



Third Annual Bellevue Club Meet Attracts Biggest Crowd Ever

The third annual Bellevue Club Meet attracted a whopping 182 swimmers, the largest turnout so far. "The 25-meter pool was deep and cool, the perfect combination for fast swims," says PNA vice president Steve Peterson (Old Olympic Peninsula Swimmers).

At the meet several local and zone records were set. In addition, two world records were established. Gary Chase (Bainbridge Area Masters) lowered the mark to 2:46.56 in the 200 meter Backstroke (65-69 age group) while Susanne Simpson (Spokane/Inland Northwest) shaved three seconds off the existing world record with a blazing

2:29.32 in the 200 Fly (45-49 age group).

This year's meet added two new events: a 100 IM and an 800 free that replaced last year's 1,500 free.

As in the past, participants praised the venue. "Everyone I spoke with agreed that the Bellevue Club is a world-class facility with world-class hospitality," says Steve.

PNA not only benefits from the club membership's willingness to share its facility but from the efforts of aquatics coach Cory Hilderbrand and his staff in putting on this meet. PNA thanks the Bellevue Club Swim Team members and parents and the PNS Officials who volunteered their time. (See photos on page 4.)

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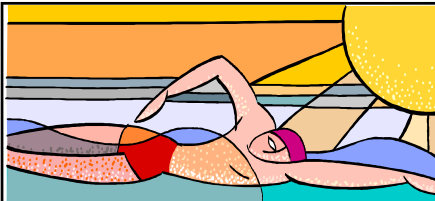


Sarah Welch (SSEA) and Carolyn Behse (BC) running the officials' food supply table

Wanted PNA Webmaster



For details, please see the article on page 6.



WET SET

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Editor

Paul Freeman (206) 283-3802
515 West Raye St.
Seattle WA 98119
pwriter@blarg.net

PNA Officers

President

Jeanne Ensign
511 East Roy Street #314
Seattle WA 98102
(206) 324-1354
jeanne@raincity.com

Vice President

Steve Peterson (360) 692-1669
speterson@bandwagon.net

Treasurer

Sarah Welch (206) 723-1814
sarahwelch@comcast.net

Secretary

Hugh Moore (253) 759-4956
swimmoore@comcast.net

Board Members at-Large

Kathy Casey (253) 588-4879
Tom Foley (206) 937-5585
Jerry Plunkett (425) 861-9451

PNA Volunteers

Registrar

Arni Litt (206) 323-4712
1920 10th Ave E
Seattle WA 98102-4253
arni@qwest.net

Awards: Ellen Cullom

Coaches: Barb Gundred

Constitution & Bylaws: Jane Moore

Fitness: Jo Moore

Historian: Tom Foley

Meets: Lee Carlson

Records/Top Ten: Walt Reid

Officiating: Kathy Casey/Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Jim Williams

Talking with my lane mates about a workout set or with my coach about a part of my stroke keeps me interested and engaged in swimming. Reading a book about swimming, although dry, sparks my interest on an entirely different level. I'd like to share with you some of my favorite books about swimming and swimmers. These books celebrate everything from Olympic victories to marathon swimming, and range from how-to books to fiction, essays and poetry.

Mel Goldstein and Dave Tanner's "Swimming Past 50" (Human Kinetics 1999) has both in-pool and dry-land training programs, and offers insights and training programs for those of us who have aged up to that five decade milestone. The authors cover the basics of a swim program, including how to set up your own program with realistic goals that enable you to reach your target fitness level, improve performance and increase your enjoyment of swimming. In addition, the authors share real-life stories and sample workouts of Masters swimmers.

"Open Water Swimming, A Complete Guide for Distance Swimmers and Triathletes," by Penny Lee Dean (Human Kinetics 1998) covers every aspect of open water swimming for the beginner. It also covers the subtle nuances of faster and more efficient swimming for the experienced swimmer. Penny, an accomplished swimmer and record holder, provides conditioning plans, event profiles and mental training techniques. Her book is filled with open water swims and races for a motivational and historical perspective, as well as profiles of

LEADING OFF



By Jeanne Ensign,
PNA
President

some of the best and most courageous open water swimmers and triathletes.

