



BAMFest 7: Plenty of Fun, Plenty of Fantasy

David Cuthbert

A clear autumn morning saw over 110 swimmers — 16 swimming in their first Masters meet — descend on the Bainbridge Aquatic Center for the seventh annual BAMFest. The meet featured a variety of 50, 100 and 200-yard individual events, a 500-yard freestyle, two 200-yard relays and the ever-popular BAMFest Fantasy Relay. Participants came from all around Puget Sound and Oregon. There was even a swimmer from New England Masters.

Five New Records

Even though Bainbridge's Ray Williamson Pool isn't one of the region's faster pools, five PNA records were set at BAMFest. Francesca Drum (OOPS), 67, broke her previous record in the 50-yard breaststroke of 47.27, with a time of 46.45. Mary Armstrong (MYM), 41, turned in two breaststroke records, swimming the 50-yard event in 33.32 and the 100-yard event in 1:13.12.

For the men, John Keppeler (BAM), 41, also broke two records; his time in the 100-yard backstroke was 55.81, and in the 100-yard freestyle it was 50.02.

Coaching Award

During the meet, Rich Seibert



Members of GLAD showing how they feel about the Fantasy Relay

presented Olympic Athletic Club coach Marilyn Grindrod with the Kerry O'Brien Coaching Award. This inaugural award recognizes USMS coaches who have energized, expanded and built up a club, and created new opportunities for its members. Congratulations to Marilyn and her OAC swimmers!

Fantasy Relay

The Fantasy Relay is a BAM tradition. This year's version was dubbed the Caterpillar 500. It was similar to a 200-yard freestyle relay, but the swimmers didn't get out of the water; subsequent swimmers had to link up, with the swimmer entering the water grabbing onto the ankle of the last swimmer in the chain. The "500" came from counting all of yards swum individually (200+150+100+50).

For the relay, a number of swimmers donned fins, pull buoys and paddles. A few kickboards

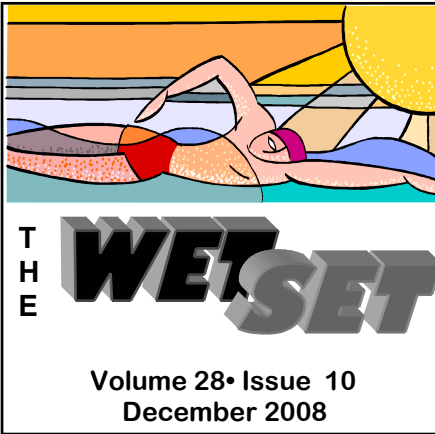
were also used and at least one snorkel was spotted. All six lanes were filled, offering an outrageous spectacle for onlookers.

Keeping the Meet Going

The meet ran smoothly thanks to a team of 30-plus volunteers from the host Bainbridge Area Masters team and the Bainbridge Island Swim Club. They timed, ran computers, kept the athletes fed and got swimmers to where they needed to be. Special thanks to our officials: Frank Toles (referee); Teri White; Carol Pendleton; John Wukstich; Rick Stafford (announcer); and Steve Peterson (PNA President) for keeping the meet running on schedule.

And thanks to everyone who came to BAMFest! See you at the eighth annual BAMFest in 2009!

Results start on page 4



THE WET SET
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Editor

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

PNA Officers

President

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

Vice President

Lisa Dahl (206) 251-1278
 lisaisswimming@hotmail.com

Treasurer

Toby Coenen (425) 836-8943
 tobycoenen@comcast.net

Secretary

Jo Moore mdec@halcyon.com

Immediate Past President

Jeanne Ensign
 Jeanne@raincity.com

Board Members at-Large

Kathy Casey (253) 588-4879
 kathyjcasey@comcast.net
 Tom Foley (206) 937-5585
 lilmot@hotmail.com
 Herb Cook
 herbcook@att.net

PNA Volunteers

Registrar

Arni Litt (206) 849-1387 (cell)
 PO Box 12172
 Seattle WA 98102--0172
PNARegistrar@usms.org

Awards: Kelly Crandell

Coaches: Wendy Neely

Constitution & Bylaws: Jane Moore

Fitness: Sarah Welch

Historian: Tom Foley

Meets: Cathy Cooley/Mike McColly

Records/Top Ten: Walt Reid

Officiating: Kathy Casey/Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps:
 Hugh Moore

Your PNA leadership team held a day-long retreat on November 15. We did this as a self-check on how we're doing and to brainstorm new ideas and solutions. We also wanted to spend some quality time on topics that we seldom have the luxury to discuss at length at our monthly two-hour board meetings. With the guidance of a professional facilitator and several hours to consider many proposals, we hammered out a strategic plan for 2009 and beyond. Look for details in next month's issue.

Another reason for the retreat was to consider the impact of new items on next year's budget. We typically devote our December board meeting to approving the budget. But rarely has there been sufficient time to fully vet last-minute ideas that inevitably pop up and request funding. (The year's final meeting is traditionally held at Registrar Arni Litt's home and starts off with a delicious potluck dinner.) Look for details about the December meeting and the budget in the January issue.

PNA Award Winners

Turning to a different topic, this past September's USMS Convention included plenty of PNA member recognition! See page 9 for details about our Dorothy Donnelly USMS Service Award winners Sarah Welch and Tom Foley and our Kerry O'Brien Coaching Award winners Marilyn Grindrod and Cynthia Krass.

On the competition side, USMS named PNA's Rick Colella as this year's David Yorzyk Memorial Award recipient. This award honors the "most outstanding" 400 IM performance at Short Course Nationals. The

LEADING OFF



By Steve Peterson, PNA president

award is in memory of David Yorzyk, son of 1956 Olympian Bill Yorzyk and an up-and-coming IM swimmer who tragically lost his life two decades ago while still a young adult.

As you may have read in the November-December issue of USMS Swimmer, "In Austin, Colella bulldozed the previous record in the men's 55-59 age group by nearly six seconds (4:30.18), ..." erasing Jim McConica's 2006 record. (Californian McConica is one of this year's six inductees into the International Masters Swimming Hall of Fame.)

Congratulations to Rick, our 1972 and 1976 Olympian, who joins previous PNA Yorzyk winners Charlotte Davis (2006) and Fred Wiggins (1991)!

Anacortes and One Hour Swim on Near Horizon

A successful seventh BAMFest is in the books. Next up is the Thunderbird Aquatic Club's SCY meet in Anacortes on January 31. And whether or not you're a pool competitor, consider setting your personal mark in the USMS One Hour Swim any time in January — hosted by our own Ohana Swim Team (for details, see www.swimpna.org; US Swimmer, page 36; or pp 14-16 of this issue.

Happy Holidays to you!

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have 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 2008/2009 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**. Unless otherwise noted, all PNA board meetings are at Yesler Community Center, 917 E. Yesler Way, Seattle.*

January 1 to 31, 2009
USMS 2009 1 Hour Postal
Championships
Jane Moore (253) 759-4956,
swimmooore@comcast.net; Janae
McCullough, (253) 228-5947
u2jem@u2.com; [usms.org/
longdist/ldnats09](http://usms.org/longdist/ldnats09)

January 4, 2009
Tukwila's 100th Birthday Swim
100 lengths (2500 yards)
Tukwila Pool, Tukwila, Wash.

January 27, 2009
PNA Board Meeting
6:45 p.m.

January 31, 2009
Anacortes SCY Meet
Fidalgo Pool, Anacortes, WA
Myke Lund
h2obug101@yahoo.com

February 24, 2009
PNA Board Meeting
6:45 p.m.

March 24, 2009
PNA Board Meeting
6:45 p.m.

April 4 & 5, 2009
2009 Northwest Zone SCY
Championships - Boise, ID

SCY; Jill Wright, 208-571-4254,
swimjmw@aol.com; Kristi Lee,
208-895-0481, kristidlee@aol.com;
www.sawtoothmasters.org;

April 10 & 11, 2009
PNA Champs
Weyerhaeuser King County
Aquatic Center
Federal Way, Wash.

May 7 to 10, 2009
2009 USMS Short Course Yards
Nationals
Clovis North High School, Fresno,
Calif.

May 11, 2009
USMS 1 Mile Open Water
Championships
Millerton Lake, Clovis, Calif.
Clovis Swim Club
Dowain Wright, (559) 285-0489,
rightswim@sbcglobal.net

May 15 to September 15, 2009
USMS 2009 5 and 10 Km Postal
Championships (50 meter pools
only)
Susan Sotir, (339) 222-3165 (cell),
(781) 257-5102 (home)
spstotir@rcn.com; Rich Axtell,
rich@minutemanmasters.com;
usms.org/longdist/ldnats09

July 11, 2009
USMS 1-3 Mile Open Water
Championships (2 miles)
Canandaigua Lake, Canandaigua,
N.Y.

