



Economy and World Crises Getting you Down? Time to Swim!!!

Editor's note: It isn't the best of times, especially when it comes to the economy. Which is why swimming can be so important, as Linda Schoenberger, Reno resident and treasurer of Pacific Masters, explains in her article, Eau de Chlorine.

Linda's article appeared recently on the USMS Web site. It has been edited slightly by your newsletter editor because editing is what editors are paid handsomely to do.

Recently one of my swimming teammates called me at home on a Thursday night while I was relaxing in front of the TV. That morning I had coached a workout, then worked all day and then after work swum 3,500 yards. My teammate asked if I would like to swim on a relay Saturday in a town 146 miles from my home in Reno. Of course, my answer was resounding "Yes!"

Who of us can resist the thrill of the race, the draw of a few hours spent with teammates, the rush of being part of a team? Not I.

With the world threatening



to fall apart at the seams, business pressures stressing us out and retirement funds shrinking daily, what better place to turn than to your swim friends at a pool meet or an open water event?

Swim Meets Make Problems Go Away

All problems seem to fade away on the pool deck. Friends greet each other. The loudspeaker booms out instructions. The head timer pleads for timers. Swimmers discuss past races, new suits, the

"The world may be falling apart, business pressures stressing us out and retirement funds shrinking daily. What better place to turn to than swim friends?"

next race on the horizon, health and family.

Meanwhile volunteers set up

the snack bar while someone fires up the barbecue. Lifeguards install lane lines and keep an eye on the action in and around the water.

Invasion of the Participants

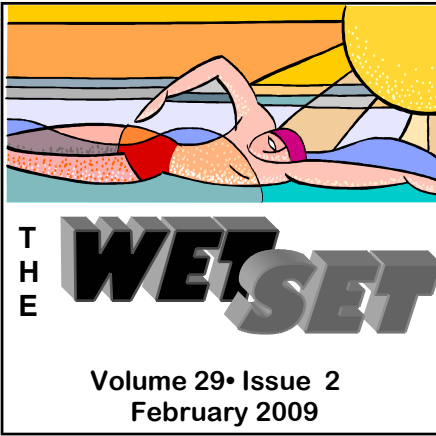
Swimmers descend on the facility carrying folding chairs, blankets, hats, swim bags and water bottles, searching for the perfect spot to set up camp. Sometimes we're wearing winter coats and wool caps. Other times we have on flip flops and shorts. Either way, we're there to practice our fun, celebrate our athleticism, cheer each other on and enjoy life in the present moment.

Swimming Fosters Personal Growth

Swimming gives us so much more than we ask of it. It gives us a place to grow and expand into the personalities we discover once we enter the swimming community. It feeds our determination and our hearts, win or lose, scratch or swim. It doesn't matter what we do but that we are present to witness our own feelings.

Taking steps towards a fulfilling life is encouraged by our participation in a sport that is bigger than we are. It is a sport that beckons us to live, experience the adventure and participate in our own lives. The *eau de chlorine* is the scent that invites us into the world of swimming.

The rest is up to us.



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Hope your start to 2009 was a good one. I avoided the temptation of a New Years Day cold water adventure at the local Olalla Bridge Jump, opting instead to join two dozen BAM swimmers in their annual Carl Schmidt Memorial Swim (109 50s on a minute this year). Whew, I've let the snow and holiday celebrations clobber going to workout and it shows!

Did you participate in the One Hour Postal Swim last month? I hadn't done one for several years, so it was triply pleasing to swim it, have my (non-swimming) wife graciously log it, and share the pool with seven members of the OAC team at Bremerton's Olympic (High) Aquatic Center. I can tell I'm a bit older than the last time I logged one but did just break my distance goal.

After the swim, upon reflection, I felt that better pacing would have taken me farther. But then, this is why careful preparation, preferably using a coach, is important. (See last month's Fitness Focus article!) Doing well in long distance swims, or any race for that matter, requires both mental and physical preparation — you have to swim races to swim races well!

We made sure to send copies of our entries to Sally Dillon, who will juggle all the PNA One Hour Swim times to form the best relays possible. Look for the individual and relay results in next month's issue.

Keeping Your Competition Proficiency

Speaking of swimming races well, one reason I compete in as many PNA meets as possible is to maintain competition proficiency —

LEADING OFF



By Steve Peterson, PNA president

that is, properly managing myself through the entire race day. Practicing individual races is important, but I think practicing meets is equally important. Unfortunately, PNA doesn't have a February meet to offer. I hope that January's contest in Anacortes and two meets in March will help keep our competition skills fine tuned.

