



BAMFest IV Continues the Grand Tradition

By Steve Peterson,
PNA Vice President

Bainbridge Aquatic Masters Coach Lynn Wells, Meet Director Brian Russell and the BAM team definitely have the right formula for hosting a well-run and entertaining Masters meet, as evidenced by the fourth annual BAMFest on October 15.

High School Format

Once again, swimmers enjoyed the shortened “high school” meet format, which hasn’t changed since I was in high school over 40 years ago! This format features just eight individual events—four freestyles from 50 to 500, the non-free 100s and the 200 IM—plus men’s and women’s 200 medley and free relays. To this mix BAMFest adds Special Event 13, the 200 mixed fantasy relay, which

adds spice and a rousing finale to the meet.

Ninety-five swimmers representing some 21 teams signed up to compete in BAMFest at the Bainbridge Island Park & Recreation District’s Aquatic Center, which features two pools. The competition was held in the original Ray Williamson Memorial Pool, while warm-up and warm-down used lanes in the newer Don Nakata Memorial pool, which features a waterslide, dive tank, lazy river, spa and a tot pool. Competitors ranged in age from 19 (Sofina Morales and Sarah Jurick of Western Washington University) to 83 (BAM’s Captain Russell Knudsen) and 84 (Bellevue Club’s Marion Chadwick).

Records Set

BAM’s Bob Miller, long-time coach of Bainbridge teams, had a record-setting day. His 100 back time appears to have set a new mark in PNA’s record book in the 75-79 age group, bettering the late Fred Wiggin’s 1991 time by 19 seconds. And Bob’s 500 free time appears to have shaved half a minute off the record Harvey Prosser set just this past January. (For meet results for all swimmers see PNA’s website, www.SwimPNA.org.)

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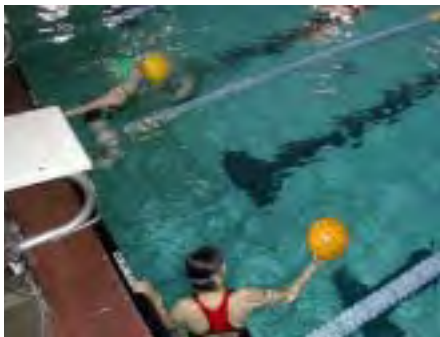
Fantasy Relay

The fantasy relay drew two heats of die-hard swimmers. The relay legs consisted of an inner tube swim, sculling (forward or backward), an underwater swim (“*Breathe* when you have to!” warned Coach Lynn Wells) and the hands-off basketball push.

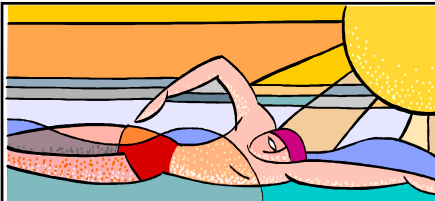
When open swim commenced at the end of the meet, a couple of swimmers took advantage of the waterslide. And many more showed up at the Harbour Public House for lunch and libation before heading home.

Thanks Lynn, Brian, the BAM team and volunteers and officials for another great meet!

Photo by Steve Peterson



It’s fantasy relay time at the fourth annual BAMFest as two competitors get ready to do a leg of hands-off basketball push.



WET SET

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It's raining so hard right now that it's difficult for me to tell the difference between standing in the rain and swimming in the pool.

I decided to forgo swimming this morning for a bike ride to the Eastside with some of my swim mates. On many a day the sun shines so brightly the shafts of sunlight create splinters of light through the water in my lane, and I wonder why I am inside. Today I wonder the opposite. What was I thinking? A couple of hours into this and I'm bosom buddies with the rain. I'm one with damp.

Visiting with Friends

Why did I choose to ride today? It's a chance to visit with my friends. I'm not nearly as successful at visiting while I swim and often don't have time to go for coffee afterward.

Swimming can be a solitary endeavor, but we create social activities around it. Witness the number of us that belong to teams. Over 85% of PNA members belong to a team. Some risk the coach's wrath by visiting during workout. More often than not our camaraderie leads us to other activities. The Phinney Ridge Swim Club has a tasty approach (see page 4).

What inspires you to get up early day after day, or find time between classes, or shift gears at the end of the day from work to workout, or get up from your retirement lounge for a swim workout? What do you do with your swim buddies away from the pool? Your stories inspire and entertain the rest of us. Our editor welcomes your ideas and articles.