August 1, 2009
USMS 6+ Mile Open Water
Championships (10 km)
Little Traverse Bay, Lake Michigan,
Harbor Springs, MI
Hammerhead Swim Club
John Cowing, (231) 330-8904,
johnc.marilyn@gmail.com
Marilyn Early, (231) 526-9824,
johnc.marilyn@gmail.com

September 12, 2009
USMS 2009 3-6 Mile Open Water
Championships (5 km) - Lake
Michigan, Chicago, IL
Chris Sheean,
bigshoulders2009@yahoo.com;
usms.org/longdist/ldnats09

September 15 to November 15,
2009
USMS 2009 3000/6000 Yard
Postal Championships (25 yard
pools only)
Jacque Grossman, 864-646-8836,
jelq@innova.net; [usms.org/
longdist/ldnats09](http://usms.org/longdist/ldnats09)

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

Results: 7th Annual BAMFest Bainbridge Island, Wash. Oct. 25, 2008

BAMFEST 2008
10-25-08
SHORT COURSE YARDS
P = PNA RECORD

WOMEN 18-24

50 YD. FREE		
SHONA PIERCE	23 WWUS	26.65
MADISON SHELLGREN	24 FWM	29.21
HEATHER BONAR	19 GHY	29.51
EMIKO MAR	21 WWUS	29.69
EMILY PURBAUGH	23 GHY	30.29
EMMA COULSON	23 FWM	30.65
ARIEL ZORNES	18 UNAT	33.30
100 YD. FREE		
MADISON SHELLGREN	24 FWM	1:04.88
TINNEL HILLIS	20 WWUS	1:09.50
200 YD. FREE		
TINNEL HILLIS	20 WWUS	2:36.99
50 YD. BACK		
SHONA PIERCE	23 WWUS	30.63
A.SHANHOLTZER	20 OST	32.01
EMMA COULSON	23 FWM	33.89
EMIKO MAR	21 WWUS	35.38
HEATHER BONAR	19 GHY	36.53
100 YD. BACK		
SHONA PIERCE	23 WWUS	1:10.11
EMMA COULSON	23 FWM	1:10.63
A.SHANHOLTZER	20 OST	1:10.83
50 YD. BRST		
SHONA PIERCE	23 WWUS	34.88
A.SHANHOLTZER	20 OST	37.65
EMILY PURBAUGH	23 GHY	39.71
EMMA COULSON	23 FWM	39.81
EMIKO MAR	21 WWUS	44.17
ARIEL ZORNES	18 UNAT	44.34
100 YD. BRST		
EMILY PURBAUGH	23 GHY	1:27.37
50 YD. FLY		
TINNEL HILLIS	20 WWUS	32.93
HEATHER BONAR	19 GHY	33.43
EMIKO MAR	21 WWUS	33.43
MADISON SHELLGREN	24 FWM	34.48
ARIEL ZORNES	18 UNAT	40.21
100 YD. FLY		
TINNEL HILLIS	20 WWUS	1:16.21
100 YD. I.M.		
SHONA PIERCE	23 WWUS	1:07.62
A.SHANHOLTZER	20 OST	1:10.48
HEATHER BONAR	19 GHY	1:15.22
MADISON SHELLGREN	24 FWM	1:20.88

WOMEN 30-34

50 YD. FREE		
KAREN CURRY	30 BAM	28.11
T.DOTSON	32 OAC	28.15
100 YD. FREE		
T.DOTSON	32 OAC	1:02.79
200 YD. FREE		
ALISON AYLESWORTH	31 WSYD	2:30.55
ALICIA BRASCH	34 GLAD	2:31.05
500 YD. FREE		
ALISON AYLESWORTH	31 WSYD	6:24.51
KAREN CURRY	30 BAM	6:29.04

ALICIA BRASCH	34 GLAD	6:46.57
50 YD. BACK		
T.DOTSON	32 OAC	32.29
100 YD. BACK		
ALISON AYLESWORTH	31 WSYD	1:18.00
100 YD. BRST		
ALISON AYLESWORTH	31 WSYD	1:26.86
50 YD. FLY		
KAREN CURRY	30 BAM	34.06
ALICIA BRASCH	34 GLAD	35.22
100 YD. I.M.		
ALISON AYLESWORTH	31 WSYD	1:15.42

WOMEN 35-39

50 YD. FREE		
KAREN BOEHMER	39 UNAT	30.70
JENNIFER MCMANUS	39 GHY	30.97
LIZ SHIMIZU	39 GLAD	31.12
KIRSTEN YOUNG	38 SVY	31.48
SHANNON SINGER	38 SVY	33.65
M.ELLRINGER	35 OAC	34.37
100 YD. FREE		
KAREN BOEHMER	39 UNAT	1:07.27
M.ELLRINGER	35 OAC	1:15.07
200 YD. FREE		
LIZ SHIMIZU	39 GLAD	2:28.21
KAREN BOEHMER	39 UNAT	2:33.66
MICHELLE BEHRENS	35 GHY	2:34.39
M.ELLRINGER	35 OAC	2:48.61
SHANNON SINGER	38 SVY	2:48.73
500 YD. FREE		
LIZ SHIMIZU	39 GLAD	6:32.89
MICHELLE BEHRENS	35 GHY	6:59.46
SHANNON SINGER	38 SVY	7:41.51
100 YD. BACK		
SHANNON SINGER	38 SVY	1:33.75
50 YD. BRST		
KAREN BOEHMER	39 UNAT	40.05
KIRSTEN YOUNG	38 SVY	40.34
100 YD. BRST		
KIRSTEN YOUNG	38 SVY	1:26.64
MICHELLE BEHRENS	35 GHY	1:32.60
50 YD. FLY		
JENNIFER MCMANUS	39 GHY	35.75
M.ELLRINGER	35 OAC	40.69
100 YD. I.M.		
KAREN BOEHMER	39 UNAT	1:16.94
KIRSTEN YOUNG	38 SVY	1:21.41
MICHELLE BEHRENS	35 GHY	1:22.29

JENNIFER MCMANUS	39 GHY	1:25.34
M.ELLRINGER	35 OAC	1:28.00
SHANNON SINGER	38 SVY	1:30.10

WOMEN 40-44

50 YD. FREE		
MARY ARMSTRONG	41 MYM	26.36
CLOANTHA COPASS	40 BAM	30.22
TATYANA MISHEL 4	44 GLAD	31.05
BELINDA SCHUSTER	43 SVY	32.89
KATHY MOORE	41 UNAT	33.13
KRISTINE ANTILLA	40 OST	33.40
A.BLITZ-SEIBERT	44 OAC	37.15
100 YD. FREE		
CLOANTHA COPASS	40 BAM	1:08.25
TATYANA MISHEL	44 GLAD	1:09.09
JENNIFER FORDHAM	44 MYM	1:11.95
BELINDA SCHUSTER	43 SVY	1:15.37
A.BLITZ-SEIBERT 4	4 OAC	1:26.10
JENNY DOXTATER	42 BAM	1:35.69
200 YD. FREE		
MARY ARMSTRONG	41 MYM	2:09.43
CLOANTHA COPASS	40 BAM	2:37.07
JENNIFER FORDHAM 4	4 MYM	2:41.33
500 YD. FREE		
HEIDI HUTCHINSON	41 OAC	8:02.86
50 YD. BACK		
JENNIFER FORDHAM 4	4 MYM	37.65
JENNY DOXTATER	42 BAM	9.09
100 YD. BACK		
JENNIFER FORDHAM	44 MYM	1:22.84
50 YD. BRST		
MARY ARMSTRONG	41 MYM	33.32P
KRISTINE ANTILLA	40 OST	40.47
KATHY MOORE	41 UNAT	44.40
100 YD. BRST		
MARY ARMSTRONG	41 MYM	1:13.12P
KRISTINE ANTILLA	40 OST	1:28.99
HEIDI HUTCHINSON	41 OAC	1:41.19
50 YD. FLY		
TATYANA MISHEL	44 GLAD	34.62
BELINDA SCHUSTER	43 SVY	36.03
KATHY MOORE	41 UNAT	37.94
A.BLITZ-SEIBERT	44 OAC	45.83
100 YD. FLY		
TATYANA MISHEL	44 GLAD	1:23.32
100 YD. I.M.		
TATYANA MISHEL	44 GLAD	1:19.89
KRISTINE ANTILLA	40 OST	1:23.81



OAC's Fantasy Relay team: from left, Alisa Blitz-Seibert, Rich Seibert, Tamara Coulter-Dotson and Jim Kohnke