USMS Developments

In my July-August 2008 column, I suggested that we'd see dynamic developments from our new USMS executive director and staff. Rob Butcher's Fourth Quarter 2008 Update notes:

- 9.5% USMS membership increase over 2007
- New monthly e-newsletter being sent to all members
- Increased attention to club and coach services
- Six new national sponsors

By now you've seen the most evident change: our new USMS logo! Read Rob's whole update at www.usms.org/admin/update_2008_Q4.pdf.

Demise of The WetSet?

The increasing trend away from print and toward digital publication is causing us to think hard about ending *The WetSet* — in hard copy. PNA has a newsletter task force considering this issue,

(Continued on page 7)

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 2009 CALENDAR

**OPEN
POSTAL SWIMS
MEETS
CLINICS**

*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events. "SCY" = Short Course Yards (25y); "SCM" = Short Course Meters (25m); "LCM" = Long Course Meters (50m). 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.*

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

☐ **March 7, 2009**
Orca Short Course Yards Meet
Seattle University Connolly
Center Pool, Seattle
Mark Handel; (734) 516-6907;
meet@orcasswimteam.org;
handel@gmail.com
Entry form on page 9

☐ **March 14, 2009**
PNA Clinic and Practice Meet for
"New" Competitive Swimmers
Saturday, March 14, Noon-5 p.m.
Helene Madison Pool, 13401
Meridian N., Seattle
See page 4 for more information
and registration form.

☐ **March 21, 2009**
Tualatin Hills Pentathlon SCY
Beaverton, Ore. Marisa Frieder
(503) 452-7053
mmfrieder@yahoo.com

☐ **March 24, 2009**
Tualatin Hills Pentathlon
PNA Board Meeting
6:45 p.m.
3/21/09

☐ **March 28, 2009**
SCY Beat the Clock Meet
Briggs YMCA
Olympia, Wash.
Entry form on page 10

☐ **April 4 & 5, 2009**
2009 Northwest Zone SCY
Championships - Boise, ID
Jill Wright, 208-571-4254,
swimjmw@aol.com; Kristi Lee,
208-895-0481, kristidlee@aol.com;
www.sawtoothmasters.org;

☐ **April 10 & 11, 2009**
Friday evening & Sat.
PNA Champs
Weyerhaeuser King County
Aquatic Center
Federal Way, Wash.
Look for entry form in March
issue and on PNA Web site.

☐ **April 28, 2009**
PNA Board Meeting
6:45 p.m.

☐ **May 7 to 10, 2009**
2009 USMS SC Nationals (SCY)
Clovis North High School, Fresno,
Calif.
[http://www.usms.org/comp/
scnats09/](http://www.usms.org/comp/scnats09/)

☐ **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)
spsotir@rcn.com; Rich Axtell,
rich@minutemanmasters.com;
usms.org/longdist/ldnats09

☐ **May 26, 2009**
PNA Board Meeting
6:45 p.m.

☐ **June 24, 2009**
PNA Board Meeting
6:45 p.m.
Jan Kavadas' condo, Edmonds,
Wash.

☐ **July 28, 2009**
PNA Board Meeting
6:45 p.m.

☐ **August 6 to 10, 2009**
2009 USMS LC Nationals (LCM)
[http://www.usms.org/comp/
scnats09](http://www.usms.org/comp/scnats09)

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

Want a Stress-Free Experience for Your First Swim Meet?

Sign Up for PNA's Clinic and Practice Meet for "New" Competitive Swimmers

PNA is sponsoring a clinic to prepare new competitors for their first swim meet. The clinic will focus on starts and turns and race strategy; that is, how to swim a race. The clinic will conclude with a practice meet that will be fun for all. You *can* swim a meet like a veteran and we'll show you how.

Four local coaches: Lynn Wells, head coach, Bainbridge Aquatics Masters; Shannon Singer, coach Skagit Valley Y; Lisa Dahl, experienced age-group coach; and Erin Wallace, coach, Milfoil Masters, will be coaches on deck. The clinic will offer four clinic stations where each swimmer will have the opportunity for instruction and feedback. The coaches will provide instruction in basic swimming turns, covering different strokes and IM. They will coach you on starting techniques (from the blocks, the deck or in the water) with video feedback. The coaches will also give you strategies on how to swim your individual race, how to pace yourself during a race and how to practice for the events you have chosen. The clinic will conclude with a practice meet with 50 and 100 yard events and fun relays. Come to this clinic to get ready to swim at a PNA meet and enjoy a sport that keeps us young and healthy.

