

# THE WET SET

Pacific Northwest Association  
of Masters Swimmers



Volume 26 • Issue 1

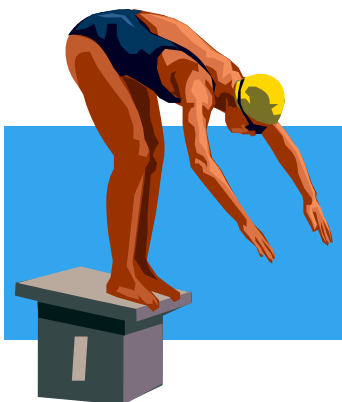
Masters Swimmers in Western Washington

January 2006

## PNA Needs *You* to Swim at Worlds, and Here's Why

Maybe you already plan to swim later this year at the XI FINA World Masters Championships in Stanford, Calif. Or maybe you're on the fence, not sure whether or not to go to Worlds. Whatever your plans at this point, please take note: PNA needs *you* there so *you* can swim on PNA's relay teams.

Lisa Dahl, who swims with BAM (Bainbridge Area Masters), has taken on the job of encouraging and signing up swimmers to compete on PNA relay teams. "No matter what your skill level is, we can use your talents," says Lisa, who notes that PNA has a number of faster swimmers that could really make PNA shine at Worlds.



Before moving to the Pacific Northwest, Lisa lived in southern California, where she says swimmers get pretty excited about relays. "I want to see PNA swimmers just as excited about

entering Worlds' relays," she says.

If you want to swim in the relays, or want to find out more about Worlds and the relays, contact Lisa. When you're ready, she can sign you up for the relays. (You'll still have to send in your individual entry form, of course.)

To reach Lisa, call her at 206/251-1278 or email her at [lisaisswimming@hotmail.com](mailto:lisaisswimming@hotmail.com). But don't wait too long. The deadline for entering Worlds is June 3.

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## Good News: You Still Have Time to Join a PNA One Hour Postal Swim Relay

Besides assembling PNA relay teams for Worlds, PNA also puts together relay teams for the One Hour Postal Swim.

To join a team, swim during the month of January and be sure PNA receives your official split form no later than February 10.

For more information, see pages 8 and 9 of December's *The Wet Set*.



## ON THE INSIDE

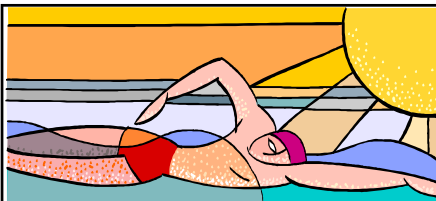


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*Looking for meet results,  
places to swim, past  
newsletters or other  
information about PNA?  
Check out our Web site at  
[www.swimpna.org](http://www.swimpna.org).*

Thinking about competing in a PNA swim meet in the coming months? On page 4, Lee Carlson, PNA's meets chair, lists 28 reasons to sign up for one or more meets.



# WET SET

Volume 26 • Issue 1  
January 2006

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**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:** Rondamarie Smith

**W**elcome to a new year – twelve full months of swimming!

I have never been the sort to make New Year's resolutions, setting goals that often are too ambitious for me to achieve. My willpower has been known to desert me early in the morning, in the face of a sumptuous feast, or disappear completely part way through the year. Instead, I've set out twelve swimming-related activities that can bring variety and newness to our swimming day.

1. Help a new swimmer. Invite someone you know to give team training a try. Let them know what to expect at a workout and check in to see how it's going. Make them feel welcome. Invite them back. Or do the same for a new swimmer who drops in to try out your team.

2. Buy a new swimsuit, cap and goggles – all at once.

3. Swim with people you don't know or don't swim with regularly. Attend a workout with a different group in your area. I always grumble when my pool is closed for maintenance, but it's the perfect opportunity to swim with a different team. When you travel, find a group to swim with. Ask your coach to mix up the lanes for a workout so you're swimming with different people on your own team. This works well in a sprint workout, which has lots of rest between 50s or 100s.

4. If you swim in the morning, go in the evening or vice versa and note the difference in how your body feels.

5. Go to a swim meet. If you've never been to one, try it out. Meets are lots of fun and an opportunity to meet other swimmers. (Check

# LEADING OFF



By Jeanne Ensign,  
PNA President

out the calendar on page 3 for area meets.) If you regularly attend meets, choose your events and schedule. I use meets as a benchmark for my fitness and also as a motivator to make it to practice. Who wants to compete when they're not ready?