Conrad Wenneberg's "Wind, Waves, and Sunburn, A Brief History of Marathon Swimming" (Breakaway Books 1974) is a fascinating compilation of the great swims and the immortals of the sport. This book chronicles a hundred years of marathon swimming, starting with Matthew Webb's first successful swim across the English Channel in 1875. It profiles the courage, fortitude and self-discipline of swimmers who are immersed in chilling water for ten, 20 or more hours at a time. Wenneberg cites the Straits of Juan de Fuca as one of the two toughest swims in the world.

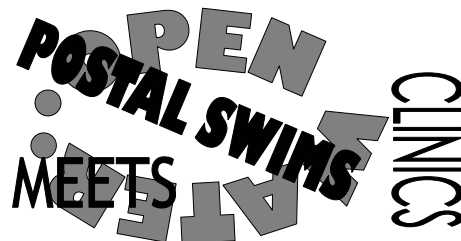
In "Dover Solo, Swimming the English Channel" (MMJ Press 1999) Marcia Cleveland notes that more people have been in outer space than have swum the Channel. Yet her calm and straightforward presentation about the process, preparation and training make the feat seem doable for any of us.

(Continued on page 7)

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



MASTERS 2005 CALENDAR



*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events. PNA events, including PNA Board meetings, are listed in **bold**.*

January 1 to December 31, 2005

Fitness Check-Off Challenge

Mission: I.M. Possible

Hugh Moore

swimmoore@comcast.net

For forms see <http://www.usms.org/fitness/finessevents.shtml>

March 22, 2005

PNA Board Meeting

Federal Way, Borders Books

7:00 p.m.

Contact Hugh Moore for

directions: (253) 588-4879

swimmoore@comcast.net

April 8, 9 and 10, 2005

2005 Long Course Provincial

Championships

Nanaimo, BC

Meet Manager: Stephen Ricketts

(250) 751-150

stephengayler@shaw.ca

April 9-10, 2005

SCY NW Zone and PNA Champs

WKCAC

Federal Way, WA

See pages 8-9 for entry form.

April 26, 2005

PNA Board Meeting

Seattle Parks & Recreation

7:00 p.m.

May 15 to September 30, 2005

2005 USMS 5 & 10K Postal

Championships

Christine Swanson

(813) 254-4514 (phone or fax)

ctswanson@yahoo.com

Livia Zien

(727) 821-8113

livia.zien@att.net

May 19 to May 22, 2005

USMS Short Course Nationals

Ft. Lauderdale, FL

Stu Marvin

(954) 828-4580

smarvin@fortlauderdale.gov

April 26, 2005

PNA Board Meeting

Edmonds

7:00 p.m.

July 16

Fat Salmon OW

July 22 to July 31, 2005

World Masters Games

Edmonton, Alberta, Canada

SCM; www.2005worldmasters.com

July 29, 2005

2005 USMS 1-Mile Open Water

National Championships - Elk Lake

Bend, OR

Bob Bruce, 61200 Parrell Rd.

Bend, OR 97702

(541) 317-4851

bobbruce13@attglobal.net

Pam Himstreet

(541) 385-7770

himstreet@bendnet.com;

Sanctioned by OR LMSC

August 7, 2005

2005 USMS 5-Mi Open Water

National Championships-La Jolla

Bay, San Diego, CA

OW; David Lamott, 2425 Palermo

Dr, San Diego, CA 92106

(619) 222-3436

JLamott@pacbell.net

Steve Dockstader

stevedocks@san.rr.com;

Sanctioned by SD LMSC

August 11 to August 15, 2005

2005 LCM National Championships

Mission Viejo, CA

Mark Moore, 25108-B Marguerite

Pkwy #319, Mission Viejo, CA

92692

(949) 233-6521

coachmark@mastersmvnswim.org;

www.mastersmvnswim.org;

Sanctioned by SP LMSC

Web Guide

Check out these sites on the Internet for information on Masters swimming, news, events, workouts and more from throughout the Northwest!