JENNIFER FORDHAM 44 MYM 1:24.02
 BELINDA SCHUSTER 43 SVY 1:30.30

WOMEN 45-49

50 YD. FREE
 ZENA COURTNEY 49 FWM 29.24
 KRIS SPEIR 45 OST 29.38
 J.MCJUNKIN 45 UNAT 33.88
 HOLLY ALLEVA 47 UNAT 34.41
 TERRIE PETERSON 45 MYM 35.56
 100 YD. FREE
 ZENA COURTNEY 49 FWM 1:01.80
 KRIS SPEIR 45 OST 1:04.92
 WENDY HOFFMAN 45 MICC 1:11.18
 200 YD. FREE
 WENDY HOFFMAN 45 MICC 2:36.37
 50 YD. BACK
 ZENA COURTNEY 49 FWM 32.91
 KRIS SPEIR 45 OST 36.55
 HOLLY ALLEVA 47 UNAT 1.80
 LYNNE GALLIVAN 46 BAM 3.54
 100 YD. BACK
 ZENA COURTNEY 49 FWM 1:09.30
 WENDY HOFFMAN 45 MICC 1:28.42
 50 YD. BRST
 TANYA BERG 49 GLAD 37.35
 HOLLY ALLEVA 47 UNAT 42.99
 100 YD. BRST
 TANYA BERG 49 GLAD 1:20.65
 KRIS SPEIR 45 OST 1:24.55
 HOLLY ALLEVA 47 UNAT 1:36.76
 50 YD. FLY
 J.MCJUNKIN 45 UNAT 38.37
 LYNNE GALLIVAN 46 BAM 41.24
 100 YD. I.M.
 ZENA COURTNEY 49 FWM 1:12.26
 KRIS SPEIR 45 OST 1:16.57
 TANYA BERG 49 GLAD 1:16.72
 WENDY HOFFMAN 45 MICC 1:22.01
 J.MCJUNKIN 45 UNAT 1:28.46
 HOLLY ALLEVA 47 UNAT 1:29.67
 200 YD. I.M.
 TANYA BERG 99 GLAD 2:46.16
 WENDY HOFFMAN 45 MICC 2:56.65

WOMEN 50-54

50 YD. FREE
 JANET JOHNSON 53 PTMS 34.89
 50 YD. BRST
 JANET JOHNSON 53 PTMS 41.77
 H.ADKINS-NARTE 54 BAM 5.39
 100 YD. BRST
 JANET JOHNSON 53 PTMS 1:34.25
 H.ADKINS-NARTE 54 BAM 1:56.80
 100 YD. I.M.
 JANET JOHNSON 53 PTMS 1:33.43
 H.ADKINS-NARTE 54 BAM 2:10.82

WOMEN 55-59

50 YD. FREE
 JEAN BLACKBURN 56 FWM 34.22
 KRISTA GOMES 59 BTAC 40.41
 MARILYN GRINDROD 56 OAC 40.42
 PAT DUGGAN 55 FWM 46.75
 200 YD. FREE
 PAT DUGGAN 55 FWM 3:32.52
 50 YD. FREE
 RITA BELSERENE 57 BAM 7:22.70
 PAT DUGGAN 55 FWM 9:13.64
 50 YD. BACK
 JEAN BLACKBURN 56 FWM 44.98
 MARILYN GRINDROD 56 OAC 46.86
 50 YD. BRST
 KRISTA GOMES 59 BTAC 48.69
 MARILYN GRINDROD 56 OAC 50.01
 100 YD. BRST
 KRISTA GOMES 59 BTAC 1:44.21
 50 YD. FLY
 RITA BELSERENE 57 BAM 37.13

JEAN BLACKBURN 56 FWM 38.83
 100 YD. FLY
 RITA BELSERENE 57 BAM 1:26.87
 100 YD. I.M.
 JEAN BLACKBURN 56 FWM 1:29.29
 MARILYN GRINDROD 56 OAC 1:48.14
 200 YD. I.M.
 RITA BELSERENE 57 BAM 3:07.21

WOMEN 60-64

50 YD. FREE
 JEANNE ENSIGN 62 UNAT 46.05
 100 YD. FREE
 JEANNE ENSIGN 62 UNAT 1:38.77
 200 YD. FREE
 KATE CARRUTHERS 60 BAM 2:54.24
 100 YD. BACK
 JEANNE ENSIGN 62 UNAT 1:56.56
 50 YD. BRST
 KATE CARRUTHERS 60 BAM 4.34
 100 YD. BRST
 KATE CARRUTHERS 60 BAM 1:38.36
 100 YD. I.M.
 KATE CARRUTHERS 60 BAM 1:27.98

WOMEN 65-69

50 YD. FREE
 CELESTE FOX 66 BTAC 45.68
 100 YD. FREE
 ANNE OLSON 69 BTAC 1:27.02
 200 YD. FREE
 ANNE OLSON 69 BTAC 3:14.96
 100 YD. BACK
 ANNE OLSON 69 BTAC 1:51.04
 50 YD. BRST
 FRANCESCA DRUM 66 OOPS 46.45P

WOMEN 75-79

50 YD. FREE
 KAREN BRYCE 75 GLAD 56.05
 50 YD. BACK
 KAREN BRYCE 75 GLAD 1:03.85
 50 YD. BRST
 KAREN BRYCE 75 GLAD 1:05.96

WOMEN 80-84

50 YD. BRST
 ILSE WALTERS 80 UNAT 1:18.58

MEN 18-24

50 YD. FREE
 MARK FANNING 21 WWUS 25.39
 JESSE HEATON 24 UNAT 26.21
 HAMBER PABLO 22 MYM 30.89
 100 YD. FREE
 TOM GOSCIIEWSKI 19 WWUS 1:17.71
 200 YD. FREE
 JESSE HEATON 24 UNAT 2:10.79
 50 YD. BACK
 MARK FANNING 21 WWUS 28.93
 100 YD. BACK
 MARK FANNING 21 WWU 1:03.85
 JESSE HEATON 24 UNAT 1:06.32
 50 YD. BRST
 SHINGO ITO 24 ORCA 31.84
 HAMBER PABLO 22 MYM 37.06
 100 YD. BRST
 SHINGO ITO 24 ORCA 1:09.03
 HAMBER PABLO 22 MYM 1:25.70
 50 YD. FLY
 SHINGO ITO 24 ORCA 27.82
 JESSE HEATON 24 UNAT 30.97
 TOM GOSCIIEWSKI 19 WWUS 44.17
 100 YD. I.M.
 HAMBER PABLO 22 MYM 1:28.60
 TOM GOSCIIEWSKI 19 WWUS 1:35.81

MEN 25-29

50 YD. FREE
 DMITRI PARAMONOV 29 HMST 24.60
 DAVID TOURIGNY 29 GLAD 25.42
 A.CHMELIOVAS 25 UNAT 25.87
 100 YD. FREE
 DAVID TOURIGNY 29 GLAD 58.98
 50 YD. BACK
 A.CHMELIOVAS 25 UNAT 30.83
 50 YD. BRST
 DMITRI PARAMONOV 29 HMST 32.50
 50 YD. FLY
 DAVID TOURIGNY 29 GLAD 29.43

MEN 30-34

50 YD. FREE
 JUSTINO PONCE 30 MYM 32.24
 50 YD. BACK
 JUSTINO PONCE 30 MYM 30.42

MEN 35-39

50 YD. FREE
 GREG KABACY 35 FWM 23.07
 ZAC MONTGOMERY 37 GAM 23.60
 DAVID MARGRAVE 36 HMST 25.09
 MARIO DELNAGRO 36 SVY 25.56
 DOUG JELEN 35 UNAT 25.96
 DAN MARTIN 37 TVAC 25.99
 JASON FRIEDMAN 38 UPAC 26.31
 VLADIMIR SCHMIDT 39 HMST 26.40
 KERRY NESS 39 SVY 32.84
 100 YD. FREE
 GREG KABACY 35 FWM 50.29
 ZAC MONTGOMERY 37 GAM 52.22
 MARIO DELNAGRO 36 SVY 56.42
 VLADIMIR SCHMIDT 39 HMST 59.44
 200 YD. FREE
 DAN MARTIN 37 TVAC 2:06.30
 500 YD. FREE
 DAN MARTIN 37 TVAC 5:42.03
 DAVID MARGRAVE 36 HMST 5:51.14
 50 YD. BACK
 DOUG JELEN 35 UNAT 28.00
 MARIO DELNAGRO 36 SVY 33.57
 JASON FRIEDMAN 38 UPAC 34.50
 100 YD. BACK
 DOUG JELEN 35 UNAT 1:00.69
 MARIO DELNAGRO 36 SVY 1:12.16
 50 YD. BRST
 TOM SCHUTTE 39 GLAD 31.01
 JASON FRIEDMAN 38 UPAC 35.62
 KERRY NESS 39 SVY 37.93
 100 YD. BRST
 TOM SCHUTTE 39 GLAD 1:08.40
 MARIO DELNAGRO 36 SVY 1:18.13
 KERRY NESS 39 SVY 1:28.30
 50 YD. FLY
 GREG KABACY 35 FWM 24.88
 DOUG JELEN 35 UNAT 26.40
 ZAC MONTGOMERY 37 GAM 26.83
 DAVID MARGRAVE 36 HMST 28.06
 JASON FRIEDMAN 38 UPAC 30.23



Stroke and Turn Judge Carol Pendleton and Meet Director Tamara Tulou

100 YD. FLY		
DOUG JELEN	35 UNAT	58.82
100 YD. I.M.		
JASON FRIEDMAN	38 UPAC	1:11.00
KERRY NESS	39 SVY	1:24.23
200 YD. I.M.		
TOM SCHUTTE	39 GLAD	2:17.77