6. Swim in Lake Washington or Puget Sound. Or find a warmer, smaller lake. There's no hurry; you can wait until the weather warms up. I know some of you already took a dip on New Years Day. Fools rush in . . .

7. Help with a swim meet. Maybe you've never been to a Masters meet; if not, come help out to see what it's like. If you're there to compete, find out if you can time or otherwise help out when you're not swimming. If your home pool hosts an age group meet, offer to be a timer.

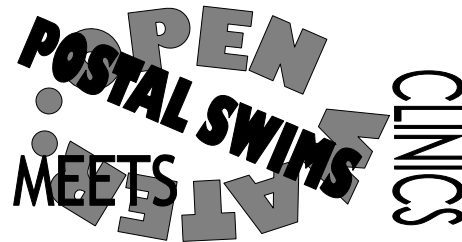
8. Find out what you can do for PNA. From time to time, we need a volunteer for a one-time project. Come to a PNA board meeting. If you would like PNA to enhance an area of particular interest to you, let me know. The PNA board is getting older. Help reverse the trend. Not by making us younger – wouldn't that be nice – but with younger participants. We can always use your help.

(Continued on page 4)

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 2006 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, 2006**  
**Fitness Check-Off Challenge**  
 Hugh Moore  
[swimmoore@comcast.net](mailto:swimmoore@comcast.net)  
 See page 9 for entry form.  
**Note: entry deadline extended to February 28, 2006.**

January 1 to January 31, 2006  
 2006 USMS One Hour Postal Championships  
 Tom Spence, (440) 247-7145  
[talltom13@msn.com](mailto:talltom13@msn.com)  
 Laura Kessler, (440) 526-9590  
[swimlaura@ameritech.net](mailto:swimlaura@ameritech.net)  
 See article on page 1.

**January 21, 2006**  
**SCY PNA Meet**  
 Fidalgo Pool  
 Anacortes, Wash.  
 Leslie Mix, [Lesliemix@msn.com](mailto:Lesliemix@msn.com)  
 Mike Lund, (360) 293-0673  
 (daytime)

**January 24, 2006**  
**PNA Board Meeting**  
 7:00 p.m.  
 Yesler Community Center  
 917 E. Yesler Way, Seattle

**February 19, 2006**  
**SCM PNA Meet**  
 Bellevue Club  
 Bellevue, Wash.

**Cory Hilderbrand, (425) 688-3127**  
[cory@bellevueclub.com](mailto:cory@bellevueclub.com)  
 See page 7 for entry form.

**February 21, 2006**  
**PNA Board Meeting**  
 7:00 p.m.  
 Yesler Community Center  
 917 E. Yesler Way, Seattle

**March 11, 2006**  
**Bainbridge Island**  
**SCY Sprint Meet**  
 Bainbridge Island Aquatic Center  
 Bainbridge Island, Wash.  
 Brian Russell, (425) 985-2677  
[Brian.Russell@earthtech.com](mailto:Brian.Russell@earthtech.com)  
 See page 8 for entry form.

**March 21, 2006**  
**PNA Board Meeting**  
 7:00 p.m.  
 Yesler Community Center  
 917 E. Yesler Way, Seattle

**April 8 & 9, 2006**  
**SCY PNA Champs**  
 Weyerhaeuser King County  
 Aquatic Center  
 Federal Way, Wash.

**April 28 to April 30, 2006**  
 Northwest Zone Short Course  
 Championships - Boise, ID  
 SCY; Kristi Lee, (208) 895-0481,

[kristidlee@aol.com](mailto:kristidlee@aol.com); Shannon  
 Hamrick, (208) 855-2212,  
[sawtoothmasters@cableone.net](mailto:sawtoothmasters@cableone.net);  
[www.ymcasawtoothmasters.org](http://www.ymcasawtoothmasters.org);  
 Sanctioned by SR LMSC #596-001

**April 25, 2006**  
**PNA Board Meeting**  
 7:00 p.m.  
 Yesler Community Center  
 917 E. Yesler Way, Seattle

May 11 to May 14, 2006  
 USMS Short Course Nationals  
 Coral Springs, Fla.  
 Michael Lohberg, (954) 345-2121  
[mlohberg@aol.com](mailto: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](mailto:njs@sunflower.com)