PNA Masters Swimming
US Masters Swimming
USMS Northwest Zone
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

www.swimpna.org
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

Bellevue Club Short Course Meters Meet February 20, 2005



(From left) PNA President Jeanne Ensign (GLAD); Scott Lautman (FWM); Susanne Simpson (Spokane/Inland Northwest), who set a new world record in the 200 Fly; and Sue Dills (Spokane/Inland Northwest)



Perennial Animal Tom Foley (TIG) smiling after surviving another 400 IM

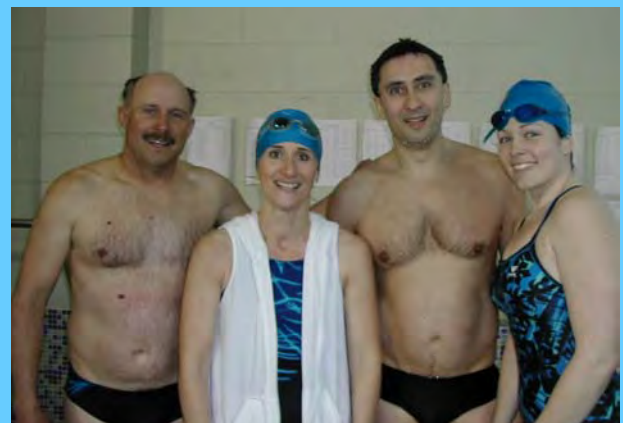
Photos by Steve Peterson and Tom Foley



Kerry Ness (SVY) showing the latest approved Masters "warm-down" technique



Jeff Dixon (SAMM) with his wife Jill and their two children



(From left) Lynnwood Sharks 200 Meter Mixed Medley Team: Gene Reese, Suzanne Way, Dale Cary and Taylor Holmes

Masters Coach Profile

GLAD Head Coach Lisa Wilson Leads a Busy Life

Lisa Wilson, head coach of the Green Lake Aqua Ducks (GLAD), is a busy lady. Besides coaching GLAD, she teaches an arthritis hydrotherapy class in Shoreline, co-owns a swimsuit business and is a craniosacral therapist. Plus, she has a 15-year-old son and is getting married next month.

Lisa has coached GLAD, which meets Mondays to Fridays from 5:00 a.m. to 6:00 a.m. at Seattle's Green Lake Pool, for a year. What makes this coaching job so enjoyable, she says, is the GLAD swimmers. "They're dedicated enough to come back every morning at five o'clock and sacrifice their sleep time to better themselves."

Dawgs Swimmer

Born and raised in North Seattle, Lisa started swimming competitively at the tender age of four. She attended Shorecrest High School, then went on a swimming scholarship to the University of Washington where she swam the 100, 200 and 400 IM as well as distance freestyle. She graduated in 1983 with a bachelor's degree in psychology.

After college, Lisa moved to Ohio, where she managed pools and health clubs and ran a Masters team. Two year later, she returned to the Puget Sound area and for the next 19 years was the aquatics

director at the Harbor Square Athletic Club in Edmonds. At the club she organized and coached a Masters team.

Fun Suits

The swimsuit business that Lisa co-owns with a friend, Mary Lippold, is called Fun Suits. It's an apt name for the brightly colored, tropical-patterned girls' and women's suits Lisa sells. Some local high school and age group teams as well as one PNA team, the North End Otters, have adopted the suits as their team suits.

Besides operating Fun Suits out of her home, Lisa also has a home office for her craniosacral therapy practice. Trained at Bastyr University, Lisa describes the therapy as "fascia work" that helps people release scar tissue and adhesions. "My goal is to take this therapy into the water and help people there," she says.

Hawaiian Nuptials

Despite a busy schedule, which includes planning her wedding to Mike Pace next month in Hawaii and parenting her 15-year-old son Joe, a freshman at Shorewood High School and like his mother a swimmer, Lisa still finds time to work out with friends at lunch time at the Shoreline Pool and to compete in Masters meets. "In the past eight years, I've only missed one Nationals," she proudly says.



(From Left) Julie Weaver and Lisa Wilson

GLAD Assistant Coach Julie Weaver a Student Again

Pretty soon Julie Weaver, assistant coach of the Green Lake Aqua Ducks (GLAD), will be burning the candle at both ends. Not because Julie will be partying. But because she's going back to school in the evening while rising bright and early three mornings a week for her GLAD coaching duties at Seattle's Green Lake Pool.

This schedule doesn't seem to faze Julie, however, who says she's having a great time coaching GLAD, which she's been doing for the past year. "I love it," she says.

Swimming at Four

Julie, who grew in Avon Lake, a Cleveland suburb, started swimming when she was four.