LEADING OFF



By Jeanne Ensign,
PNA
President

Future Meets

Swim meets create a way for us to mix and visit with swimmers from other teams, unattached to a team, and from other LMSCs. After this month's NW Zone SCM meet in Oregon, starting in January we have a meet scheduled each month leading up to PNA Champs in April. (See the calendar on page 3.)

Visit Coral Springs, Fla., for SC Nationals in May. Look for open water meets this coming summer in addition to a local long course meters meet prior to the IX FINA World Masters at Stanford in August.

Just like clockwork the Hour Swim is coming again in January. (See page 7.) Here's a chance for an entire hour of NOT visiting with your lane mates or any one else.



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 2005/2006 CALENDAR

**OPEN
POSTAL SWIMS
MEETS**
CLINICS

*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/

[fitnessevents.shtml](http://www.usms.org/fitness/fitnessevents.shtml)

No PNA Board Meeting In November

December 6, 2005

PNA Board Meeting

7: 00 p.m.

Arni Litt's house

January 1 to December 31, 2006

Fitness Check-Off Challenge

Hugh Moore

swimmoore@comcast.net

For forms see page 8 and

www.usms.org/fitness

January 1 to January 31, 2006

2006 USMS One Hour Postal Championships

Tom Spence, (440) 247-7145

talltom13@msn.com

Laura Kessler, (440) 526-9590

swimlaura@ameritech.net

See page 7.

January 21, 2006

SCY PNA Meet

Fidalgo Pool

Anacortes, Wash.

Leslie Mix, Lesliemix@msn.com

Mike Lund, (360) 293-0673

(daytime)

See page 9 for entry form

February 19, 2006

SCM Meet

Bellevue Club

Bellevue, Wash.

Cory Hildebrand, (425) 688-3127

cory@bellevueclub.com

See page 10 for entry form

April 8 & 9, 2006

SCY PNA Champs

Weyerhaeuser King County

Aquatic Center

Federal Way, Wash.

May 11 to May 14, 2006

USMS Short Course Nationals

Coral Springs, Fla.

Michael Lohberg, (954) 345-2121

mlohberg@aol.com

May 15 to September 15, 2006

USMS 5k and 10k Postal

Championships

PST-LD; Neil Salkind

(785) 841-0947

njs@sunflower.com

June 17, 2006

USMS 1-3 Mile Open Water

Championship (2.5 km), Hartwell

Lake, Clemson, S. C. OW; Jacque

Grossman, (864) 646-8836

ielg@innova.net; Sanctioned by SC

LMSC

July 15, 2006

USMS 2 Mile Cable

Championships, Chris Greene

Lake, Charlottesville, Va.

OW; Dave Holland, (804) 282-6224,

dholland@rnc.edu

Mark Gill (480) 874-7112

markgill@usms.org;

Sanctioned by Va. LMSC

July 29, 2006

USMS 1 Mile Open Water

Championships, Lake Erie,

Cleveland, OH

OW; Tom Spence, (216) 299-3858

talltom13@msn.com

August 4 to August 10, 2006

2006 XI FINA World Masters

Championships, Palo Alto, Calif.

LCM

Michael Moore, 350 Wayland St.,

San Francisco, CA 94134,

michael@2006FINAmasters.org;

Also sanctioned by FINA and

includes a 3.0 KM open water swim

at Crown Point, San Francisco Bay.

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

The Phinney Ridge Swim Club: A Group That Takes Its Swimmers From Buoys to Bakeries

By Peter Berner-Hays

The Phinney Ridge Swim Club is a small group of neighbors and friends who more often than not swim three days a week year round. The indoor months find the mix of swimmers ranging in age from early 30s with infants at home to mid-50s with kids on the edge of college, in the Ballard and Queen Anne pools.

To the Lake

Come May 1, the real fun begins on the shores of Lake Washington. The first day of the outdoor season begins with lots of moaning and slow, timid toe dips into the waters at Magnuson Park. The orange and white buoys stretch along the shore offering a wide range of swim possibilities.

Each Tuesday and Thursday at 5:50 am or so, the carpool winds its way from house to house picking up whoever is street side, cap, goggles, towels and wetsuits in hand.

Our weekday swims end around 7:00 a.m. Once we pile back in the car, we make a quick pit stop at the PCC for warm Scottish Oat Scones, bagels and a cup of coffee.

