and the 100 Fly, to name a few. The same question remains: Why?

BJ: **400 IM, 200 Fly, and 100 Fly are some of my favorite Masters events.** I've always believed that it is important and valuable to do something that sucks every day. Training for and swimming those events can really suck, but the payoff is totally worth it. I love the feeling of accomplishment after swimming/surviving those events.

TW: What inspires you to keep swimming and how does it inform your life as a whole?

BJ: Swimming is part of my identity. Being in the water makes me happy, whether it is a pool or open water. I love trying to find ways to be one with the water and not to fight it – **this helps me in life. When I find that I'm flailing, and efforting too much in the water or in life, I love slowing down, being present, and trying to figure out the puzzle...** whatever that might be.

TW: What are your goals as a competitor and as a swimmer at this point?

BJ: **World Domination! (Just kidding.) I want to keep swimming and keep having fun.** I'd love to go to the World Championships some year and see what that is all about.

TW: What has this whole COVID-19 experience meant for you as a swimmer?

BJ: As a swimmer, COVID-19 has been rough. I've learned to be more adaptable, to pivot quickly, and make the most of what I have. I've been doing a lot more strength training these days. My swimming has been much more about trying to maintain a feel for the water than trying to train for something. My son and I have been taking short swims in the 42-degree bay once per week and I'm learning to love the cold water!

TW: Tell us a bit about your coaching career with the young folks up north.

BJ: I've been coaching with the Bellingham Bay Swim Team for about 11 years now. I work with the high school kids on the team, which I love. I love challenging kids and watching them grow and reach their goals. Swimming has given me so much; I love being able to give back a bit. The high school kids also teach me a lot of the modern lingo, which can be dangerous.

TW: Your love of tacos is legendary in the aquatic world. Tell us about that and how it all started. This is a serious question and deserves a serious answer.

BJ: **This question can't be serious! Who doesn't love tacos?! I have gone weeks of eating nothing but tacos,** breakfast, lunch, and dinner. EVERYDAY is Taco Tuesday!

# Interested in a swim meet?

## Participation Survey Results

By Sarah Welch

The Puget Sound Masters Board, (led by Dan Phillips) began contemplating a summer meet in early April. Plus, USMS was tentatively planning to host SCY Nationals in Greensboro in late July. In addition, some members expressed an interest in participating if PSM wanted to offer members a meet. Since we have so many workout groups still unable to resume regular practice, the PSM Board wanted to obtain your feedback in order to gauge interest. PSM reached out to Snohomish Aquatic Center and learned that their pool had availability for Sunday, June 6th, all day.

In light of these considerations, the PSM Board polled the current membership to see if they were ready for a meet. Of our 1,000+ members, 190 responded.

The survey offered some planning details for the meet: two sessions of 40 swimmers each (for social distancing purposes), one timer per lane, facility access limited to swimmers with social distancing in the stands, masking except during events, limited/assigned warm up lanes (four per lane) and other precautions. Of the survey respondents, 85 replied either "I wouldn't miss it" or "Likely to attend."



With volunteers being critical to running the meet, especially under current safety requirements, the survey asked for interest in volunteering; 71 members offered to volunteer to help run the meet as part of their survey responses. Some offered to volunteer for the session they do not swim while others want to volunteer so their colleagues can have the experience of the meet. Some respondents volunteered friends.

The survey elicited a wide range of comments. Some members expressed interest in helping get groups back in the water rather than hosting a meet and others disagreed with the idea of holding a meet due to health concerns.

The Board concluded that, with the number of interested members, the overwhelming volunteer interest, the comprehensive safety guidelines from USMS and Washington state, and the availability of the Snohomish Aquatic Center on June 6, they would proceed to develop a safety plan and pursue a meet sanction. The meet name? "Give it a Shot."

Stay tuned for a meet announcement for June 6th at Snohomish Aquatic Center!