She attended Avon Lake High School, where she was on the school's swim team and for all four years was team MVP. She then went to the University of Toledo. There she swam on the swim team for two years, specializing in the 100 and 200 backstroke.

From Ohio to Washington

After completing a little more than two years of college, Julie moved to Washington in 2004. "I thought it would be more fun to live here," she says. Plus, she wants a career in TV broadcasting and felt Washington would offer her more career opportunities than Ohio.

Julie had another reason for moving. When the University of Toledo dropped its men's swim team, Julie's fiancé, Lorant Divald, who was on the team, decided to transfer to the University of Washington so he could continue his college swimming. Moving to Wash-

(Continued on page 6)

(Continued from page 5)

Julie Weaver

ington meant Julie didn't have to carry on a long-distance romance. (Julie and Lorant will marry next month.)

Beginning with the upcoming spring quarter, Julie will be attending the University of Washington. In about two years she should have a degree in communications.

Julie's coaching duties call for her to be on the deck two weekday mornings a week, from 5:00 a.m. to 6:00 a.m., and on Saturday from 7:00 a.m. to 8:30 a.m. Despite the added burden of school, she's looking forward to continuing as GLAD's assistant coach and to working out a few days a week with her GLAD swimmers.

PNA Looking for New Webmaster

Our PNA website guru, Jim Williams, is moving on to other activities, so PNA is looking for a new volunteer. The job involves maintaining and updating the PNA website (www.swimpna.org). On the site are our calendar, records, results, registration form, the newsletter, information about PNA, links, PNA teams and where to swim.

Jim upgraded the site to its present look and to make it easier to use. Thank you, Jim, for your efforts over the past three years.

If you are interested, contact Jeanne Ensign at jeanne@raincity.com. If you have questions about the technical nature of the work, contact Jim at atka@comcast.net.

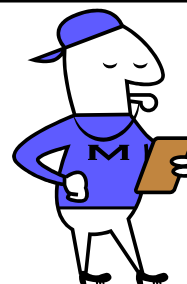
Time for You to Nominate PNA's "Coach of the Year"

Some coaches stand out from the crowd.

To recognize these individuals, PNA will give its second annual PNA Coach of the Year Award. The recipient will be honored at PNA Championships in April and receive a personal plaque. In addition, the recipient's name will be engraved on a permanent trophy.

A three-member committee will review the nominations. The selection criteria may include:

- Improvement or enhancement of an ongoing program or establishment of a new program
- Sustained service over a long period of time
- Contributions to PNA
- Commitment to PNA



- Willingness to share coaching skills and information
- Loyalty of team members
- Inspiration to others and coaching accomplishments.

To nominate someone, simply submit a completed nomination form, together with a letter of support explaining why you're nominating this person. **Nominations must be received by March 30, 2005.**

You can find a nomination form on the PNA website at www.swimpna.org. You also can have a copy mailed to you by contacting Jeanne Ensign, 511 E Roy St. #314, Seattle WA 98102. Jeanne's telephone number is (206) 324-1354, and her e-mail is jeanne@raincity.com.

Welcome New PNA Swimmers

- Ron Blair
- Ace Blair
- Lori Broznowski
- Timothy Carver
- Antony Clarke
- Connie Crane
- Phil Davis
- David Folweiler
- Alicia Francois
- Fawn Freeman
- Sandy Gates
- Meg Grimes
- Mitch Hungate
- Erin Hunter
- Brent Jones
- Riley Jones
- Beth Kobernik
- Jaime Krofta
- Chad Maglaque
- Bob Miller

- Bob Miller
- Chris Monson
- Jesse Nitz
- Tom Pierce
- Patricia Reifenstahl
- George Schmidt
- Julie Shryock
- Matthew Simms
- Norman Strickland
- Megan Sun McIntosh
- Brittany Trimmerger
- Tracie Tripple
- Stephanie Udd
- Steven P. Vela
- Scott White
- Todd Worthington





Call for Nominations 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). A long-time PNA member, Dawn inspired others and encouraged them to do their best. She was a gifted swimmer as well—check PNA's records for ages 60 to 74!—but speed is not a criterion for this award.

Nominations are open to all PNA members. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers



- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming.