M E N 40-44

50 YD. FREE		
TODD NELSON	42 NWM	27.46
PETER COLLINS	43 MYM	31.46
100 YD. FREE		
JOHN KEPPELER	41 BAM	50.02P
RICHARD SEIBERT	44 OAC	54.35
TODD NELSON	42 NWM	59.54
200 YD. FREE		
JOHN KEPPELER	41 BAM	1:49.71
DAVID KAYS	40 PRO	1:51.17
JIM LASERSOHN	42 ORCA	2:10.38
PETER COLLINS	43 MYM	2:44.35
500 YD. FREE		
DAVID KAYS	40 PRO	5:03.73
JIM LASERSOHN	42 ORCA	6:08.65
PETER COLLINS	43 MYM	7:26.07
100 YD. BACK		
JOHN KEPPELER	41 BAM	55.81P
RICHARD SEIBERT	44 OAC	1:13.74
50 YD. BRST		
IAN WRIGHTSON	43 UNAT	30.96
JOHN GOESSMAN	43 BAM	32.67
JIM LASERSOHN	42 ORCA	34.50
PETER COLLINS	43 MYM	38.28
100 YD. BRST		
DAVID KAYS	40 PRO	1:07.01
JOHN GOESSMAN	43 BAM	1:10.88
RICHARD SEIBERT	44 OAC	1:18.64
PETER COLLINS	43 MYM	1:26.88
50 YD. FLY		
JIM LASERSOHN	42 ORCA	29.01
TODD NELSON	42 NWM	31.26
100 YD. FLY		
IAN WRIGHTSON	43 UNAT	56.79
JOHN GOESSMAN	43 BAM	1:03.25
100 YD. I.M.		
RICHARD SEIBERT	44 OAC	1:03.68
TODD NELSON	42 NWM	1:11.43

200 YD. I.M.		
IAN WRIGHTSON	43 UNAT	2:12.03
RICHARD SEIBERT	44 OAC	2:25.46

M E N 45-49

50 YD. FREE		
JIM KOHNKE	46 OAC	27.19
100 YD. FREE		
ERIC VALLEY	47 TVAC	56.07
DAN SMITH	45 FWM	56.21
TOM KARB	57 NEM	58.38
200 YD. FREE		
ERIC VALLEY	47 TVAC	2:00.85
DAN SMITH	45 FWM	2:03.89
JIM KOHNKE	46 OAC	2:19.78
500 YD. FREE		
ERIC VALLEY	47 TVAC	5:35.28
JIM KOHNKE	46 OAC	6:26.15
STEVE LAHAIE	45 OAC	6:32.53
50 YD. BACK		
TOM KARB	47 NEM	30.99
100 YD. BACK		
TOM KARB	47 NEM	1:06.74
DAN SMITH	45 FWM	1:14.79
50 YD. BRST		
STEVE LAHAIE	45 OAC	36.90
100 YD. BRST		
DAN SMITH	45 FWM	1:12.70
50 YD. FLY		
STEVE LAHAIE	45 OAC	32.32
JIM KOHNKE	46 OAC	32.86
ERIC VALLEY	47 TVAC	1:04.03
TOM KARB	47 NEM	1:10.62
200 YD. I.M.		
STEVE LAHAIE	45 OAC	2:48.51

M E N 50-54

50 YD. FREE		
PAUL WEBBER	50 BAM	26.80
JOHN MARK NUTTMAN	53 OAC	26.86
DAVID PERRY	52 OAC	27.99
100 YD. FREE		
JAY ORR	50 GAM	1:01.26
PAUL WEBBER	50 BAM	1:02.46
KENNARD GOODMAN	54 BAM	1:09.67

500 YD. FREE		
DAVID PERRY	52 OAC	6:25.47
KENNARD GOODMAN	54 BAM	7:34.68
50 YD. BACK		
JAY ORR	50 GAM	33.49
JOHN MARK NUTTMAN	53 OAC	38.23
100 YD. BACK		
JAY ORR	50 GAM	1:14.58
50 YD. FLY		
DAVID PERRY	52 OAC	31.91
JOHN MARK NUTTMAN	53 OAC	35.46
100 YD. FLY		
PAUL WEBBER	50 BAM	1:10.79
100 YD. I.M.		
JOHN MARK NUTTMAN	53 OAC	1:15.89

M E N 55-59

50 YD. FREE		
BARNEY VOEGTLEN	59 BAM	28.87
ALLAN THORPE	59 BAM	30.58
FRANK HAYDU	59 BTAC	32.02
100 YD. FREE		
BARNEY VOEGTLEN	59 BAM	1:04.03
ALLAN THORPE	59 BAM	1:10.21
FRANK HAYDU	59 BTAC	1:17.11
200 YD. FREE		
FRANK HAYDU	59 BTAC	2:51.05
RON HANSEN	59 SVY	2:51.15
MARK JOBSON	59 TVAC	3:02.68
500 YD. FREE		
RON HANSEN	59 SVY	7:45.08
DAVID BOGDEN	58 UNAT	7:47.63
50 YD. BACK		
BARNEY VOEGTLEN	59 BAM	35.54
100 YD. BACK		
FRANK HAYDU	59 BTAC	1:31.24
RON HANSEN	59 SVY	1:42.71
50 YD. BRST		
BILL REEDER	56 GLAD	36.82
RON HANSEN	59 SVY	42.35
100 YD. BRST		
RON HANSEN	59 SVY	1:40.62
50 YD. FLY		
BILL REEDER	56 GLAD	32.09
BARNEY VOEGTLEN	59 BAM	33.52
ALLAN THORPE	59 BAM	36.83
100 YD. I.M.		
BILL REEDER	56 GLAD	1:14.15
BARNEY VOEGTLEN	59 BAM	1:18.53
200 YD. I.M.		
BILL REEDER	56 GLAD	2:44.37

M E N 60-64

50 YD. FREE		
JIM NORRIS	61 PTMS	30.35
DENNIS SAWYER	64 BAM	31.37
JAMES JONES	60 MYM	37.90
100 YD. FREE		
THOMAS WALKER	61 CAC	1:27.54
JAMES JONES	60 MYM	1:31.70
500 YD. FREE		
JIM NORRIS	61 PTMS	:41.20
HUGH KIMBALL	61 GLAD	:19.30
50 YD. BACK		
JIM NORRIS	61 PTMS	37.61
THOMAS WALKER	61 CAC	43.68
100 YD. BACK		
THOMAS WALKER	61 CAC	1:35.85
50 YD. BRST		
DENNIS SAWYER	64 BAM	39.19
100 YD. BRST		
DENNIS SAWYER	64 BAM	1:24.51
HUGH KIMBALL	61 GLAD	1:36.37
100 YD. FLY		
HUGH KIMBALL	61 GLAD	1:28.72
100 YD. I.M.		
DENNIS SAWYER	64 BAM	1:25.49
THOMAS WALKER	61 CAC	1:39.62
200 YD. I.M.		
HUGH KIMBALL	61 GLAD	3:13.15
THOMAS WALKER	61 CAC	3:38.27



BAM's 200 medley relay team: from left, John Keppeler, JB Groessman, Paul Webber and Alan Thorpe



PNA Steve Peterson making sure he's allowed to officiate in his new footwear.

100 YD. BACK
BOB MILLER 79 BAM 1:23.45

RELAYS-WOMEN 200 YD. FREE

18 +
JENNIFER FORDHAM 44 PNMY 2:09.36
TERRIE PETERSON 45
ARIEL ZORNES 18
MARY ARMSTRONG 41

25 +
CLOANTHA COPASS 40 PNBA 2:08.77
RITA BELSERENE 57
LYNNE GALLIVAN 46
KAREN CURRY 30

A. BLITZ-SEIBERT 44 PNOA 2:19.17
M. ELLRINGER 35
MARILYN GRINDROD 56
T. DOTSON 32

H. ADKINS-NARTE 54 PNBA 2:39.25
JENNY DOXTATER 42
TAMARA TULOU 34
KATE CARRUTHERS 60

55 +
KRISTA GOMES 59 BTAC 3:02.44
CELESTE FOX 66
KAREN BRYCE 75
ANNE OLSON 69

RELAYS-WOMEN 200 YD. MEDLEY

18 +
ZENA COURTNEY 49 PNFW 2:18.92
EMMA COULSON 23
MADISON SHELLGREN 24
JEAN BLACKBURN 56

JENNIFER FORDHAM 44 PNMY 2:30.68
MARY ARMSTRONG 41
TERRIE PETERSON 45
ARIEL ZORNES 18

25 +
LYNNE GALLIVAN 46 PNBA 2:31.81
KATE CARRUTHERS 60
RITA BELSERENE 57
KAREN CURRY 30

JEANNE ENSIGN 62 PNGL 2:35.50
TANYA BERG 49
TATYANA MISHEL 44
ALICIA BRASCH 34

RELAYS-M E N 200 YD. FREE

18 +
PETER COLLINS 43 PNMY 2:11.17
JAMES JONES 60
JUSTINO PONCE 30
HAMBER PABLO 22

35 +
JOHN KEPPELER 41 PNBA 1:47.83
ALLAN THORPE 59
JOHN GOESSMAN 43
BARNEY VOEGTLEN 59

JOHN MARK NUTTMAN 53 PNOA 1:48.20
STEVE LAHAIE 45
DAVID PERRY 52
RICHARD SEIBERT 44

5K Postal: Small but Impressive PNA Group

A small group of PNA swimmers — just four — entered the 2008 5K Postal National Championships this summer.