Clinic date, schedule and fees: Saturday, March 14, Noon-5 p.m. Location: Helene Madison Pool, 13401 Meridian N. Seattle. Pool information: (206) 684-4979. The clinic will run five hours. Registrations will be limited to 40 swimmers. If the clinic is oversubscribed, the date your registration is received by PNA will determine your enrollment. PNA will confirm registrations by phone or email. Please make sure your contact information is current.

- **Clinic fee: \$40 per 2009 USMS registered swimmer.** If you are not registered with USMS/PNA you are still welcome to attend upon purchase of a USMS "one-event registration," which costs \$15.
- **What to bring:** suit, towel, sweats, etc., so you're comfortable in and out of the water.

Clinic Schedule

.5 hour	Registration, introductions and presentation on technique
2.5 hour	Change clothes, pool session for skills & drills. Four practice stations: Starting Blocks, Two turns stations and a race strategy station rotating on a 35-minute cycle.
1.5 hour	Practice swim meet
.5 hour	Wrap up and closing

Registration Form (Please mail form with your check made out to PNA)

First Name		Last Name	
Address--Street		City/State	Zip
USMS Registration Number		email address	
Phone Number(s)	(home)	(work)	(cell)
What Do You Hope to Learn from this Clinic?			

Checks payable to PNA: Mail to Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144. For information call (206) 359-2588 or contact sarahwelch@comcast.net



Start Planning Now for 2009 Washington State Senior Games Swim

By Gloria Tolaro
Washington State Senior Games Swimming
Commissioner

Records were set in more ways than one at the 2008 Washington State Senior Games (WSSG) swim meet. Held at the Briggs YMCA in Olympia, the meet drew 93 swimmers, more than ever before, ranging in age from 50 to 90.

Plus, two swim records were broken: Rick Colella in the men's 55-59 age group set a National Senior Games record by swimming the 100 fly in 1:00:04 while Elizabeth Kassen set a Washington State Senior Games record of 1:25:35 in the women's 55-59 age group.

As WSSG swim commissioner, it was exciting for me to see Washington swimmers, many of them PNA members, qualify for the National Senior Games 2009 meet in the San Francisco Bay area. I'm proud to be one of those swimmers.

The San Francisco games will be my sixth national games. Besides the opportunity to swim at Stanford University, I'm looking forward to a fun time, a professional, well-organized event, and both exciting and formidable competition.

I hope many of you will register for the national games, if you haven't already done so, and become part of the Washington state team.

The 2009 WSSG swim meet will be held on July 26 and once



again at the Briggs YMCA. This meet is a great opportunity to do a last-minute practice and warm up for the "big time" in Palo Alto.

I look forward to seeing many of you senior PNA members at Olympia in July and at Palo Alto in August.

Summary of PNA Board Meetings for September, October and December

Sept. 16, 2008

- The board discussed various rules proposals in preparation for the upcoming USMS Convention.
- The board agreed to approve sanctioning the Tukwila Centennial swim meet January 24, 2009, and the Briggs YMCA meet March 28, 2009.
- PNA has 1,393 members.

Oct. 28, 2008

- Several board members discussed the USMS Convention, including a meeting with the new executive director.
- A planning retreat was scheduled for November 15, with the amount to be spent for a facilitator, room rental and food not to exceed \$600.
- PNA has 1,507 members.

Dec 2, 2008

- Eighteen people attended PNA's Christmas potluck dinner and meeting.
- The 2009 budget was passed.
- Hallie Truswell explained how she's working on goodie bags to make swimmers attending their first swim meet feel welcomed.



- The board appointed an officer nominating committee for 2009.
- The board agreed to sanction an Orca meet March 7 and a Briggs meet March 28.
- Sarah Welch gave a detailed report on the successful November board retreat.
- The board authorized a starts-and-turn clinic for novice swimmers in February or March, the date to be determined by Sarah Welch, PNA's clinic coordinator.

Call for Nominations

Dawn Musselman Inspirational Swimmer Award



PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913-1986). Dawn, a long-time PNA member, inspired others and encouraged them to do their best. She was a gifted swimmer as well — check PNA’s records for ages 60 to 74! — but speed is not a criterion for this award.