You swim with someone who qualifies—compose a few paragraphs telling why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 9 and 10, at King County Aquatic Center in Federal Way. Send your nomination to:

Steve Peterson
(360) 692-1669
speterson@bandwagon.net
11165 Central Valley Rd NW
Poulsbo WA 98370-7014

Nominations must be received by March 30, 2005.

(Continued from page 2)

Leading Off

For many, the crowning glory of a swimming career is an Olympic gold medal. Follow the journey of an elite team of swimmers to the 2000 Olympic Games in "Gold in the Water" by P.H. Mullen (Thomas Dunn Books 2001). This book covers it all: the training, teamwork, rivalries, coaching and emotional turmoil that precedes the Games, right up to the climactic Olympics.

The United States sent 37 women to compete in the 1932 Olympics in Los Angeles, including seventeen swimmers. Back then it was not easy for a woman to be an athlete. Doris H. Pieroth creates a vivid portrait of these women in "Their Day in the Sun, Women of the 1932 Olympics" (University of Washington Press 1996). She tells the story of their varied paths to Los Angeles and recounts their Olympic summer. One of those Olympians was Helene Madison, who returned triumphantly to Seattle with three gold medals.

"Splash!" (The Ecco Press 1996) is a unique anthology of fiction, essays and poetry edited by Laurel Blossom. Drawing on an amazing array of material from diverse authors, the book covers everything from "exotic landscapes to the simple joy of the neighborhood pool, from myth and science fiction to the drama of competition." These writers use their imagination to reinvent on the page the experience we swimmers have in the water.

As I write this I realize I have way too many favorite books about swimming to include in one column. I never tire of reading about what inspires others, especially about swimming. So grab a book and curl up in your favorite chair with a cup of tea or stretch out on a beach blanket in the sun. Happy reading!

Join the August Swim Across Puget Sound

Ever wonder what it would be like to swim the 3.5 miles from Bainbridge Island to Alki Beach? Well, here's your chance. Puget Sound Crossing for Kids is sponsoring this swim on Saturday, August 13. Honorary chair and two-time Olympic Gold Medalist Megan Quann will lead the way.

This event is open to the first 250 qualified swimmers (over 18) with a pledge goal of \$2,500. The \$250 entry fee includes an Ironman Wetsuits full body Stealthsuit® (retail value \$450).

The money raised from the swim will go to Junior Achievement of Washington. If you can't participate in the swim, maybe you'd like to provide a watercraft or otherwise serve as a volunteer at the event.

For more information visit www.crossingforkids.org.



*Looking for meet results,
places to swim, past
newsletters or other
information about PNA?
Check out our Web site at
www.swimpna.org.*

**2005 NORTHWEST ZONE SHORT COURSE YARD CHAMPIONSHIPS
& STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET**

Hosted by Federal Way Masters

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 053603

DATE: **Saturday, April 9th and Sunday, April 10th, 2005**

TIMES: **Saturday, April 9th Warm-up: 11:00 – 11:50 AM, Meet starts: Noon**
Sunday, April 10th, Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM

PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,
Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Hilary Smith (253)661-6448 / dnhsmith@nwlink.com

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for all events except relays. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2005 USMS or MSC registered swimmers age 18 and above as of April 9th. Age groups will be based upon the swimmer's age as of April 9, 2005.

DIRECTIONS: From North or South Bound I-5 take exit 142 B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #BB) (Seeding slow to fast / Deck enter relays at the meet.)

Saturday, April 9th: Noon		Sunday, April 10th 9 AM	
1	400 Individual Medley	17	500 Freestyle
2	50 Breaststroke	18	100 Backstroke
3	100 Butterfly	19	50 Freestyle
4	200 Freestyle	20	200 Breaststroke
5/6	Women's /Men's 200 Medley Relay*	21	200 Individual Medley
7/8	Women's /Men's 400 Medley Relay*	22/23/24	Women's 200/400/800 Freestyle*
9	100 Breaststroke	25/26/27	Men's 200/400/800 Freestyle Relay*
10	200 Backstroke		Special Awards Presentation
11	50 Butterfly	28	50 Backstroke
12	100 Individual Medley	29	200 Butterfly
13/14/15	200/400/800 Mixed Freestyle Relay*	30	100 Freestyle
16	1000 Freestyle	31/32	Mixed 200/400 Medley Relay*
		33	1650 Freestyle
			PNA Team Awards

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

Entry Confirmation: If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

***Relay Information:** Per Zone policy, 400 and 800 relays will be offered. However, they will not be scored for PNA Champs.