Saturday Swims

Saturday swims are typically



longer. This past summer's Saturday swims included the I-90 Bridge and Matthews Beach to Magnuson or Magnuson to Matthews depending on the wind. We even did a parking-lot-to-parking-lot "circumnavigation" of Seward Park.

The real reason for the group's trips to Lake Washington is the chance to spend an hour or two together outside with Mt. Rainier, the ducks, geese, an occasional otter, eagle or salmon. Beyond nature and the camaraderie, there's the chance to exercise before the main objective... the bakery.

Hmmm, Good

One day it might be Macrina on Queen Anne for an Apple Tartlet, another day it's Touchstone in Fremont for Vanilla Rolls or bagels at Bagel Oasis on 65th or Pear Slippers at The Essential Baking Company near Gas Works Park in Seattle's Wallingford neighborhood.

One inspired morning included a swim from the Aqua Theater on Green Lake, north, ending with a quick run across the street to the Urban Bakery. The standby is always the Scottish Oat Scones.

The summer in the lake sadly came to an end on October 1 as we completed five months in the open water. Now the carpool pushes through the darkness to the pool. The Phinney Ridge Swim Club is back indoors until next May 1.

Lap swimming isn't quite the same as the open water of Lake Washington. The constants, how-



ever, are the entertaining chats between sets and the rush to the car to find the next bakery!

Peter Berner-Hays is a school counselor who returned to regular swimming about three years ago. He and other members of the Phinney Ridge Swim Club, most of whom live in Seattle's Phinney Ridge neighborhood, do their lap swimming at Seattle's Ballard and Queen Anne public pools.

Wanted: Your Stories and Your Story Ideas

The WetSet is always looking for stories and story ideas. So if you've done something interesting involving swimming or you know someone else who has, please write a story about it or pass the information along to The WetSet editor, whose gratitude will be boundless.



Help Wanted: Positions Still Available for 2007 USMS National Short Course Championships

As reported in the October 2005 issue of *The Wet Set*, PNA has been awarded the 2007 USMS National Short Course Championships, which will be held May 17 to May 20, 2007, at the Weyerhaeuser King County Aquatic Center.

Although a number of people have already volunteered to help, more assistance is needed. Here are the positions that still need to be filled:

EXPERIENCED TRAVELER: work with Federal Way area hotels. Negotiate room rates for 2007 USMS Short Course National Championships. Contact Jane Moore (253) 759-4956 or swimmoore@comcast.net

GRANT WRITER: work with PNA 2007 USMS Short Course

National Championships organizing committee. Write applications for grants to help make this a successful event. Contact Jane Moore (253) 759-4956 or swimmoore@comcast.net

MARKETING: work with PNA 2007 USMS Short Course National Championships organizing committee. Help publicize the meet and recruit donors/sponsors to help make this a successful event. Contact Jane Moore (253) 759-4956 or swimmoore@comcast.net

PUBLICITY DIRECTOR: work with local media and the PNA 2007 USMS Short Course National Championships organizing committee. Promote the meet and Masters swimming. Contact Jane Moore (253) 759-4956 or swimmoore@comcast.net

Welcome New PNA Swimmers

Rachel Ann Bahl
Brenda Beckett
Scott Bendig
Anne Marie Duffy
Mark Fanning
Marie Goodart
Alison Graig
Gordon Hally
John Hamilton
Paul Havick
Neala Kendall
Bob Miller
Bryan Nealer
Janet Nelson
Dean Pedretti
Christophor Ramsborg
Megan Reha
Pete Saloutos
Beverly Scott
Julie Simpson
Debby Spence
Hermie Valdez
Stephanie Wong

PNA Board Summary for October

Eight members of the PNA board met at the Seattle Parks and Recreation Office on October 25. Since a quorum wasn't present, no formal actions were taken.

PNA Registrar Arni Litt gave a status report on invoicing members for 2006 registrations. Currently registered swimmers should receive their renewal forms by early November. The board is still looking for an at-large representative to represent unattached swimmers and swimmers from small teams in zip codes <98100. The board discussed upcoming meets and possibilities for finding a host for a meet in March. The board will approve a budget for next year at the December 6 meeting.

When You Register for 2006, Support the USMS Endowment

Every year, each USMS member has an opportunity at registration time to add to his or her registration fee a dollar or more for the USMS Endowment fund.