**May 23, 2006**  
**PNA Board Meeting**  
 7:00 p.m.  
 Yesler Community Center  
 917 E. Yesler Way, Seattle

June 17, 2006  
 USMS 1-3 Mile Open Water  
 Championship (2.5 km), Hartwell  
 Lake, Clemson, S. C. OW

## 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](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.northwestzone.org](http://www.northwestzone.org)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.akmswim.org](http://www.akmswim.org)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.mastersswimming.bc.ca](http://www.mastersswimming.bc.ca)

## Twenty-Eight — Count 'Em — Reasons Why *You* Should Compete in a Swim Meet

**M**any PNA swimmers have never competed in a meet or do so only infrequently. That's a shame, because there are many reasons to compete regularly. In fact, Lee Carlson, PNA's meets chair, has identified 28 reasons to take the plunge. Here they are:

- Savor the experience
- Challenge yourself
- Support your teammates
- Meet new friends
- Renew old friendships
- Collect on a bet or dare
- Get the adrenalin going
- Swim a new event
- Swim a different distance
- Swim a new stroke
- See if you can keep your goggles on at the start
- Swim the race smartly
- Execute the stroke smoothly
- Measure your conditioning program
- Cheer for swimmers you know
- Have your kids or grand-kids come and watch you for a change
- See if you can establish a personal best time
- See if you come close to a best time
- See if you are maintaining your times
- Hold your best pace for a 400, 500 or longer
- Find out what a negative split is
- Feel the sheer joy of it
- Honor those swimmers who keep swimming year after year and serve as an inspiration for us all
- Feel the pain stop at the end of the race
- Enjoy the warm-down after the event
- Choose your favorite food and beverage afterward without feeling guilty
- Enjoy the fellowship with your teammates

(Continued from page 2)

### Leading Off

9. Set a particular goal for one of your strokes – improve your best stroke or salvage your worst stroke. Set yourself an achievable goal, be it time or distance.

10. Introduce some dry-land training to enhance your swimming. Stop in the doorway each time you walk through and stretch your shoulder, or, maybe, just maybe, introduce something a little more substantial. Check out information and links at [www.usms.org](http://www.usms.org) for a myriad of resources. If you belong to a health club, get a trainer to help tailor a program for you.

11. Do something with your regular swim mates other than swimming. Go for coffee or travel to an out-of-town meet together.

12. Participate in a USMS Postal Swim. This month is the annual One Hour Postal Swim – how far can you swim in one hour? There's no better time to find out. (See article on page 1 for more information.) Check out other fitness swims including the Check-Off Challenge hosted by our own Federal Way Masters. (See the article on page 5.)

Have fun doing these activities – that's what I plan to do. Do them all at once or spread them out during the year. And let me know if you're aware of any activities I've missed. Write about your experiences and submit the writing to *The WetSet* editor so all of us can read about them.

Have a fun and Happy New Year!



(Continued from page 6)

### FINA

Road, PO Box 185, Londonderry NH 03053-185, USA..

We have been working with different airlines and car rental companies to secure discounted rates. The airlines include American, Continental, Delta, Northwest and United. The farther out you purchase the

ticket the more the discount. Information about the discounts is available on the XI FINA World Masters Championships website, <http://www.2006FINAMasters.org>.

If you want to be on the XI FINA World Masters Championships email list, please go to <http://seven.pairlist.net/mailman/listinfo/finamasters> to subscribe.

We look forward to seeing you in August.





## 60th Birthday Swim Draws Whidbey Island Crowd

In recognition of his 60th birthday, Jim McCleery challenged himself by swimming 60 X 100 meters freestyle @ 1:30 each. He was joined in his quest by over 20 North Whidbey Masters teammates. While Jim was the only one able completing all 60 of the swims going 100 meters, others were successful with 75s and/or 50s, depending on their skill levels. As a reward for all their hard work, many of the participants joined Jim for a birthday lunch at a local Thai restaurant in Oak Harbor.

## Check-Off Challenge Deadline Extended

Federal Way Masters, which is running the Check-Off Challenge, has extended the deadline for sending in your entry form to February 28, 2006. (Entries must be postmarked by this date.) T-shirts will now be mailed in mid-March, 2006. See page 9 for an entry form with new dates.