Check-in: Check-in is required for the 1000 Freestyle (Deadline end of event 8), the 500 Freestyle (Deadline: Sunday at 8:30 AM), and the 1650 Freestyle (Deadline: end of event 27). Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 5-8, end of event 1; events 13-15 end of 8; events 22-27 end of event 17; and events 31-32 end of event 27.

**2005 NORTHWEST ZONE SHORT COURSE YARD CHAMPIONSHIPS
& STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Saturday, April 9th and Sunday, April 10th, 2005**

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE: _____ USMS #: _____ - _____

Include a copy of your Masters registration card if you are not a PNA member

LMSC _____ (PNA, Oregon, Inland NW, etc.) Club _____ (non-PNA members only)

TEAM _____ (note: PNA teams must register with PNA by 3/27/05)

AGE GROUP (Determined by your age as of April 9th, 2005):

18 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59
60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 - 94	95+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

Emergency Contact : _____ Phone Number: _____

ENTRY FEE: \$ 17.00 Surcharge
Individual Events: + _____ \$2 per event. No charge for relays.
No charge for need-basis or seniors (65 & over).
T-shirts @ \$15 indicate size (M ___ L ___ XL ___)
Total: \$ _____ **Please make checks payable to Federal Way Masters**

Mail this entry form and fees to: Holly Bork
25107 62nd AVE S #J-201
Kent, WA 98032

Questions? Email Holly at holly.d.bork@boeing.com

Entries must be postmarked no later than Saturday, March 26th or received by March 31st, 2005. All swimmers must have a valid 2005 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE _____:

Additional Information:

In Memory of Steve Engel
June 17,1943 - February 17, 1996

PNA's annual Championship meet is dedicated to the memory of the co-founder and first president of the PNA. Steve lost his battle with complications from leukemia, but his energy and enthusiasm will long be remembered by those of us fortunate to have known him.

"Across America, there are now more than 30,000 of us. And one of the pioneer associations in the nation was right here in Steve Engel land. Thank You, Steve. Your vision long ago became a solid reality that will endure. It was not a false start. You have swum the entire distance to heaven."

- From Tom Taylor's tribute in the March 1996 WetSet

Combined Meet: This is a combined PNA and Northwest Zone Championship meet. All swimmers will be seeded together, but results will be separated for the two meets. PNA members will be listed in results for both meets. Non-PNA members will be listed in results for the Northwest Zone meet only.

Individual Awards: PNA Championship and Northwest Zone ribbons will be awarded first through 8th place in every age group in every event. PNA medals can be purchased for \$2 each.

Club/Team: PNA members should indicate the team that they plan to score points for during the meet. Non-PNA swimmers should indicate the club that they are registered with. For many swimmers the club is the same as the LMSC. Oregon swimmers should indicate MACO or OREG.

PNA Team Eligibility: To be eligible for team awards, teams must submit a 2005 team registration by the meet entry deadline. PNA team registration forms are available in the WetSet and on the PNA website, www.swimpna.org.

PNA Team Categories: Eligible PNA teams will be divided into three categories, (Large, Medium, and Small), based upon the number of swimmers entered from each team in the meet. Category assignments will be made after the meet entry deadline and announced during the meet.

Scoring: The meet shall be scored from places 1 through 12 in every age group for every event. Individual events will be scored 13-11-10-9-8-7-6-5-4-3-2-1. 200 yard relays score double the individual points. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

PNA Team Awards: Plaques will be awarded to the top three teams in each category.

WEBSITE: Visit the PNA website at www.swimpna.org for updated information.

Motels: There are numerous motels within fifteen miles of the pool including

Name	Distance to Pool	City	Phone
Holiday Inn Express	1.4 miles	Federal Way	253-838-3164
Best Western Executel	5 miles	Federal Way	253-941-6000
Super 8 Motel	2.4 miles	Federal Way	253-838-8808
Motel 6	7 miles	Fife	253-922-1270

PNA Coach of the Year and Dawn Musselman Awards: The 2005 PNA Coach of the Year and the 2005 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Sunday at the conclusion of event #27.

Relays: Each swimmer may swim in only one relay in each group (5-8, 13-15, 22-27, and 31-32). 400 & 800 relays will not be scored for PNA Championships.