Here's how they fared :

- Elizabeth Kassen (56) - 5th
- David Cuthbert (34) - 6th
- Kirk Nelson (38) - 2nd
- Tom Schutte (39) - 19th

The Men's 35+ relay took a second with a 4:13:52.74.

- Tom Schutte (39) 1:23:45.7
- David Cuthbert (34) 1:42:23.9
- Kirk Nelson (38) PNA 1:07:43.0

Congratulations to all of you!

45 +
BOB MILLER 79 PNBA 2:21.73
KENNARD GOODMAN 54
JAMES BOWDITCH 70
DENNIS SAWYER 64

RELAYS-M E N 200 YD. MEDLEY

18 +
PETER COLLINS 43 PNMY 2:35.16
HAMBER PABLO 22
JUSTINO PONCE 30
JAMES JONES 60

25 +
TOM SCHUTTE 39 PNGL 2:05.57
BILL REEDER 56
DAVID TOURIGNY 29
HUGH KIMBALL 61

35 +
JOHN KEPPELER 41 PNBA 1:59.43
JOHN GOESSMAN 43
PAUL WEBBER 50
ALLAN THORPE 59

RICHARD SEIBERT 44 PNOA 2:02.79
JIM KOHNKE 46
DAVID PERRY 52
JOHN MARK NUTTMAN 53

45 +
JAMES BOWDITCH 70 PNBA 2:32.52
DENNIS SAWYER 64
BARNEY VOEGTLEN 59
KENNARD GOODMAN 54

M E N 65-69

50 YD. FREE
RON JONES 67 GHY 30.06
BOB DAVIS 66 WAC 36.49
TOM WHITE 69 BTAC 58.29
200 YD. FREE
BOB DAVIS 66 WAC 2:55.37
500 YD. FREE
BOB DAVIS 66 WAC 8:06.41
50 YD. BACK
RON JONES 67 GHY 38.93
100 YD. BACK
MICHAEL NORDBY 67 NEO 1:20.91
RON JONES 67 GHY 1:27.47
100 YD. BRST
MICHAEL NORDBY 67 NEO 1:29.39
100 YD. I.M.
MICHAEL NORDBY 67 NEO 1:20.94
RON JONES 67 GHY 1:21.93
200 YD. I.M.
MICHAEL NORDBY 67 NEO 2:55.75

M E N 70-74

50 YD. FREE
DAVE DRUM 72 OOPS 33.43
100 YD. FREE
DAVE DRUM 72 OOPS 1:17.46
JAMES BOWDITCH 70 BAM 1:36.27
200 YD. FREE
DAVE DRUM 72 OOPS 3:02.68
JAMES BOWDITCH 70 BAM 3:19.52
100 YD. BACK
JAMES BOWDITCH 70 BAM 1:53.15
50 YD. FLY
JAMES BOWDITCH 70 BAM 55.46
100 YD. I.M.
JAMES BOWDITCH 70 BAM 1:54.74

M E N 75-79

100 YD. FREE
BOB MILLER 79 BAM 1:18.55
200 YD. FREE
BOB MILLER 79 BAM 2:48.57
BILL KING 75 UNAT 2:50.13
500 YD. FREE
BOB MILLER 79 BAM 7:30.13
BILL KING 75 UNAT 7:50.78
50 YD. BACK
BOB MILLER 79 BAM 38.19

Welcome New PNA Swimmers

Kristen L Andersen
Chris S Anderssen
Amy LAvaiusini
Heather Bales
Adriane R Banks
Denise M Banwick
Andy J Barwick
Anthony Bastian
Nadine N B Bolz
Ida K Chiu
Kelly M Christensen
Shanna L Colombelli-Silva
Dave Condon
Ayan Crookall
C. Diane Dawson
Mark G Dudley
Deborah J Feste-Kirk
Mara D Funk
Hailey M Garside
Tom Gosciwski
Malia L Greening
Gwendolyn A Hannam
Jill E Hansen
Shiela M Harvey
Shannon K Herbert
Katie J Hudson
Audrine Jarrey
Megan M Jendrick
Blake F John
Eric A Johnson
Duncan S Kelso
Jennifer S Kranak
AimeeKwon
Lucie R Lamine
Sandra L Lester
Heather M Liati
Catherine L Manalo
Donovan I Mann
Terrina A Marchant
Nancy H McFadden
Jennifer R Mcmanus
Tracey A Mershon
Bobbie A Metrokin
Brian A Minnis
Jerry EMontiel
Maggie L Moore
Becky L Morrette
Katherine R Murphy
Marie E Nord
Kelly K O'Rourke
Thomas Pam
Brandy Parris
StaciaPeter

Sadly, No New Aquatics Plan for Seattle this Year This Year

On October 17, 2008, Project Seattle, a grass-roots community organization dedicated to enhancing aquatic opportunities for Seattle citizens, posted the following item:

Late today, Councilman Rasmussen let us know that the economic crisis facing our country is putting an increasing burden on the city budget. The Council just received new budget estimates that require additional cuts of \$7-10 million, possibly more.

For this reason, it will not be possible to fund the Comprehensive Aquatics Plan this year.

In the interest of helping the Council focus on the difficult budget process ahead, we're ending our lobbying efforts today.

Thank you for your flood of strong letters to the Council — your letters have given new visibility to our public pools and their needs. Letters like yours would

Terrie L Peterson
Justino M Ponce
Heather J Reichmann
Nicole Sailer
Scot Sanborn
Liz A Sanborn
Larry S Skay
Erica N Sorensen
Sharon Sterling
Chad E Stulder
Hannah Sutton
Scott Jeremy Tapp
Cate Tran
Debi Uphoff
Jeff M Wagner
Christyn E Weinstein
Victoria L Wentz
Thomas H White



have succeeded in any ordinary year, but these are not ordinary times.

We wish the Council the best of luck in balancing the budget while bringing support to those who need it in the tough times ahead.

Thanks for your support. We'll re-group and re-evaluate together over the next few months.

**Looking for meet
results,
places to swim, past
newsletters or other
information about
PNA?**



**Check out our
Web site
www.swimpna.org.**

*Don't forget to sign up for
the Anacortes Meet on
January 31, 2009.*



PNA Board Members Sarah Welch and Tom Foley Receive USMS Dorothy Donnelly Service Awards; PNA Coaches Marilyn Grindrod and Cynthia Krass Receive Kerry O'Brien Coaching Awards

By Steve Peterson

Four PNA members were honored at the USAS Convention in Atlanta in September. The PNA Board had nominated Sarah Welch and Tom Foley for the Dorothy Donnelly USMS Service Award, while two teams nominated their coaches Marilyn Grindrod (Olympic Aquatic Club) and Cynthia Krass (Columbia Athletic Club) for the new Kerry O'Brien Coaching Award.

Significance of Dorothy Donnelly Award

"Dot" Donnelly served for many years as the voice and face of USMS. She answered the phone, dished out information and served as the focal point for this new, adult fitness organization as it grew. This award honors those dedicated and talented volunteers whose service, like Dot's, stands out in scope, impact on the USMS program and benefit to members. Sarah and Tom are among 15 volunteers recognized nationally this year.

Sarah Welch: PNA Clinic Organizer, Northwest Zone Treasurer, Vice Chair of USMS Finance Committee

Sarah serves as PNA's fitness chair and has been the driving force behind numerous successful swim clinics conducted in the

LMSC. Sarah also served as PNA treasurer for two terms and is the current Northwest Zone treasurer.



She has represented PNA at numerous USMS conventions, been a USMS finance committee member and is now its Vice Chair.

She served as volunteers coordinator for the National Championships that PNA hosted in 2001 and 2007, and has been PNA's event director for the One Hour Postal swim.

Tom Foley: Second PNA President and At-large Rep

Tom has been with PNA here from the beginning. "Mr. PNA" served as PNA's second president, following in late founder Steve Engel's footsteps toward building an LMSC that 35 years later supports over 1,500 members.

Tom attends PNA board meetings, serving as an at-large representative who voices the concerns of small-team, unattached and senior members. He has rarely missed a PNA competition, and is known for swimming at each meet one or more grueling events. Tom and



his wife Lil organized and managed the meet hospitality room for PNA's last two National Championships in 2001 and 2007.

First-time Kerry O'Brien Grassroots Coaching Award

Mo Chambers, past chair of the USMS coaches committee and 1996 Speedo/USMS Coach of the Year, instituted this new award to recognize coaches who provide exceptional vision and skill to support their swimmers toward building a successful Masters program. Walnut Creek Masters (Calif.) Coach Kerry O'Brien, first acknowledged as the Speedo/USMS Coach of the Year in 1987, was an obvious choice for this inaugural award. Two of the awardees were PNA coaches.