## PNA Board Meeting Summary for December

Ten members of the PNA board enjoyed a potluck dinner on December 8 at the home of Arni Litt, PNA's registrar.

Following dinner the board approved a budget for 2006 with projected expenses of \$48,525.

Approved PNA board meeting minutes are posted at [www.swimpna.org](http://www.swimpna.org).

## Welcome New PNA Swimmers

Alison Agness  
Rebecca Apeles  
Kas Badiozamani  
Dan Bailey  
Lori Baldwin  
Kim Beckman  
Susan Bell  
Peter Blue  
Claire Booth  
Adele Botha  
Bruce Boytler  
Beth Brewster  
Hiram Bronson  
Sarah Buffington  
Sarah Bullock  
Dana Burns  
Loly Carrillo  
Timothy Carver  
Nancy Cherry  
Sheng Dang  
Paula Davies  
Jeanne Davis  
Robert Davis  
Stephen De Rosa  
Robert Dean  
Teresa DeGraaff  
Tracy DeLorm  
Robert Densmore  
Thomas DeVera  
Margaret A Diddams  
Sharon Dodge  
Ross Drangsholdt  
Shauna Eggen  
Karen Elliott  
Charles Fiedler  
Shannon Fitzgerald  
Lachlan Foss  
Mike Gaeta  
Barbie Gardner  
Charlene Hails  
Don Hoover  
Sarah Huckabay  
Mitch Hungate  
Erin Hunter  
Todd Hurley  
Mark Jaeger  
Dawn Jaeger  
Doug Jelen  
Karen Jost

James Kendrick  
Tom Kerfonta  
Nicholas Kerr  
Michelle Kondo  
Glen Kriekenbeck  
Lynn Lackey  
Tom Lackey  
James Layden  
Nick LeClercq  
Thomas Leonard  
Michael Lone  
Rich Loudon  
Mitch Lum  
Vikki Maddox  
Roy Mann  
Thomas Marshall  
Kim Matz  
LeeAnn McGhie-Stoermer  
Brian McKinley  
Jeffrey Meehan  
Timothy Milberger  
Les Morales  
John Murray  
David O'Hern  
Scott Paul  
Christopher Peabody  
Wanda Ramos  
William Raynolds  
Filey Relfe  
Elizabeth Roasane  
Marcus Rose  
John Sato  
Michael Schutzler  
Beverly Scott  
Jonathan Sharples  
Julie Shryock  
Julie Sickles  
Ken Smith  
Colin Smith  
Hamish Stewart  
Paul Stoermer  
Rachel Swoveland  
Fei Tang  
Jessica Vando  
Ron Wilson  
William Witting  
Jun-Heng Xu  
Buster Yonych

## Organizing Committee for 2007 Nationals Looking for Volunteers to Help Plan and Organize the Event

By Jane Moore, Meet Director for 2007 Nationals

Join a great group of Masters swimmers to plan and organize the 2007 USMS Short Course National Championship that will run from May 17-20, 2007, at the Weyerhaeuser King County Aquatic Center in Federal Way.

We have lots of work to get done over the next 16 months. Some jobs require work from now through the meet while others have limited, short-term tasks. Check the list of categories below for something you can help with.

We'll have limited meetings of the full organizing committee, but will communicate mostly by email with reports and updates at the monthly PNA Board meetings. I plan to have a kick-off meeting of the organizing committee this month. At this meeting we'll review tasks and timelines for Nationals. More information will be available in late January.

Here are the different roles and committees we have. *Committees without a name still need a chair.* And all committees will need help.

- Meet Committee Chair, Hugh Moore
- Meet Director, Jane Moore
- Assistant Meet Director
- Secretary, Kathy Casey
- Announcers, \_\_\_\_\_
- Awards, Sally Dillon
- Budget & Finance, Jeanne Ensign
- Facility, Mike Dunwiddie
- Housing, Julie Fay
- Logo Artist, Dona Keyser
- Marketing, \_\_\_\_\_