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

- Is an inspiration to all PNA swimmers
- Willingly shares information, training or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming

Past recipients of the **Dawn Musselman Inspirational Swimmer Award** are:

1986 - Dawn Musselman	1994 - Marion Mueller	2002 - Barb Gundred
1987 - Marlene Holmes	1995 - Tammi Keeler	2003 - Chaya Amiad
1988 - Maxine Carlson	1996 - Ian Thompson	2004 - Kathy Casey
1989 - Jim Penfield	1997 - Suzanne Dills	2005 - Gene Crossett
1990 - Tom Foley	1998 - Clark Pace	2006 - Jeanne Ensign
1991 - Karen Jost	1999 - Dan Frost	2007 - Lee Carlson
1992 - Jan Kavadas	2000 - Joan Davis	2008 - June Van Leynseele
1993 - Robin O’Leary	2001 - Paul Ikeda	

You swim with someone who qualifies — compose a few paragraphs telling why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 10 and 11, at King County Aquatic Center in Federal Way.

Send your nomination to:

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

Please submit your nomination by March 31, 2009.



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



Some coaches stand out from the crowd.

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

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

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

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

Past recipients were Wendy and Malcolm Neely (2004, 1st annual), Michael McKinlay (2005), Neil Romney (2006), Robin O'Leary (2007) and Mel Smith (2008).

To nominate someone, simply submit a completed nomination form, together with a letter of support explaining why you're nominating this person. **Nominations must be received by March 31, 2009.**

You can find a nomination form on the following page. You can also find one on the PNA Web site at www.swimpna.org.

(Continued from page 2)

Leading Off

which includes deciding how PNA can best communicate with, and



provide information to, our members. If you have an opinion, please contact our newsletter editor (his phone and email info is on the masthead). *Your comments are wanted and welcome.*

Thanks, Rich Seibert

OAC's Rich Seibert has answered PNA's call for someone to help create a marketing survey. The survey will help PNA develop a support system for teams and coaches.

PNA depends on volunteers like Rich so we can deliver the best possible service to our members.

ATTENTION ONE HOUR SWIM PARTICIPANTS



Don't forget to send a copy of your entry form to Sally Dillon, our PNA postal relay team coordinator, so she can get you on a relay this year. It must be in Sally's hands by February 5. Sally Dillon, PO Box 845, Oak Harbor, WA 98277, phone or fax (360)679-5038, salswmmr@verizon.net.

Start Getting Psyched for Champs!!!

Before you know it, Champs will be here: April 10 and 11, 2009 at Weyerhaeuser King County Aquatic Center. Look for an entry form in next month's issue. A copy also will be available soon on PNA's Web site: www.swimpna.org.

2009 PNA Coach of the Year Nomination Information

PNA recognizes a coach annually for outstanding contributions to local Masters swimming programs. If you'd like to nominate a coach, submit either the attached nomination sheet (one page only) or a one-page letter of support addressing any or all of the following selection criteria: improvement or enhancement of ongoing program or establishment of a new program; sustained service over a long period of time; contributions to PNA; commitment to PNA; willingness to share coaching skills and information; loyalty of team members; coaching accomplishments; and/or inspiration to others. Please print or type legibly

Candidate

Nominator

Team _____ Address _____

Number years coaching this team _____ Phone _____

Average number of team members during this coach's tenure _____ Email _____

Candidate's coaching experience:

Candidate's coaching accomplishments:

Candidate's improvement/enhancement of program or development of a new program:

Candidate's contributions to PNA:

Evidence of candidate's coaching skills and knowledge:

Impact of coach's efforts on others:

Please submit nomination by March 31, 2009 to:

Wendy Neely
5416 SW 326th Ct
Federal Way, WA 98024

Phone (253) 838-8408
wendymal@mac.com



ORCA 2009 SWIM MEET

SHORT COURSE YARDS MEET. Sponsored by the Orca Swim Team
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction #369-005

DATE: Saturday, March 7th, 2009
TIMES: Check-in & 1st Warm-up: **8:00a.m.** Meet: **9:00a.m.**
Event 3 will start no earlier than 9:45a.m.
PLACE: **SEATTLE UNIVERSITY CONNOLLY CENTER POOL**
550 14TH Avenue, Seattle 98122
CONTACTS: Mark Handel (734) 516 6907 eves & weekends
handel@gmail.com
DEADLINE: Postmark by Monday, February 23, 2009 (Recived by Tuesday
3/3/09). Online until 12:00 Noon PT, **Tuesday, March 3, 2009.**
Sorry, but no late or day of meet entries.

