

THE WETSET

Pacific Northwest Association
of Masters Swimmers



A Championship Attitude

by Ron Rhinehart

“What was your reaction when Laura Val broke two of your world records, just six weeks after you set them?”

I was hesitant to ask the question, but Charlotte Davis didn't hesitate to answer.

“Oh, Laura is one of my idols - Dara Torres is the other. I love watching Laura swim! In fact, I always seem to swim my personal bests when she's in the pool, or at least in my age group. I may set records before she joins my age group, but I swim faster when she's there to motivate me! She's just a beautiful swimmer to watch.”

Davis has a long string of USMS accomplishments, including 101 Top Ten swims since 1994, 29 PNA records spanning three age groups, and eleven world records, eight of which she set just last year (two at Worlds in Sweden, six at the Long Beach SCM Championships). Although she began her aquatic journey as a nine-year-old on the starting blocks, she took a lengthy detour through the world of synchronized swimming. At 13, she became a “synchro” competitor, and later became a coach. A very successful coach - two of her swimmers, Candy Costie and Tracy Ruiz, won Solo and Duet gold at the 1984 Los Angeles Olympics, with Davis as the national team coach. Davis also founded the Seattle Aqua Club (now Seattle Synchro) in 1972.

In the early 1990's, Davis returned to the pool, strictly for fitness. Robin O'Leary, coach of the North End Otters workout group, saw her swimming and encouraged her to compete. Ironically, Davis credits her years as a synchronized swimmer for her rapid improvement as a Masters competitor. “Synchro gives you a great feel for the water, for the grab and sculling motions. It's incredibly technique-intensive, so the technique issues that my coach identifies today are much easier for me to fix.”

Her years in “synchro” have provided another, less obvious, benefit. “The worst part of Masters swimming,” Davis shared, “is comparing your current times to your college times. I don't have any college times - I didn't race after the age of 13 - so it's really nice for me!”

I asked Davis what she enjoys most about Masters swimming, expecting to hear about the ‘thrill of victory’ or hard-fought competitive battles. Her answer surprised me. “It's inspirational to see new people come in and improve their fitness and their swimming ability. I especially like going to Nationals, to see our older swimmers who experience difficulty on land but are so beautiful in the water.”

After hearing that sentiment, I should have expected her last answer, but I had to ask the question anyway. For those of us who can only dream of setting a world record, the thought of it lasting only weeks seems painful. Davis' response to my final question, about the experience of having Val break her records earlier this year, showed what has made her such a great competitor and what makes Masters such a great group of people.

LEADING OFF



BY PNA
PRESIDENT
STEVE PETERSON

“Super Sessions” Clinic

Rich
Abrahams and
Bob Strand differ

in their race preparation methodologies but both continue to be successful record-setters as they move into the 65-69 age bracket. Rich maps out his training schedule and logs his progress; Bob manages his plan more casually. This was among many insightful revelations that these top competitors brought to 30 attendees of their “Super Sessions” clinic at the Bellevue Club last month. Another: Bob played the video of Rich’s 22.1-second 50 Free at Spring Nationals to illustrate a subtle technique they both use – listening to the starter’s cadence in heats preceding to fine tune their block departure. Assisted by PNA coaches April Cheadle, Karen Dugan, Shannon Singer

and Sheri Hart, and Bellevue Club Aquatics Director Melissa Stepp, they concluded with in-water evaluations for effective starts, wall push-offs, turns and even some stroke. See the article on page 3.

Freestyle Clinics

Later this month, Karlyn Pipes-Neilsen returns from Kona to present her “Faster Freestyle” clinic at Western Washington University (March 17), the Bellevue YMCA (March 19) and the Redmond Aquatic Center (March 20). Details follow on page 9.

On To Champs

Four meets in seven weeks in preparation for Champs in April! The Thunderbirds’ meet in Anacortes (January 23) and Briggs YMCA’s “Beat The Clock V” (February 5) were well-attended. See the Briggs recap on page 5. The just-completed is the Lake Washington Masters’ meet at Juanita Aquatic Center (February 20) had nearly 170 entrants. Next up is ORCA’s “Pink Flamingo” meet at Seattle University (March 12). Lots of opportunities to tune

(continued on page 3)

U.S. 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, U.S. 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 U.S. Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.

The WetSet

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Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Hugh Moore

Leading Off *(continued from page 2)*

your training and practice your race-day preparations. Hey, you'll be ready for Spring Nationals in Mesa, April 28 – May 1!

PNA Election

It's time to elect the seven board positions for the next two years: President, Vice President, Secretary, Treasurer and three At-Large Representatives. After two terms, I'm not on this year's ballot! Fortunately, we have worthy candidates willing to continue the work of keeping PNA a vibrant and thriving organization promoting a healthy adult lifestyle. Our ByLaws don't provide for electronic voting yet, so for now you will receive the ballot for the 2011-2012 slate in the mail. Please select your preferences and postmark your ballot by April 1. Thanks!