Marilyn Grindrod: Turning New Club into Thriving Team

Nominator Jessica Breitbarth wrote that Marilyn Grindrod has been the moving force in developing the new OAC Masters team. "Her strong technical skills, positive outlook and dedication have [produced] what was merely an idea a year ago into a thriving Masters program.

"She has tailored workouts to all levels, making Masters swimming productive for the advanced swimmer and

encouraging for the novice. Her efforts have benefited the adult aquatic community and the community generally. Coach Marilyn creates a warm atmosphere, which promotes camaraderie and team building.”

As an OAC age-group parent, Jessica lamented the lack of opportunity for area adults to train in swimming for competition and fitness. When she approached Marilyn with an idea of coaching a



Masters team, she accepted immediately. Marilyn brings expertise as a long-term OAC senior swimmers

coach; high school swim and dive coach; former pool manager for the Navy's Bremerton shipyard and Bangor Sub Base; and a participant in area aquatics for many years.

Goal of 12 Becomes Team of 30

From an initial goal of a dozen Masters swimmers, word of mouth generated a phenomenal turnout. Age groupers' parents came, as did the local "Tri-Babes" women's triathlon group. Soon others joined. By the end of February 2008, OAC neared 30 registered swimmers and had added a day of training and two extra lanes.

Many of these swimmers agree it's Marilyn's coaching that initially inspired them to join, and that Marilyn's excellent workouts and training have improved their skills.

Marilyn has faced enormous challenges in building the team. These include setting workouts for a wide range of swim abilities and dealing with pool time at two different pools owned by a school district and a city,

Marilyn has shown that adult competitive programs are viable, and, more importantly, in demand. That demand benefits the entire community by keeping pools operating.

In a short time Marilyn has built the OAC team. Many members participate in open water and triathlon competitions and their accompanying social events. Marilyn's example of gentle encouragement and support is infectious.

Cynthia Krass: Program Builder and Superb Stroke Coach

Nominator Tom Walker wrote that Cynthia Krass "exemplifies the vision and effort [of this award] and has definitely undertaken her task with spirit and dedication. She has created a new Masters team at Columbia Athletic Club (Sammamish) and over the last four years has built it into a thriving program with barely enough room to accommodate all the swimmers she has attracted."

Stroke Technique Emphasized

Cynthia spends a great deal of time, especially at the start of each season, focusing on stroke technique. This focus helps swimmers at every skill level. She



has a great ability for teaching proper form and a passion for inspiring swimmers to improve. She devotes equal time and personal attention to every swimmer in every lane.

Her attitude and energy have led to increased attendance by team members at local Masters

meets. At one meet last year, CAC swam all four relays. Cynthia encourages attendance at two meets per season, including PNA Champs. She competes in all these meets herself.

Cynthia has created and taught several freestyle clinics for local swimmers, which are always full. She also is the informal leader of an open water workout group. In college at the University of California, Cynthia specialized in the 200 Fly. Today she is an elite triathlete who has competed in several major triathlons including Kona.

Celebrate Tukwila's 100th Birthday by Swimming 100 Laps

Looking for a new swimming challenge? Want to focus just on swimming and having fun instead of racing the clock? The Tukwila Centennial Swim is for you. Help Celebrate Tukwila's 100th birthday by swimming 100 lengths (2500 yards) of the Tukwila Pool on Saturday, January 4. For more information and the entry form, see www.swimpna.org/pdf/entry_form/2009/2009_01_24Tukwila_Centennial.pdf. Participants will receive a souvenir glass and certificate.

Did you know that "Tukwila" is a Duwamish word meaning "land where the hazelnuts grow"? According to historical accounts, hazelnut trees grew in abundance throughout Tukwila 100 years ago. More information about Tukwila and other Centennial events is available at <http://www.tukwila100.com/>.



Just How Old is Your Body?

By Jane Moore, M.D.

We all know how old we are. In fact, as Masters swimmers, most of us celebrate every five years as we age up to a new age group where — at least for awhile — we will be “youngsters.”

Chronological Age Isn't Biological Age

But chronological age is not always the same as our biological age. Our bodies may be older or younger than the calendar tells us. Biological age or functional age is based on our physiology; fitness; and the overall health of our organs, tissues and cells.

When jazz musician Charlie Parker died in 1955, the physician performing the autopsy estimated his age to be 60. Years of working irregular hours, combined with heroin and alcohol abuse, had destroyed Parker's 35 year-old body. On the other hand, an active, well-trained 70-year-old Masters swimmer could have the body of a 50 year-old.

Calculating Biological Age

While experts believe biological age is a better predictor of health than calendar age, there's no universally accepted standard for determining biological age. It's based on muscular strength and endurance; flexibility; aerobic fitness (VO₂ max); lung function; body composition; blood pressure; and blood levels of glucose, cholesterol and triglycerides. Two tests researchers employ are the Tsukuba test used in Japan and the Index of Physiological Status.

Commercial versions of these tests also are available for a price. Many health clubs offer a health and fitness assessment de-



veloped by heart rate monitor manufacturer Polar called the Body Age analysis. It assesses cardiovascular fitness, strength, flexibility, body fat and nutrition, plus there's a questionnaire about personal habits. Another commercial product is Real Age, which has been widely publicized and can be completed on-line.

Real Age is considered less reliable because it is based entirely on answers to questions. People almost always exaggerate their good qualities and minimize their

An active lifestyle slows the loss of brain tissue. It also helps prevent and control depression, which can cause a great decrease in cognitive function.

bad habits. For instance, most women report weighing less than they do while most men exaggerate their height. Both these commercial tests compare results to averages developed from data from the Centers for Disease Control and Prevention and the National Institutes of Health. Even though the commercial tests may not be 100% accurate, they can be motivational. What's more, over time they can be repeated to gauge progress and improvement.

Slowing Down Aging

The real question, of course, is “Can you stop aging completely?” Unfortunately, no. You can slow down the aging process, but you can't stop or reverse it. However —

and here's the good news — bodily decline with aging is much slower in athletic individuals. The key to maintaining health and vigor is to avoid being sedentary and continuously work to maintain our fitness.

It's Never too Late

If you have not been active and start being active, or if you increase your activity and improve your endurance or strength, you may be able to decrease your age score on the Body Age or Real Age test.

Regular exercise not only enhances our physiology (strong muscles and bones, better circulation, etc.), but also improves brain function. A growing body of research shows that the more active a person has been throughout life, the better maintained is their cognitive ability. An active lifestyle slows the loss of brain tissue. It also helps prevent and control depression, which can cause a great decrease in cognitive function.

30 to 60 Minutes, Four to Five Times a Week

A program of swimming for 30-to-60 minutes four-to-five times a week with a balance of high and low intensity helps older adults maintain activities and function. For non-swimmers, bicycling, walking or any other form of regular physical activity also works. Increasing joint flexibility and using fast but controlled movements (such as starts) maintains the strength and power needed to do things such as getting up out of a chair.

No one has figured out how long a life can be extended by exercise, or how early you should start. Logically, the earlier you start and the longer you continue, the better off you will be. Many studies have shown that exercise is beneficial even when started at a very old age.

So, keep swimming! You'll feel better, look better, live longer and think better.

Rules To Swim By



By Kathy Casey
USMS Rules Chair

QUESTIONS and CLARIFICATIONS

1. Competitor's Age

Question: Why am I 59 years old at 25-yard meets but 60 years old at 25- and 50-meter meets this year? I'm not 60 until December 5.

Answer: The rest of the world determines the age as of December 31 of that year for meters competition. The current USMS rules for age determining date (102.2.1 and 102.2.2) are a compromise between the way the rest of the world determines age and the way USMS has traditionally determined age.

For short course yard meets, age is determined as of the last day of competition in a meet. For meter meets, age is determined as of December 31 of the year of competition. That way we also match the rest of the world in age determining date for World Top 10 and World Records which are meters only.

2. Breaststroke

Question: I noticed that the language for body position when leaving the wall has changed from "the shoulders must be at or past vertical toward the breast" to "the body shall be kept on the breast." Does that mean I could now be disqualified for leaving the wall on my side?

Answer: No, even though the language of 101.2.2 has changed to match the USA Swimming and FINA language, the interpretation has not changed. "Kept on the breast" means at or past vertical toward the breast, and breaststrokers should not be disqualified for leaving the wall on their sides if they are at or past vertical toward the breast.

3. Breaststroke Turn

Question: If I approach the wall with a complete stroke cycle but am still a foot or so away from the wall and after that last kick there's not enough room for another complete cycle, can I add an extra little arm pull or kick?

Answer: You can add an extra little arm pull only, since an arm pull is what would occur after the kick of that last complete cycle, and touch the wall after that little arm pull. That is an incomplete cycle which is allowed in the turn and finish rule, 101.2.4. That is not a disqualification. If you take a little extra kick following the kick of the last complete cycle, that is a disqualification. Only an arm pull can follow that last kick.