FACILITY: An indoor facility with six (6) 25 yard lanes for competition. Warm-up area
Description: 75' x 35', 4ft depth

RULES: Current USMS Rules will govern the meet.

SAFETY 1st -NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

ELIGIBILITY: Open to all year 2009 USMS or MSC registered swimmers 18 and above as of
3/7/2009. Age groups based upon the swimmer's age as of 3/7/09.

DIRECTIONS: From I-5 take the James Street exit. Head East on James Street. Continue on
James St. past Broadway. Shortly after Broadway, James Street turns into Cherry St.
Continue on Cherry St, past 12th Ave. The pool is at the corner of 14th and Cherry St. Please
use the entrance on 14th St (there will be signs).

ORDER OF EVENTS (PNA Order #3) (Seeding is slow to fast)

1	400 IM (must check-in by 8:30am)	12	100 Back
2	1650 Free (check-in by 8:30am)	13	200 Breast
	30 minute break & 2 nd warm-up	14	50 Free
	Event 3 will not begin before 9:45am		30 min Break including
3/4	200 Women's/Men's* Free Relay		Pink Flamingo Relay
5	200 Fly	15/16	200 Women's/Men's* Medley Relay
6	200 Back	17	100 Fly
7	50 Breast	18	50 Back
8	100 Free	19	100 Breast
	Break	20	200 Free
9	200 Mixed Free Relay	21	100 IM
10	200 IM		Break
11	50 Fly	22	200 Mixed Medley Relay

Note: Relays entries completed on day of meet and deck-seeded.

* The entries for Men's Relays and Women's Relays will be swum in combined heats.

SUGGESTED HOTELS in Seattle (request **Orca Swim** group rate)

Hawthorn Inn & Suites, 2224 8th Ave, 98121 (800) 437-4867 (206) 624-6820. Free parking &
breakfast. 24 hour cancellation policy.

Silver Cloud Hotel - Broadway, 1100 Broadway, 98122 (800) 590-1801, (206) 325-1400.
Walking distance to meet. 24 hour cancellation policy.

For more info on social events for the meet see: www.orcaswimteam.org.

The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport
of swimming and to educating the public about the value of sports in fitness and
community-building. The team is comprised of gay/Lesbian and gay/Lesbian-friendly
swimmers and welcomes all Masters Swimmers to its swim meets. ORCA SWIM TEAM is a member
of Pacific Northwest Aquatics (PNA), International Gay and Lesbian Aquatics (IGLA) and
Team Seattle.

ORCA 2009 SWIM MEET

SHORT COURSE YARDS MEET. Sponsored by the Orca Swim Team

Name: _____ Circle if your first Master's Meet: **Y**

Phone:(_____) _____ E-mail Address: _____

Street Address: _____

City: _____ State/Province: _____ Zip/Postal Cd: _ _____

M or F Age:(____) Birthdate:____/____/____ USMS or MSC# _____

Team Abbrev: _____ Team Name: _____ LMSC: _____

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED

AGE GROUPS (Determined by your age as of 3/7/2009):

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+

INDIVIDUAL EVENT ENTRIES - ENTRY LIMIT: 5 individual events (excluding relays)

EVENT NUMBER	EVENT NAME	SEED TIME (Short Course Yards)

ENTRY FEE: \$17 (paper) or \$15.00 (on line) (includes LMSC & elec. timing surcharge)

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

Total: _____

!Please enter on line at: <http://www.orcaswimteam.org>!

Or mail completed and signed Entry, Check, & copy of USMS card to: **Orca Swim Meet c/o
Orca Swim Team, PMB 869 - 1122 E Pike St., Seattle, WA 98122.**

Please make checks payable to **Orca Swim Team. Amount Enclosed:** _____

**Non-PNA entrants must make a copy of your Year 2009 Masters Registration
card and mail it in with this entry form. Online registrants must present card at
check-in**

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: _____

Emergency Contact _____

OLYMPIA MEET

SHORT COURSE YARDS MEET HOSTED BY THE BRIGGS MASTERS SWIM TEAM
Sanctioned by the Pacific Northwest Association of Masters Swimmers (PNA) for USMS,
Inc. Sanction #369-04

EVENTS (ORDER #4)	
#	Event
Saturday, March 28	
1	400 IM
2	1650 Free
Warm-up	
3	200 Free relay
4	50 Breast
5	100 Fly
6	200 Free
7	50 Back
8	100 IM
Break	
9	200 Mixed Free Relay
10	100 Breast
11	50 Fly
12	100 Free
13	200 Back
Break	
14	200 Medley Relay
15	200 Breast
16	200 Fly
17	50 Free
18	100 Back
19	200 IM
Break	
20	200 Mixed Medley Relay

DATE: Saturday, March 28, 2009

TIME: Warm-up: **8:30 AM**; Meet starts **9:00 AM**

A 30 minute warmup will be held after the 1650 free. Earliest starting time for remainder of the meet is 10:30 AM.