The fund was started several years ago as a means of:

- Honoring and recognizing individuals or organizations for a particular reason.
- Raising money for research and grants benefiting Masters swimmers.

As you register for the year 2005, please keep this in mind: your contribution to the Endowment Fund, added to all the other contributions, will provide the means by which important research can be conducted that will help us all understand more about the benefits, risks and rewards of swimming.

If you want to find out more about the Endowment Fund, contact Doug Church, chair of the Fund (dchurch@cchalaw.com).



Technique

Breaststroke

Editor's Note: This article appeared in a recent issues of Great Lengths, the newsletter of Masters Swimming Association of British Columbia. It's a Q&A piece with swim coach Cliff Barry, who has coached Canadian Olympic medalists and holds a number of Canadian Masters freestyle records in the 55-59 age group.

GL: Breaststroke seems to be come in many styles. For Masters swimmers, what are the most important things to work on to improve one's breaststroke ?

CB: The most important thing to discover is what type of breaststroker are you. Are you a flat breaststroker or a wave breaststroker? Next is to ascertain if you are better at pulling, kicking or equal at both. If one is dominant, then you should spend most of your time developing your dominant force.

GL: What are your suggestions to Masters swimmers who find that breaststroke is their weakest stroke on the IM and that to make progress they need to improve the quality of their breaststroke?

CB: I often hear Masters swimmers say "I can't do one of the strokes, so why bother doing I it in workout." But I say, I can't speak French unless I practice it! Doing IM work no mater what type of swimmer you are is of the utmost importance for endurance, strength, healthy shoulder rotation and it will actually help you in your best stroke. Doing the same stroke over and over does not induce ad-

aptation. It only contributes to over-use. Some of the world's greatest freestyle swimmers can swim world class IM times due to their training regime.

GL: In your workouts do primary breaststroke swimmers do workouts different from others or do you allow them to specialize during choice stroke swims?

CB: For swimmers whose primary stroke is breaststroke I suggest doing breaststroke for at least 50% of the pulling and kicking sets, I like to give the breaststrokers at least two main sets a week of breaststroke swimming (full stroke) However, I am against long breaststroke endurance sets. I prefer to keep the distances at 200 metres and below. Long breaststroke sets only serve to teach you to swim slower.

GL: What sort of strategy do you suggest for swimming the 200 metre breaststroke ? Does this differ in a long course race because of lack of turns and longer swims?

CB: The 200 metre breaststroke requires different training but the race strategy can be broken down into three parts, the same as the 100 metres. The first half of the race must be swum technically fast, but not forced, the third quarter you must raise your effort to equal the speed you had in the first half, and the fourth quarter must be your hardest of the entire race.

GL: Would you give us an example of a main set for a breaststroker during the main competition season in preparation for a 200 metre swim?

CB: Do lots of drills, that is,

- 6 x 150 (50 pull no board,

50 kick underwater, 50 swim)

- Followed by 6 x 100 (3 strokes on top of the water, 2 full pull outs underwater)
- Followed by 8 x 50 stay up as high as possible in the water
- Followed by 16 x 25 (odd 25s underwater, even 25s sprint). Underwater should be full pullouts like the first stroke underwater off the wall

One example of a main set I recommend—four to five rounds (adjust times to your speed, however, intervals must be tough to make this a great set)

- 1 x 200 IM (Instead of giving time intervals, I am going to suggest 45 seconds slower than your personal best time for the 200 IM (i.e., 2:45 personal best = 3:30 interval). Interval is the turnover time. If your interval is 3:30 and you take 3:15 to complete the 200 IM, you have 15 seconds to rest.)
- 2 x 100 breaststroke I suggest an interval 25 to 30 seconds slower than your personal best time for the 100 metres. (Personal Best = 1:40 + 30 seconds = 2:10 or 2:15 turnover)
- 2 x 50 hard at 200 race pace (30 seconds rest in between each 50 (swim as hard as possible)
- 100ez

(Continued on page 7)



(Continued from page 6)

The object is to have hard short rest intervals on the 200 IM and 2 x 100 breaststroke before going right into the 2 x 50 breaststroke as hard as possible. Pre-fatiguing I call it.

Another example could be five to eight rounds of the following:

- 100 fast (breaststroke 2:00)
- 100 ez (choice 2:00)

Try to keep the fast 100 at your 200 race pace. This type of swimming should be done about six to eight weeks before the big competition. As you get closer to the big competition, two weeks out, you can do this set five times and descend the fast 100s.