4. Pool Measurement

Question: Is it possible to accept USA Swimming pool length certifications for USMS pool measurements?

Answer: Yes. USMS accepts certifications of course length that are on file with USA Swimming (105.1.6A), even though USA Swimming and USMS pool measurement and certification rules are a little different.

5. Butterfly Turns and Finish

Question: If my butterfly stroke leaves me just a bit short of the wall on turns or at the finish, can I take one dolphin kick to bring me in without an arm pull? The rule only mentions one breaststroke or whip kick.

Answer: Yes. There is not a prescribed limit to the number of dolphin kicks per arm pull, and a

swimmer is allowed to take extra dolphin kicks without an arm pull into the wall on turns and finishes. The kick rule for butterfly specifically addresses a single breaststroke or whip kick without an arm pull prior to the turn because an arm pull is required for each breaststroke or whip kick during the rest of the stroke (101.3.3). That is not the case with the dolphin kick.

Proposed Rule Changes

Proposed changes this year addressed scoring at nationals, the minimum number of officials required at nationals, the location of nationals and the deadline for bids for national championship meets.

For any questions about rules contact Kathy Casey, USMS Rules Chair, rules@usms.org.

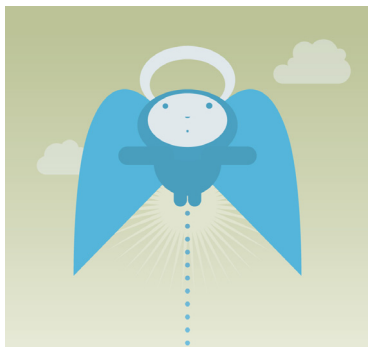


Gosh!!!
It's already
December.
That's means the
Anacortes Short
Course Yards
Meet on January
31, 2009, at
Fidalgo Pool is
just around the
corner.
See page 17 for
an entry form.



The Poem Below is Must-Read. But BE WARNED, it May Cause You To Contact PNA Immediately.

Many will be shocked to find,
when the day of judgment nears
that there's a special place in Heaven
set aside for Volunteers.



Furnished with big recliners,
satin couches and footstools;
where there's no committee chairman,
no group leader or car pools.

No eager team that needs a coach,
no bazaar and no bake sale.
There will be nothing to staple,
not a thing to fold or mail.

Telephone lines will be outlawed,
but a finger snap will bring,
cool drinks and gourmet dinners,
and rare treats fit for a king.

You ask, Who'll serve those privileged few
and work for all they're worth?
Why all those people who reaped the benefits
And not once volunteered on Earth!

Hey, You Don't Have to Be an Olympian to Enjoy USMS' Feature Articles



Competing in a swim meet isn't only for those at the Michael Phelps level.

Whether you're 25 or 95, never raced before or compete regularly in swim meets, USMS offers many opportunities for you. Read the latest USMS article at <http://www.usms.org>.

Your editor needs a boost.



Ever since aging up enough to be eligible for Medicare, he's been in a funk.

You — *yes, you* — can provide this boost by submitting a swimming story or a story idea for *The WetSet*. Help your editor become funkless!

COMING IN JANUARY TO YOUR LOCAL POOL!



32nd Annual ONE HOUR POSTAL SWIM USMS National Championship

You **must** have a 2009 USMS registration. Register today if you haven't done so already.

INDIVIDUAL SWIM

- Read directions on the entry form carefully. You'll find the form on page 16 in this month's *The WetSet*.
- Swim the event at a pool of your choice — yards or meters.
- Swim for one continuous hour any time in January — your last chance is January 31.
- Swim with no more than two swimmers per lane — circle swimming and drafting is not allowed.
- Have someone time you, count your laps, and record your official splits.
- Mail your entry form and individual \$6 fee to the event host — Ohana Swim Team (see entry form).

TEAM EVENTS

- Relay events are "postal relays" where PNA combines your results with those of other PNA swimmers.
- Relays are formed by age group (19+, 25+, etc.), sex (male, female — three each), and mixed (2+2).
- PNA team coordinators will form the best relays possible.
- Every effort will be made to include you as a swimmer on a relay.

PNA will enter you in a relay AT NO COST TO YOU!
But we need your split sheet.

When you submit your entry, also MAIL A **COPY** OF YOUR ENTRY FORM AND SPLIT SHEET to:

PNA One Hour Swim
c/o Sally Dillon
PO Box 845
Oak Harbor, WA 98277

IMPORTANT DEADLINES:

Your swim must take place in **January**.

Sally must receive a copy of your entry form no later than **Wednesday, February 6**.

QUESTIONS? Contact Sally at:

(360) 679-5038; salswmr@verizon.net

ORGANIZE YOUR FRIENDS AND TEAMMATES AND SET ASIDE A DAY OR TWO IN JANUARY TO DO THE ONE HOUR SWIM. LET'S HAVE A GREAT PNA TURNOUT THIS YEAR!

* PNA relay teams will only be formed with swimmers whose "club" is PNA (check your registration card if you are unsure). Unattached swimmers are not eligible for relay teams.



**32nd Annual
2009 United States Masters Swimming
One Hour Postal
National Championship**
Sanctioned by Pacific Northwest Association
For USMS, Inc
Sanction Number 369-01

DATE: All swims must take place during January 2009.
All individual entries must be received by February 10, 2009. **NEW Late entry for relays (see FEES).**

OBJECTIVE: To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

VENUE: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

ELIGIBILITY: Each participant must be registered for 2009 with USMS (or the equivalent organization for non-U.S. Swimmers). Foreign swimmers are not eligible for USMS records or All-American selection. ***A copy of your 2009 registration card must accompany your entry.***

INDIVIDUAL EVENTS: Men and women compete separately in age groups: 18-24, 25-29, 30-34...100+. The swimmer's age on the day he or she actually completes his/her swim will determine his or her age group. Swimmers who change age groups during January may enter twice but must swim the event twice, one time in each age group.

RELAY EVENTS: Relay events will be contested in three categories: 3 men, 3 women, or 4 mixed (2 men, 2 women). The age of the youngest relay member determines the age group of the relay: 18+, 25+, 35+, 45+ ... 95+. Each relay member **MUST** also have entered the individual event. All members of a relay must be registered with the same club. Unattached swimmers are not permitted on relays. The relay with the greatest total yardage will be declared the winner.

CLUB EVENT: Each club will be entered automatically in the club event. At least three divisions will be recognized, based on the number of individual entries from each club, as determined by the event host and the Long Distance Committee chair. Relay yards will not be included.

AWARDS: The top 10 finishers in each age group in the individual event and the top 6 relay teams in each relay age group will receive USMS Long Distance National Championship medals. First-place finishers in each individual and relay age group will also receive USMS championship patches, no more than one per event/participant. Awards

will be presented to top 3 clubs in each division of the club event.

RULES: The 2009 USMS Long Distance Rules govern these events. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Only two swimmers may share a lane, and they shall each swim on one side of the lane during the entire race (i.e. no circle swimming). An adult "Verifier," acting as a starter/head timer/counter/referee, must be present at all times during the swim. Each swimmer must have a verifier to time the event with a stop watch, count laps, and record cumulative (running) 50 splits. Split times must be recorded to the nearest second **and** tenth (or hundredth) of a second. A split sheet must be kept for each swimmer and a copy included with the entry form. Distances are to be rounded **down** to the nearest completed five yard increment (i.e., round 2764 yards to 2760). See Venue section for conversion from meters to yards. One person may serve as a counter/verifier for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

T-SHIRTS: Athletic Grey t-shirts with various stamp images from the States. See t-shirt design at swimpna.org. Cost \$17 for USMS and \$22 for other FINA masters. We also will have caps available: lime green with Ohana Turtle \$6.

FEES: Individual entry fee is US \$6 for each individual entry; US \$10 for other FINA Masters (non-USMS). Relay fees are US \$15 per entry if received by February 10. Late relay entries will be accepted at a fee of \$25 each but must be received by February 17. All fees are non-refundable and are payable by check or money order only—no cash. International entrants must submit US funds via international money order or bank check drawn on a bank with a U.S. affiliate.

RESULTS posted at www.usms.org by March 15, 2009.

RELAY ENTRY FORMS: To download forms, please visit <http://www.usms.org/longdist/ldnats09#postals> or send a SASE to: Ohana Swim Team, c/o Janae McCullough, 6204 43rd Ave. NW, Gig Harbor, WA 98335.

QUESTIONS: Contact event host: Ohana Swim Team 253-228-5947, ohanaswimteam@gmail.com.

Staple a copy of your USMS (or equivalent) Registration Card here.

2009 USMS ONE HOUR POSTAL NATIONAL CHAMPIONSHIP INDIVIDUAL ENTRY FORM

NAME: _____ GENDER: M or W AGE: _____ BIRTHDATE: ____ / ____ / ____
Name as it appears on Registration Card - Last, First Circle one Day of swim MM DD YY

ADDRESS: _____ PHONE: _____ - _____ - _____

CITY: _____ STATE: _____ ZIP: _____ COUNTRY: _____

CLUB: _____ CLUB ABBR: _____ REGISTRATION NUMBER: _____ - _____
2009 USMS or FINA

E-Mail Address: _____ Check here if you want hard copy of results

Results posted at: www.usms.org by 3/15/09

USMS LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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.