LOCATION: Briggs YMCA 1530 Yelm Hwy SE Olympia WA 98501. Phone: (360) 753- 6576

MEET DIRECTOR: Mel Smith
melcomplynow@msn.com (360) 970-9466

FACILITY: Six-lane 25-yard competition pool; separate warm- up pool next to the main pool.

Water temperature; 81.5 degrees F

CONCESSIONS: Available throughout the meet.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 2009 registered swimmers, 18 and above as of *March 28, 2009*.

SEEDING: Slow to fast **TIMING:** Electronic

AWARDS: Available for purchase at the Meet

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.

CHECK IN: Positive check-in required for the 400 IM and 1650 Free. Deadline for both is 8:45 AM. Meet Director reserves right to limit # of entries on 1650.

DIRECTIONS: From the North-- take I-5 South to Exit 105. Stay to the right onto 105B and go left at first stop light (Henderson Blvd.). Stay to the left as the road makes a "Y" (do not take the Portland on-

ramp), go through the roundabout and continue to the corner of Yelm Hwy and Henderson Blvd. (approx. 2 miles). The Briggs YMCA is on that corner.

From the South--take I-5 North to Exit 101, Tumwater Blvd. Turn Right onto Tumwater Blvd. and follow it until it dead-ends at Henderson Blvd. Turn left and down a long hill; back up the other side to a light at the Yelm Highway. The Briggs YMCA is on that corner. **Website:** Formoreinformation, visit the PNA website (www.swimpna.org)

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT _____

PHONE NUMBER _____

OLYMPIA MEET

Short Course Yards Meet March 28, 2009 Hosted by Briggs Masters Swim Team

NAME: _____ M F AGE: _____

ADDRESS: _____

E-MAIL: _____ PHONE: _____

BIRTHDATE: _____ USMS# _____ - _____ LMSC _____ (PNA, Oregon, etc.)

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

TEAM _____ or UNATTACHED _____

AGE GROUP (determined by your age as of March 28, 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 plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 13.00 (includes LMSC & electronic timing fees)

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

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

Please make checks payable to: Aquatics Department, Briggs YMCA

Mail this entry form and fees to: Mel Smith, Masters Coach - c/o Aquatics Department
 1530 Yelm Highway SE
 Olympia, WA 98501

*****Please send entries postmarked no later than March 18, 2009**

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: _____

United States Masters Swimming, Inc

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.

2009 Membership Application

New Swimmer

Returning USMS Swimmer

Pacific Northwest Association of Masters Swimmers

(Old Number if available _____)

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

Name: _____ Birth date: _____
Last First Initial Month Day Year

Address: _____ Age: _____ Male Female (circle one)
Street or box number

City State Zip+4 E-Mail: _____
please print carefully

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

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

Optional Donations:

USMS Endowment Fund \$ _____
International Swimmers Hall of Fame \$ _____
TOTAL \$ _____

Questions: (206) 849-1387
pnaRegistrar@usms.org

Make check payable to: **PNA**

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.)

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.

Welcome New Swimmers

Carmen Aguiar
Shane Anthony
Wendie Balmer
Roger Benney
Jennifer Bohannon
Jeremiah M Burrow
Bethany J Burrow
Michael W Calhoun
Johnny C Christman
Michael G Dee
Jeff F Dickerman
Allison Ferch
Joel T Haug
Krista Horton
Susan E Humble
Karen E Kramer
Anne Kurt

Michael Lamprecht
Rebecca S Lawson
Jeff S Lindsey
Yang Liu
Don MacLane
Guy W Masters
Dave Mattens
Tim Menza
Kristine Parrish
Greta L Perales
Robin G Poss
Donna R Rice
Lisa A Rivera
Heather Romano
Whitney Sabin
Jim M Smersh
Kelly Sterling
John T Vranesh
Jessica Wang
Eric S Westberg
Glenn L Wood
Whitney L Woods

Inside this issue:

- ***Swim to forget, front page.***
- ***March Clinic info, page 4.***
- ***Entry forms for Orca & Briggs meets, pages 9 and 10.***

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

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