GL: Would you suggest one or two of your favorite drills for breaststrokers?

CB: I like to do 100s as follows:

- 25 metres fast lunge pull (explode on pull with dolphin hips—not dolphin kick)
- 50 metres two kicks under water and explode up on the pull
- 24 metres full stroke, build the 25

Other drills I like are 25s done as follows:

1. Alternate three strokes glide as long as possible, three strokes hard and fast
2. Stay up drill (swim breaststroke as high as possible in the water)
3. Flutter kick for 3-4 seconds then explode with a breaststroke pull

GL: Do you stress any special drills for increasing arm strength in the breaststroke? What sort of emphasis is put on the kick during practice (amount of kick swum, intensity, etc.)?

CB: Pulling should be done as follows:

Pulling is better without pull buoys so as to allow a dolphin hip action, but not a dolphin kick with

the feet breaking the water without pausing in between and waiting for a dolphin kick.

Pulling should be done in short sets of 25, 50, 75 or 100 metre duration so as to maintain speed and increase arm strength.

Pulling should be done fast with no pausing or waiting for a little dolphin kick.

I recommend lots of vertical kick for breaststrokers and vertical sculling. Body is vertical, scull is flat and horizontal on side or in front of the body. Do not use the legs at all!

The vertical kick should be done two ways. Very fast and very wide, or slow and finishing with the feet touching. Hands can be held like a Russian Bolshevik dancer or locked straight back behind the back, or straight overhead if you have that amount of strength. One could also hold a weight to one's chest. Sets can be intense as 10 seconds as high as possible and 20 seconds rest. Or stay lower in the water and do 30 seconds of vertical kick alternating with 30 seconds of vertical sculling.

I also recommend doing 50s

of breaststroke pulling without pull buoys. Keep the pull fast with intensity. No intensity, no adaptation. 12-16 x 50 on 1:15 or 1:30 going for best possible times with fewest possible pulls. One could use fins and if one uses fins, I recommend doing 100s of breaststroke pull on a tough interval.

Finally, breaststrokers benefit a lot from doing butterfly, so throw some butterfly into your workouts, i.e.,

400 50FL/50BR 1:00 (medium effort)

300 50FL/50 BR :45 rest (harder)

200 50FL/50BR :30 rest (harder yet)

100 50FL/50BR (hardest of all)

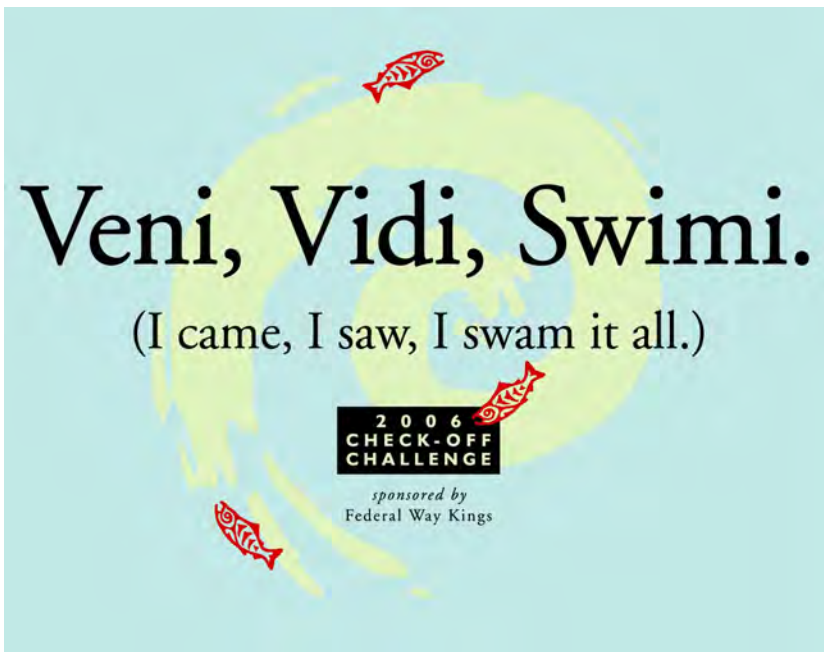


START TRAINING FOR THE ANNUAL ONE HOUR POSTAL SWIM!