- Meet Newsletter, \_\_\_\_\_
- Meet Referees, \_\_\_\_\_
- Office Administration, Kelly Crandell
- Officials Recruitment, Lee Carlson & Jan Kavadas
- On-Site Check In, Holly Bork
- Pre-Meet Registration, USMS National Office
- Problem Desk, Kathy Casey
- Program Editor, Kelly Crandell
- Publicity, \_\_\_\_\_
- Records & Splits, Walt Reid
- Social (Banquet), \_\_\_\_\_
- Souvenirs, Arni Litt
- Timers, \_\_\_\_\_
- Transportation, \_\_\_\_\_
- USMS Championship Liaison, Sandy Rousseau-Oregon
- USMS Officials Liaison, selected by USMS
- Volunteer Coordinator, Sarah Welch
- Volunteer Hospitality, Tom Foley & Ed Artis
- Welcome Bags, \_\_\_\_\_

A local team or workout group can assume full responsibility for a particular area, such as timers. Revenue from the meet will be shared with teams that play a significant role in putting on the meet.

To sign up to help or for more information about planning and organizing the Nationals, contact me at [swimmoore@comcast.net](mailto:swimmoore@comcast.net).



## Update on XI FINA World Masters Championships in August from Chairman Michael Moore

The start of the first event of the XI FINA World Masters Championships is less than seven months away.

The Organizing Committee has been working hard getting things ready for the event. The event book, which will have much of the information about the championships in it, is now available on the Web. (See <http://www.2006finamasters.org/v2/>)

The Organizing Committee has secured rooms at 22 bay area hotels. We were able to secure discounted rates. We have already sold out our allotment at three of those hotels. There are still many, many hotel rooms available and to secure the greatest choice, please go to the web site, <http://www.2006finamasters.org>, to view the choices of hotels and choose one. If you are planning for a group of ten or more, please contact Shannon Sullivan at [shannon@2006finamasters.org](mailto:shannon@2006finamasters.org). She can help you with your selection of hotels.

If you are coming to the United States be sure to check with the United States Consular Service about visa requirements ([http://visa.state.gov/visa/visa\\_1750.html](http://visa.state.gov/visa/visa_1750.html)). These requirements are constantly changing. If you need a letter of invitation, please contact Tracy Grilli at United States Masters Swimming. You can contact her by email: [usms@usms.org](mailto:usms@usms.org), or by regular mail: Letter of Invitation, Tracy Grilli, XI FINA World Masters Championships, 9 Wiley Hill

(Continued on page 4)

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

<b>EVENTS (ORDER #4)</b>	
#	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 8<sup>th</sup> Street. Turn right at 114<sup>th</sup> Ave. SE. Turn left on SE 6<sup>th</sup> 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](mailto: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.

**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](mailto:coryh@bellevueclub.com)**

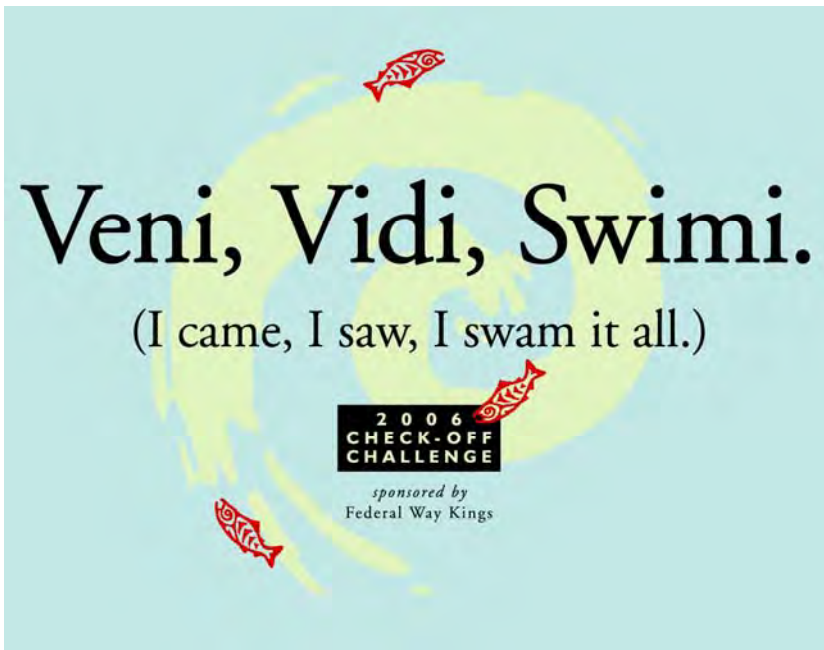
Please send entries postmarked no later than **Wednesday, February 8th**