T-shirts. T-shirts are available for \$15, but must be ordered with your entry. The meet t-shirt design can be found on the Federal Way Masters website at www.fwmasters.com.

Check-off Challenge. Federal Way Masters is sponsoring the 2005 Check-off Challenge. Information can be found in the fitness section of the USMS website (www.usms.org). The entry form can be found at <http://www.usms.org/fitness/2005checkoff1pg.pdf>. If you want to order a t-shirt, save \$3 if you order the shirt when you enter the meet. Send in the Check-off Challenge order form with the meet entry, reduce the t-shirt charge by \$3, and pick up the shirt at the meet.

Pacific Northwest Association of Masters Swimmers

2005 Local Team Registration

To register your team for 2005, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held each April. All team members competing in the meet must be currently registered with USMS.

PNA will provide each team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and Organization and Bylaws. Please indicate who should receive the USMS Rule Book

Team Name:	Abbreviation (4 letters max):	
Team Rep	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
Team Coach	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
Workout Pools	Pool name:	
	Address:	
Workout Times		
Rule Book		

Below are the abbreviations currently in use. Team abbreviations in **bold** have registered for 2005 as of February 28.

Mail this form and check to:

Arni Litt, Registrar
 1920 10th Ave East
 Seattle, WA 98102-4253
 Arni@qwest.net

Application fee: \$10
 Make check payable to: **PNA Masters**

- | | | |
|--|--|---|
| <p>BAM: Bainbridge Area Masters
 BC: Bellevue Club
 BEST Bellevue Eastside Masters
 BLAM: Bellevue Lunchtime Aquatic Masters
 BMSC: Bellingham Masters Swim Club
 CAC: Columbia Athletic Masters
 DSYM: Downtown Seattle YMCA Masters
 EM: Evergreen Masters
 FSJ: Fins of the San Juans
 FTSW: Ft. Steilacoom - WAKO
 FWM: Federal Way Master
 GACM: Gateway Athletic Club
 GCMS: Gold Creek Masters (GCM)
 GLAD: Greenlake Aquaducks
 HMST: Husky Masters
 ISST: Issaquah Swim Team Masters
 JAM: Juanita Aquatic Masters
 LUNA: Team Luna
 LWS: Lynnwood Sharks
 MIR: Mercer Island Redwoods
 MMST: Marysville Martins</p> | <p>NEO: North End Otters
 NHM: Newport Hills Masters
 NSYG: Northshore Y's Guys
 NWM: North Whidbey Masters
 OOPS: Old Olympic Peninsula Swimmers
 ORCA: Orca Swim Club
 PAMS: Port Angeles Masters
 PRO: Pro Sports Club
 PTMS: Port Townsend master Swimmers
 QASC: Queen Anne Swim Club
 RTB: Raise the Bar
 SAC: Seattle Athletic Club
 SAMM: Samena Club
 STRM: Storm Aquatics
 SSEA: Swim Seattle
 SVY: Skagit Valley YMCA Chinooks
 STRM: Storm Aquatics Masters
 TACM: Thunderbird Aquatic Masters</p> | <p>TACY: Tacoma Pierce County YMCA
 TIG: Tigers
 TMS: Thorbecke's Masters Swimming
 TOSC: Thurston Olympians Swim Club
 TSC: Tacoma Swim Club
 TUMV: Tumwater Valley Masters
 UNAT: Unattached to a Team
 UPAC: University Place Aquatic Club
 VAM: Vashon Aquatic Masters
 VAST Valley Aquatic Swim Team
 VFC: Valley Fitness Center
 WAC: Washington Athletic Club
 WEST: West Coast Aquatic Masters
 WCY: Whatcom County YMCA
 WIS: S Whidbey Island Swells
 WSAS: West Seattle All-Stars
 WSYD: West Seattle YMCA Dolphins
 WWUS: Western WA U Masters Swimming
 YNOT: Y Nauts</p> |
|--|--|---|

Don't see your team? Fill in the form and it will be added to the list.



2005 Membership Application
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer
 (Old Number if available) _____

Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.