Coming soon, to a pool in your neighborhood, is the "premier" USMS postal swim where thousands of Masters swimmers from across the country try to swim as many laps as possible in one hour.

The swim must be done during the month of January and is used by many as a "benchmark" for their training for the coming year. Start working up to the swim by doing 10 minute, 20 minute and 30 minute swims during the months of November and December. Talk to your coaches and teammates and organize opportunities where you can do the One Hour Postal swim in January. Each participant must have an official timer who will record accurate splits on the official entry form. You can take turns swimming and timing each other.

The official entry form is included in the November/December issue of *USMS SWIMMER* and is also available on the USMS web site. PNA will organize teams (relays) again this year. Look for details in the next issue of *The WetSet*.



Federal Way Kings Masters Swimmers presents a "Latin Challenge" to your swimming abilities:

Sanctioned by the Pacific Northwest LMSC for USMS, Inc. #063612.

Visit www.usms.org/fitness for additional entry forms.

What is the Check-off Challenge?

The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete as many of the 18 "pool" events as possible during the 2006 calendar year. It challenges all levels of swimmers. Novice swimmers can swim events that they never have before. Experienced swimmers can try for their personal best times in as many events as practical. Simply "Check-off" each swim on your t-shirt when you complete the event.

Where and when do I accomplish the Check-off Challenge?

The events may be swum in practice or in meets, in yards or in meters, any time during 2006. The challenge is to complete all events or try new events. COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the events.

How do I score the Check-Off Challenge?

"Scoring" is simple – just mark the event on the list on the back of the t-shirt.

When do I receive my T-shirt?

The event is open to registered Masters swimmers. Enter by filling out the entry form included below. Entries must be postmarked by December 1, 2005. T-shirts will be mailed in mid-December, 2005, so that swimmers will receive them by the first of the new year. T-shirts are short-sleeved cotton with three-color design. The Latin logo will be on the front and the list of events on the back. We over purchased shirts for 2005 and would like to reduce inventory - order 2005 shirts at an \$8 discount when you enter the 2006 event.

Event Director

If you miss the deadline and are still interested in purchasing a shirt, or have other questions, contact Hugh Moore 2102 N. Vassault, Tacoma, WA 98406, swimmoore@comcast.net

2006 Check-Off Challenge Entry Form

Name _____ Club or workout group _____ DOB _____

Address _____ City _____ State ____ Zip _____

Phone _____ Email address _____ Registration # _____

2006 T-Shirt				2005 T-Shirt				Mail this form and your check to: Holly Bork 6233 S 233rd St Kent, WA 98032 Make checks payable to "Federal Way Masters"
Size	Qty	Price	Total \$	Size	Qty	Price	Total \$	
M	___	@ \$15	_____	M	___	@ \$7	_____	
L	___	@ \$15	_____	L	___	@ \$7	_____	
XL	___	@ \$15	_____	XL	___	@ \$7	_____	
XXL	___	@ \$17	_____	XXL	___	@ \$9	_____	

Liability Release

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: _____

PNA LOCAL MASTERS SWIMMING COMMITTEE
 SHORT COURSE YARDS MEET: January 21, 2006 (Meet Sanction #063601)
 Hosted by TAC/AHS Boys Swim Team

EVENTS (ORDER #3)	
#	Event
	Saturday, Jan. 21
1	200 Free Relay
2	200 Fly
3	200 Back
4	50 Breast
5	100 Free
	5 minute break
6	200 Mixed Free Relay
7	200 IM
8	50 Fly
9	100 Back
10	200 Breast
11	50 Free
12	400 IM
	5 minute break
13	200 Medley Relay
14	100 Fly
15	50 Back
16	100 Breast
17	200 Free
18	100 IM
	5 minute break
19	200 Mixed Medley Relay
20	500 Free

Fidalgo pool is on the left.

M o t e l s :

The Marina Inn 3300 Commercial 360-293-1100
 Anaco Bay Inn 916 33rd (kitchens) 360-299-3320
 Islands Inn 3401 Commercial (complimentary Dutch breakfast) 360-293-4644

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT _____

PHONE NUMBER _____

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: January 21, 2006 Meet Sanction #063601
 Hosted by TAC/AHS Boys Swim Team

NAME: _____ M F AGE: _____
 ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____
 CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of JANUARY 21, 2006):

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: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)

Individual Events: + _____ (\$1 each; optional for age 65 and over and needs based)
 (No charge for relays)

Total: \$ _____ [from \$9.00 (relays only) to \$14.00 (five events)]

Please make checks payable to: TAC 360-293-0673 (w)
 Mail this entry form and fees to: Leslie Mix
 1603 22nd
 Anacortes, WA 98221
 Questions? Email Lesliemix@msn.com.
 Please send entries postmarked no later than Wednesday, January 11th.