SWIMMER'S SIGNATURE _____ DATE _____

In addition I certify that I have read the rules of this competition and that on January _____, 2009, I swam _____ yards
OR _____ meters at

Pool name/City _____

Swimmer's Signature _____

Verifier's/Timer's Name, PRINTED _____

Verifier's Phone Number or Email Address _____

Entry Fee: US\$6, USMS, or
 US\$10, other FINA Masters US \$ _____

T-Shirts: Indicate Quantity Ordered

Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____

US\$17 each, USMS _____ OR

US\$22 each, other FINA Masters _____ US \$ _____

TOTAL: US \$ _____

Include: Copy of **2009 USMS or FINA REGISTRATION CARD**, Entry form and split sheet
Check Payable to: Ohana Swim Team
Send to: Janae' McCullough
6204 43rd Ave NW
Gig Harbor, WA 98335
Must be RECEIVED by February 10, 2009.

FOR SPLIT SHEET SEE: http://www.usms.org/longdist/1hr_3k_6k_splits.pdf

SANCTIONED BY PNA FOR USMS INC. SANCTION#369-001

SHORT COURSE YARDS MEET: January 31, 2009

Hosted by Thunderbird Aquatic Club & Masters and
Anacortes High School Swim Team

EVENTS	
#	Event
Saturday, Jan. 31	
1	500 Free
Break	
2	200 Free Relay
3	100 Back
4	200 Free
5	50 Fly
6	200 Breast
7	100 IM
break	
8	200 Mixed Free Relay
9	200 Back
10	50 Free
11	100 Fly
12	50 Breast
break	
13	200 Medley Relay
14	50 Back
15	100 Free
16	200 Fly
17	100 Breast
18	200 IM
break	
19	200 Mixed Medley Relay
20	400 IM

DATE: Saturday, January 31, 2009

TIME: Warm-up: **9:00 AM**;
Meet starts **10:00 AM**

PLACE: Fidalgo Pool, Anacortes, WA
1603 22nd
Anacortes, WA

Phone: 360-293-0673 ext. 14

MEET DIRECTOR: Myke Lund
h2obug101@yahoo.com

FACILITY: Six-lane 25 yard pool
Separate warm-up available
Water temperature: ~ 83 degrees F

CONCESSIONS: None

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 2009 registered swimmers, 18 and above as of January 31, 2009.

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* to ensure correct intent and results.

Positive check-in required for 500 free by 9:30 and for the 400 IM by the end of event 13.

DIRECTIONS: From I-5, take exit 230. Go west on Highway 20 to its end in Anacortes. Turn right onto Commercial Ave. and go about ten blocks to 22nd street and turn left. Go up the hill to J Ave (about six blocks). Fidalgo pool is on the left.

Motels:

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

EMERGENCY CONTACT _____

PHONE NUMBER _____

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE

MEET ENTRY FORM: January 31, 2009 Meet Sanction #369-001

Hosted by TAC/TACM/AHS Swim Team

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of January 31, 2009):

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 relay. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 13.00 (includes LMSC and electronic timing surcharges)

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

Total: \$ _____ [from \$13.00 (relays only) to \$18.00 (four events)]

Please make checks payable to: **FPFC**

Mail this entry form and fees to: January Masters Meet
C/O Myke Lund
1603 22nd
Anacortes, WA 98221

Questions? Myke Lund h2obug101@yahoo.com

Please send entries postmarked no later than **Wednesday, January 21st.**

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: _____

Pacific Northwest Association of Masters Swimmers

2009 Local Team Registration

To register your team for 2009, 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.) **As of 2009, the definition of a team is a group of four (4) or more swimmers. If you do not expect your team to have four swimmers, please contact me.**

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:	
Website		
Workout Times		
Rule Book	Please send to:	

Mail this form and check to:

Arni Litt, Registrar pnaRegistrar@usms.org
 PO Box 12172
 Seattle, WA 98102-0172

Application fee: \$12
 Make check payable to: **PNA**

Below are the abbreviations currently in use; Bolded IDs are registered for 2009

- | | | |
|---|---|---|
| BAM: Bainbridge Area Masters
BADD: Bellevue Aquatic Divas & Dudes
BC: Bellevue Club
BEST: Bellevue Eastside Masters
BMSC: Bellingham Masters Swim Club
BTAC: Bremerton Tennis & Athletic Club
BYMS: Briggs YMCA Masters Swim
CAC: Columbia Athletic Masters (All)
DSYM: Downtown Seattle YMCA Masters
EMS: Everett Masters Swimmers
ESC: Evergreen Swim Club Masters
FAST: Foothills Aquatics Swim Team
FWM: Federal Way Master
FSJ: Fins of the San Juans
FTS: Ft. Steilacoom
GHY: Gig Harbor YMCA
GCMS: Gold Creek Masters (GCM)
GAM: Gold's Aquatics Masters
GGRM: Gold's Gym Redmond Masters
GLAD: Green Lake Aqua Ducks
HMST: Husky Masters
IST: Issaquah Swim Team
LLUA: Little Lebowski Urban Achievers
LOGS: Logger Masters | LUNA: Team Luna
LWS: Lynnwood Sharks
MSVL: Marysville YMCA Masters
MICC: Mercer Island Country Club
MIR: Mercer Island Redwoods
MAMS: Middle Aged Marlins
MMM: Mighty Marlins Masters
FOIL: Milfoil Masters Swimmers
MYM: Monroe YMCA Masters
NHM: Newport Hills Masters
NEO: North End Otters
NSYG: Northshore Y's Guys
NWM: North Whidbey Masters
OAC: Olympic Aquatic Club
OOPS: Old Olympic Peninsula Swimmers
ORCA: Orca Swim Club
OST: Ohana Swim Team
PAC: Poseidon Aquatic Club
PSC: Phinney Ridge Swim Club
PTMS: Port Townsend Master Swimmers
PRO: Pro Sports Club
QASC: Queen Anne Swim Club
RAH: Redmond Aqua Hotshots
SAMM: Samena Masters | SAC: Seattle Athletic Club
SVY: Skagit Valley YMCA
SSTM: South Sound Titans Masters
SWIM: South Whidbey Island Masters
SSRM: Swim Seattle Redhawk Masters
TACY: Tacoma Pierce County YMCA
TACM: Thunderbird Aquatic Masters
TIG: Tigers
TVAC: Tumwater Valley Athletic Club
UNAT: Unattached to a Team
UPAC: University Place Aquatic Club
VFC: Valley Fitness Center
WAC: Washington Athletic Club
WEST: West Coast Aquatics Masters
WSAS: West Seattle All-Stars
WSYD: West Seattle YMCA Dolphins
WWUS: Western WA U Masters Swimming
WCY: Whatcom County YMCA
YNOT: Y Nauts |
|---|---|---|

Don't see your team? Have your coach or Team Rep, fill out and mail the form.

TWO WAYS TO BECOME A MEMBER

You may fill out the paper form below and mail it with a check or register online with a credit card at <https://www.clubassistant.com/club/USMS.cfm?l=36> or through the link for online registration at www.swimpna.org and follow the instructions.

United States Masters Swimming, Inc

2009 Membership Application

New Swimmer

Returning USMS Swimmer

Pacific Northwest Association of Masters Swimmers

(Old Number if available _____)

2009 Annual Fee: Of your membership fee \$25 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.)

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

1st Phone: (_____) _____ cell, home, work **If you coach a Masters swim team check here**

I am interested helping the PNA committee

2nd Phone: (_____) _____ cell, home, work **Send The WetSet newsletter only by email**

CLUB: Pacific NW Aquatics – 001 (PNA) **AND Team:** _____
or Unattached or Unattached

Choose a membership level A or B below.

11/01/08 thru 12/31/09

A. Regular: \$40

B. Need-based or Seniors (65 & over): \$30

Optional Donations:

USMS Endowment Fund \$ _____

International Swimmers Hall of Fame \$ _____

TOTAL \$ _____

Mail to: PNA Registrar, Arni H. Litt,
P O Box 12172
Seattle, WA 98102-0172

Questions: (206) 849-1387

pnaRegistrar@usms.org

Make check payable to: **PNA**

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

Remember to check out your LMSC website at www.swimpna.org and the USMS website at www.usms.org for information, updates, and changes.

Inside this issue:



- ♦ *Article, photos and results for Seventh Annual BAMFest. See page 1 and pages 4 to 7.*



- ♦ *Four PNA members capture USMS awards. See page 9.*
- *“How Old is Your Body” article. See page 11.*
- ♦ *Questions and Clarifications About Swimming Rules. See page 11.*

**The wait is over!
Here's the the
December
issue of
The WetSet.
No longer will
you need to
lie awake at
night
wondering
when this
literary
wonder
will arrive.
Enjoy.**

Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

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