Name: _____ Birth date: _____
 Last First Initial Month Day Year
 Address: _____ Age: _____ Male Female (circle one)
 Street or box number
 City State Zip+4 E-Mail: _____
 please print carefully

Telephone: (____) _____

If you coach a Masters swim team check here
If you are an Official please check here
I am interested helping the PNA committee

CLUB: Pacific NW Aquatics (PNA) **AND** **Team :** _____ ,or
 OR Unattached Unattached

2005 Annual Fee: Of your membership fee \$20 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication).

Choose a membership level below.

Regular: 11/01/04 thru 12/31/05	\$35	Make check payable to: PNA
Need-based or Seniors (65 & over):	\$25	Mail to: Arni H. Litt, Registrar
Foreign address, add	US\$10	1920 10th Ave E
<i>Optional Donations:</i>		Seattle, WA 98102-4253
USMS Endowment Fund	\$ _____	
TOTAL	\$ _____	Questions: (206) 323-4712, arni@qwest.net

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

→ Signature _____ **Date** _____

The United States Masters Swimming Policy on the privacy of member information is at: www.usms.org/admin/privacy.shtml

When the option becomes available, I would like to receive the PNA newsletter, *The WetSet*, by electronic mail (e-mail) or be informed by email that it is available on the PNA website **YES NO Maybe (Circle one)**

TEAMS

- | | | |
|--|---|--|
| BAM: Bainbridge Area Masters | MIR: Mercer Island Redwoods | TIG: Tigers |
| BC: Bellevue Club | NEO: North End Otters | TMS: Thorbecke's Masters Swimming |
| BEST: Bellevue Eastside Masters | NHM: Newport Hills Masters | TOSC: Thurston Olympians Swim Club |
| BMSC: Bellingham Masters Swim Club | NSYG: Northshore Y's Guys | TSC: Tacoma Swim Club |
| CAC: Columbia Athletic Masters | NWM: North Whidbey Masters | TUMV: Tumwater Valley Masters |
| DSYM: Downtown Seattle YMCA Masters | OOPS: Old Olympic Peninsula Swimmers | UNAT: Unattached to a Team |
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| FSJ: Fins of the San Juans | PRO: Pro Sports Club | VAM: Vashon Aquatic Masters |
| FTSW: Ft. Steilacoom - WAKO | PSC: Phinney Ridge Swim Club | VAST: Valley Aquatic Swim Team |
| FWM: Federal Way Master | PTMS: Port Townsend Master Swimmers | VFC: Valley Fitness Center |
| GACM: Gateway Athletic Club | QASC: Queen Anne Swim Club | WAC: Washington Athletic Club |
| GCMS: Gold Creek Masters (GCM) | RAH: Redmond Aqua Hotshots | WCY: Whatcom County YMCA |
| GLAD: Greenlake Aquaducks | RTB: Raise the Bar | WEST: West coast Aquatics Masters |
| HMST: Husky Masters | SAC: Seattle Athletic Club | WIS: S Whidbey Island Swells |
| ISST: Issaquah Swim Team Masters | SAM: Samena Club | WSAS: West Seattle All-Stars |
| JAM: Juanita Aquatic Masters | SSEA: Swan Seattle | WSYD: West Seattle YMCA Dolphins |
| LUNA: Team Luna | SVM: Skagit Valley YMCA Chinooks | WWUS: Western WA U Masters Swimming |
| LWS: Lynnwood Sharks | TACM: Thunderbird Aquatic Masters | YNOT: Y Nauts |
| MILL: Mill Creek Masters | TACY: Tacoma Pierce County YMCA | |



WetSet Subscription/Change of Address Form

The WetSet is PNA's official newsletter. Produced ten times a year, it is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA Masters Swimmers." To subscribe, please send this completed form to Arni Litt, PNA Registrar, 1920 10th Ave E, Seattle, WA 98102-4253.

***Important** — *The WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.*

Attach old address label here (if available)

Name _____

Address _____

City / State / Zip Code _____

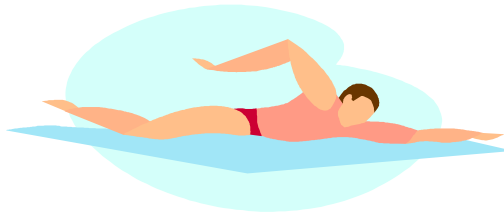
Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription

March 2005 Issue



Pacific Northwest Association of Masters Swimmers
1920 10th Ave East
Seattle, WA 98102-4253

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