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: _____

PNA LOCAL MASTERS SWIMMING COMMITTEE
 SHORT COURSE METERS MEET: February 19, 2006 (Meet Sanction #063602)
 Hosted by the Bellevue Club

EVENTS (ORDER #4)	
#	Event
	Sunday, February 19
1	400 Free
2	400 IM
3	200 Free Relay
4	50 Breast
5	100 Fly
5 minute break	
6	200 Free
7	50 Back
8	200 Mixed Free Relay
9	100 Breast
10	50 Fly
11	100 Free
12	200 Back
13	100 IM
5 minute break	
14	200 Medley Relay
15	200 Breast
16	200 Fly
17	50 Free
18	100 Back
19	200 IM
5 minute break	
20	200 Mixed Medley Relay
21	800 Free

Go west of SE 8th Street. Turn right at 114th Ave. SE. Turn left on SE 6th Street. The Bellevue Club is on the right. Please enter at the Athletic Entrance.

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT _____

PHONE NUMBER _____

DATE: **Sunday, February 19, 2006**
 TIME: Warm-up: **8:00 AM**; Meet starts **9:00 AM**

PLACE: Bellevue Club
 11200 SE Sixth ST
 Bellevue, WA 98004
 Phone: 425-637-4610

MEET DIRECTOR: **Cory Hilderbrand**
cory@bellevueclub.com
 425-688-3127

FACILITY: Nine-lane 25 meter pool
 Warm-up: 2, 25 yard lanes.
 Water temperature: ~ 81 degrees F

CONCESSIONS: Espresso Bar Available

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 2006 registered swimmers, 18 and above as of *February 19, 2006*

SEEDING: Slow to fast TIMING: Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* with proper aggregate age group (e.g. 160-199) to ensure correct intent and results.

CHECK-IN: Check-in required for 800 free; Deadline 11AM. Swimmers who do not check in by the deadline may be scratched from the event.

DIRECTIONS: From I-405 take exit 12 (SE 8th Street). Turn right at 114th Ave. SE. Turn left on SE 6th Street. The Bellevue Club is on the right. Please enter at the Athletic Entrance.

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: February 19, 2006 Meet Sanction #063602
 Hosted by the Bellevue Club

NAME: _____ M F AGE: _____
 ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____
 CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of December 31, 2006):

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: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)

Individual Events: _____ (\$1 each; no charge for relays or if 65 and up; or if needs based);

Total: \$ _____ [from \$9.00 (relays only) to \$14.00 (five events)]

Please make checks payable to: BELLEVUE CLUB 425-688-3127 (w)
 Mail this entry form and fees to: **Cory Hilderbrand**
C/O Bellevue Club
 11200 SE Sixth ST
 Bellevue, WA 98004

Questions? Email coryh@bellevueclub.com

Please send entries postmarked no later than **Wednesday, February 8th**

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: _____



2006 Membership Application
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

(Old Number _____)

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
 _____ E-Mail: _____
City State Zip+4 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 Board

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

2006 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 A, B, or C below.

A. Regular: 11/01/05 thru 12/31/06	\$35	Make check payable to: PNA
B. Need-based or Seniors (65 & over):	\$25	Mail to: Arni H. Litt, Registrar
C. End of Year 09/01/06-12/31/06	\$20	1920 10th Ave E
Foreign address, add	\$10	Seattle, WA 98102-4253

Optional Donations:

USMS Endowment Fund \$ _____
 International Swimming Hall of Fame \$ _____
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

TEAMS

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



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 _____

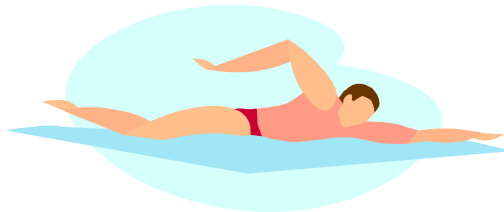
Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription

November 2005 Issue



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

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