July-August 2008 • The WetSet •



55+ Women's 200 Mixed Free Relay at Nationals (from left:) Jean Blackburn, Andra Jaunzeme, Kathy Casey and Sally Dillon

## Looking back in The WetSet

July 2008

October 2008



World record 200 M Women's Free Relay (240-279), from left: Sarah Welch, Suzanne Dills, Sally Dillon and Debbie Glassman

# Board Meeting Highlights

March 7, 2021 (via Zoom):

- A new PNA logo designed by Mary Ann White was approved
- Two Open Water events were approved – Swim Defiance on July 31 and Last Splash of Summer on September 25; Fat Salmon will likely not happen in 2021
- A ballot was emailed to all PNA members to vote on the open Board positions. The deadline to nominate was March 31 and the election closes on April 30
- Total Assets as of Feb 28 were \$70,691,57 (including \$12,370.79 in checking and \$58,306.02 in savings); \$25,000 of the savings balance is considered reserves
- Total income was \$12,430.95
- The membership count as of January 10 was 920 swimmers (507 women, 453 men)
- Jake Ni was introduced as the new Social Media board member and presented his vision for a more professional social media presence for PNA
- **The Board approved Matt Miller to move PNA's website to WordPress**
- Susan Pappalardo from SPLASHForward presented an inside look at what is going on in the efforts to bring a new pool to the Eastside (most likely in Bellevue)

This was Sally Dillon's, Arni Litt's, and Jay Pearson's final meeting as PNA President, Treasurer, and Secretary, respectively. Many thanks for their years of service!



PNA Voting Board Members  
 President – Linda Chapman  
 Past President – Sally Dillon  
 Vice President – Kathy Casey  
 Secretary – Steve Peterson  
 Treasurer – Lucianne Pugh  
 At-Large Director – Todd Doherty  
 At-Large Director – Dick Green  
 Bylaws – Hugh Moore  
 Meets – Linda Chapman  
 Membership – Stephanie Hiebert  
 Open Water – Jim Davidson  
 Appointed Director – Bob DeWard  
 Appointed Director – Jane Moore  
 Club Director – Kim Boggs  
 Club Director – Doug Jelen  
 Club/Coach Coordinator – Steve Peterson

Coordinators/  
 Standing Committees  
 Awards – Kerry Ness  
 Coaches – Kathleen Brooks  
 Fitness/Clinics – Wade Praeger  
 Newsletter – Lucianne Pugh  
 Officiating – David Baer  
 Postal – Sally Dillon  
 Records/Top Ten – Doug Jelen  
 Social Media – Jake Ni  
 Webmaster – Steve Peterson

## Bernardo's All-Stars in the news!

Bernardo's All-Stars coaches Chad Hagedorn and Diana Hermanson and their group of about 150 swimmers were recently featured in the Tacoma Weekly News.

Click [this link](#) to read the story.

**TACOMA WEEKLY**  
 NEWS



# Is Your Pool Open Yet?

Washington State COVID-19 Rules for Teams  
 By Linda Chapman

**Not all PNA groups are back in the water yet. Often, it is because the facility operator hasn't taken advantage of** implementing the steps needed to reopen the pool (at least to swim teams). The State Dept of Health has determined that swim teams can hold safe practices (even indoors!) with at least four people per lane, if certain COVID-19 protocols are followed.

The WA State Dept of Health has two publications (updated March 22, 2021) that spell out the conditions for pools to reopen. Competitive teams (like USMS Clubs and Workout Groups) have a special carve-out which results in the ability to have four swimmers per lane in Phases 1 and 2, and more than four per lane in Phase 3. Currently, all counties in the PNA geographic area are in Phase 3 except Pierce County.

The first publication, [COVID-19 Prevention Guidance and Reopening of Water Recreation Facilities in Phases](#), details the specific requirements for competitive swim teams for each phase as well as general guidelines that apply to all water facilities in all phases. In the publication, pages 1–5 have the general requirements which apply to all facilities at all times. **Starting on page 8 are the guidelines for Phase 3. Page 9 has a section labeled “exception for competitive pools” which includes an equation to calculate the allowable number of swimmers and spectators at a swim meet at a competitive pool in Phase 3.**

The second publication, [Water Recreation Facility Occupancy Supplemental Guidance](#), provides additional info for creating the facility plan.

The CDC has determined that properly chlorinated pool water kills the SARS-CoV-2 virus ([USMS summary here](#)). [Swim England recently confirmed](#) that swimming pool water inactivates the virus in 30 seconds.



If your pool operator thinks they are prevented from reopening to swim teams, you might want to try working with them to implement the measures dictated by the WA State Dept of Health and get your pool open (at least to swim teams). It might not be easy, but your reward will be getting your pool time back.