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: \_\_\_\_\_







**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](http://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 February 28, 2006. T-shirts will be mailed in mid-March, 2006. 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](mailto: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:
Size	Qty	Price	Total \$	Size	Qty	Price	Total \$	
S	___	@ \$15	_____	M	___	@ \$7	_____	Holly Bork 6233 S 233rd St Kent, WA 98032 Make checks payable to “ <b>Federal Way Masters</b> ”
M	___	@ \$15	_____	L	___	@ \$7	_____	
L	___	@ \$15	_____	XL	___	@ \$7	_____	
XL	___	@ \$15	_____	XXL	___	@ \$9	_____	
XXL	___	@ \$17	_____					

**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: \_\_\_\_\_



**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 committee**

**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.

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

Optional Donations:

USMS Endowment Fund \$ \_\_\_\_\_  
 International Swimmers 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](http://www.usms.org/admin/privacy.shtml)

**TEAMS**

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

# Pacific Northwest Association of Masters Swimmers

## 2006 Local Team Registration

To register your team for 2006, 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

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

Below are the abbreviations currently in use.

Mail this form and check to:

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

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

- |  |   |   |
|--|---|---|
| BAM: Bainbridge Area Masters<br>BC: Bellevue Club<br>BEST: Bellevue Eastside Masters<br>BMSC: Bellingham Masters Swim Club<br>CAC: Columbia Athletic Masters<br>DSYM: Downtown Seattle YMCA Masters<br>ESCM: Evergreen Swim Club Masters<br>FSJ: Fins of the San Juans<br>FTSW: Ft. Steilacoom - WAKO<br>FWM: Federal Way Master<br>GACM: Gateway Athletic Club<br>GCMS: Gold Creek Masters (GCM)<br>GLAD: Greenlake Aquaducks<br>HMST: Husky Masters<br>ISST: Issaquah Swim Team Masters<br>JAM: Juanita Aquatic Masters<br>LUNA: Team Luna<br>LWS: Lynnwood Sharks<br>MIR: Mercer Island Redwoods<br>MMST: Marysville Martins<br>NEO: North End Otters | NHM: Newport Hills Masters<br>NSYG: Northshore Y's Guys<br>NWM: North Whidbey Masters<br>OOPS: Old Olympic Peninsula Swimmers<br>ORCA: Orca Swim Club<br>PAC: Poseidon Aquatic Club<br>PAM: Port Angeles Masters<br>PRO: Pro Sports Club<br>PTMS: Port Townsend master Swimmers<br>QASC: Queen Anne Swim Club<br>RAH: Redmond Aqua Hotshots<br>RTB: Raise the Bar<br>SAC: Seattle Athletic Club<br>SAMM: Samena Club<br>STRM: Storm Aquatics<br>SSEA: Swim Seattle<br>SVY: Skagit Valley YMCA Chinooks<br>TACM: Thunderbird Aquatic Masters | TACY: Tacoma Pierce County YMCA<br>TIG: Tigers<br>TMS: Thorbecke's Masters Swimming<br>TSC: Tacoma Swim Club<br>TUMV: Tumwater Valley Masters<br>UNAT: Unattached to a Team<br>UPAC: University Place Aquatic Club<br>VAM: Vashon Aquatic Masters<br>VAST: Valley Aquatic Swim Team<br>VFC: Valley Fitness Center<br>WAC: Washington Athletic Club<br>WEST: West Coast Aquatic Masters<br>WCY: Whatcom County YMCA<br>WIS: S Whidbey Island Swells<br>WSAS: West Seattle All-Stars<br>WSYD: West Seattle YMCA Dolphins<br>WWUS: Western WA U Masters Swimming<br>YNOT: Y Nauts<br>Don't see your team? Fill in the form and it will be added to the list. |
|--|---|---|



## 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 \_\_\_\_\_

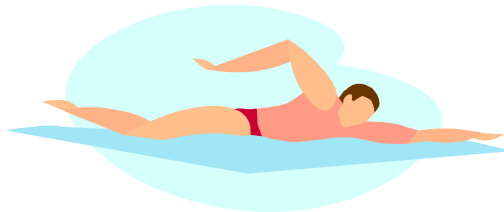
Phone \_\_\_\_\_ USMS # \_\_\_\_\_

E-MAIL \_\_\_\_\_

Change of Address

New Subscription

January 2006 Issue



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

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