## USMS Postal Swim News

By Sally Dillon

Six Puget Sound Masters swimmers managed to find a full hour of pool time so they could participate in the 2021 U.S. Masters Swimming 1-Hour ePostal National Championship! This year the event was contested over three months (January through March). In spite of the extra time, entry numbers were still below the norm. No doubt many swimmers across the country are still struggling to get **adequate pool time. The event requires an “undisturbed hour” to compete plus a bit of time before and after to warm up and down.**

Congratulations to the following:

Chad Hagedorn	(49)	5 <sup>th</sup>	4375 yds
Lars Durban	(64)	3 <sup>rd</sup>	4685 yds
David Tempest	(71)	8 <sup>th</sup>	4010 yds
Mary Armstrong	(54)	7 <sup>th</sup>	4415 yds
Wendy Polidori	(52)	15 <sup>th</sup>	4135 yds
Kristen Curry	(56)	21 <sup>st</sup>	3950 yds

2021 Whidbey Adventure Swim – 1.2- and 2.4-mile Events  
Saturday, June 19, 2021, 11 am  
Hosted By South Whidbey Island Masters (SWIM)  
Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc.

Event: 1.2 and 2.4-mile open water swim along the shores of Langley, Washington in the waters of Saratoga Passage in Puget Sound. Both events will start in the water and finish on the beach. Swimmers will self-seed with faster swimmers to the front. **\*\*WETSUITS ARE REQUIRED. WATER TEMPERATURE IS EXPECTED TO BE 55 DEGREES OR BELOW\*\***

COVID Measures for 2021: 50 swimmer maximum. State, county, and city COVID regulations will apply. Masks must be worn at all times. Swimmers must live within a 100-mile radius of Langley, WA.

SCHEDULE for June 19th, 2021: Seawall Park – Langley  
8:15-10:30am - Pre-Race Check-in by groups; swimmers will be sent their check-in time via a pre-race email. Check-in stations will include COVID screening, registration & cap pick-up, arm marking, and mandatory safety meeting/Q&A in small groups.  
11 am - Estimated start time for 2.4 swimmers; 1.2 milers shortly after.

Eligibility: 18 years of age or older as of June 19, 2021; USMS or foreign registration for 2021 or \$15 One-Event USMS Registration fee.\*

Entry Fee and Deadline: Advance registration (ends 6/7/21): \$60.00, either distance (USD/CND). Online entry only. There will be NO late or day-of registration.

Online entry: Click [HERE](#).

Rules: Current USMS rules will govern the event. Neoprene wetsuits are required.

Safety: Lifeguards, kayaks, and safety boats will monitor the entire race course. Swimmers must wear the swim cap provided and their race number on their hand. Swimmers **MUST** attend the pre-race meeting in order to compete.

Time limit for 1.2-mile swim is 60 minutes; 2.4-mile swim is 1:45 minutes.

Results: Results will be posted after completion of the final event and will be available at our website [www.whidbeyadventureswim.org](http://www.whidbeyadventureswim.org).

Additional Info: Visit [www.whidbeyadventureswim.org](http://www.whidbeyadventureswim.org) for more details, or contact Race Director at [racedirector@whidbeyadventureswim.org](mailto:racedirector@whidbeyadventureswim.org).

*\*USMS, Canadian, or foreign Masters Registration is required. Those without current Masters registration must pay the \$15 One-Event USMS entry fee.*



2021 Whidbey Adventure Swim – 1.2- and 2.4-mile Events  
Saturday, June 19, 2021, 11 am  
Hosted By South Whidbey Island Masters (SWIM)  
Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc.

REGISTRATION FORM

Complete the following form and USMS Liability Waiver.

Name: \_\_\_\_\_ \*USMS#: \_\_\_\_\_ - \_\_\_\_\_  
Street: \_\_\_\_\_ Birth(mm/dd/yy) \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Event choice (circle): 1.2 mile 2.4 mile

Gender (circle) M F

Fee Calculation:

Entry Fee

1.2 mile: \$60.00

2.4 mile: \$60.00

One-Event USMS fee (\$15) \_\_\_\_\_

Total Fees \_\_\_\_\_

\*\*All entries must include a signed and dated participant waiver, found on the following page.





# PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	