Swim in good health!

Steve

Strand / Abrahams Super Clinic - A Super Success

Participants gave rave reviews to the Strand / Abrahams Super Clinic, held at the Bellevue Club in January.

"I almost didn't go. Too expensive, too long, too far away - I had lots of excuses. I will be forever grateful to Lisa Dabl and Sarah Welch for convincing me that I really should be there. I learned more from Bob Strand and Rich Abrahams in eight hours than I've learned in the last eight years. The clinic would have been cheap at twice the price." Shannon Singer, Coach, Skagit Valley Masters Swimming.

Rich Abrahams has spent his swimming career studying the physiology and psychology of racing. He shared his personal experiences and written articles with tips that have made him the most acclaimed sprinter in Masters swimming. Rich believes in planning for racing and shared his 18-month plan in preparation for Atlanta as well as his weekly training regime and his taper plan before the December SCM meet in Long Beach. He talked about the importance of training for the specific events you want to focus on and the energy systems that support different events - aerobic and anaerobic systems. He noted that although over 75% of pool swimming events, at 200 yards or less, are predominantly anaerobic, most swim training is aerobic in nature. Rich says, "when masters swim fast, they swim too slow, and when they swim slow, they swim too fast."

Rich's dryland exercise instruction emphasized the substantial work he does at least twice each week, mainly focused on core and shoulder work (see photo at right).

Bob Strand took participants step by step through his race preparation strategies, from orientation to the pool deck when he arrives, to listening to how long the starter holds swimmers, to a walk-through of the facility.

In addition, participants received advice (and goodies) from Hammer Nutrition rep Laura Labelle.



Race Recap - "Beat The Clock" SCY

South Sound Masters Swimming (SSMS) hosted a successful fifth edition of the popular "Beat The Clock" meet at the Briggs YMCA in Olympia on February 5. Over 130 swimmers participated, with large turnouts from SSMS, Ohana Swim Team and ORCA. Inland Northwest swimmers Cindy Clutter and Margaret Hair even came in from Coeur d'Alene to compete.

One highlight was watching veteran PNA Masters swimmer and SSMS member Evelyn Hoffman swim three events, the 100 IM plus the 50 Breast and 50 Free. The crowd clapped and cheered for every one of her races. At age 92, she's still going strong, holding on to her PNA and Zone records in those events for the W90-94 age group.

Volunteers are the heart of Masters meets! Mica Marquez again served as Meet Director. The officiating staff included Rene Bollman (referee), Laurie Shannon (starter), and Yasko Howell and Bob Campbell (stroke and turn). Olympia Y Swim Team (OYST) Orca parents and members helped out too, including Helene Rodriguez and Steve Mast (computer and timing console), Lois Underland (announcer) and Heather Shields (SSMS coach at Thorbecke's Y in Centralia). Many Orca kids served as timers while their parents handled concessions and awards in the lobby. Thanks to all of them for their support!

Look for the sixth running of "Beat The Clock" next year and make the trek to Olympia for a great meet!



Beat The Clock competitors (left). On the right is Evelyn Hoffman (92), who swam the 100 IM, 50 Free and 50 Breast. She and her friend Larry Zessin (middle) are competitive ballroom dance partners. "That's my real exercise," says Evelyn. 2010 Dawn Musselman, Inspirational Swimmer Betsey Kassen (left) is her SSMS swim teammate. SSMS Coach Mel Smith says, "I think this photo represents 223 years of exercise..."

2011 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 nomination form (below) or a letter of support (one page only) 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.

Nominator's Name

Email Address

Cell Number

Candidate's Name

Workout Group

Number years coaching this team:

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 BY MARCH 15, 2011

REPLY TO LISA DAHL ldahl@usms.org

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). As a long-time PNA member, Dawn inspired others and encouraged them to do their best. While she still holds PNA records in the 60 to 74 age groups, competitive participation is not a criterion for this award.

Past recipients of the Dawn Musselman Inspirational Swimmer Award are:

1986 - Dawn Musselman	1995 - Tammi Keeler	2004 - Kathy Casey
1987 - Marlene Holmes	1996 - Ian Thompson	2005 - Gene Crossett
1988 - Maxine Carlson	1997 - Suzanne Dills	2006 - Jeanne Ensign
1989 - Jim Penfield	1998 - Clark Pace	2007 - Lee Carlson
1990 - Tom Foley	1999 - Dan Frost	2008 - June Van Leynseele
1991 - Karen Jost	2000 - Joan Davis	2009 - Steve LaHaie
1992 - Jan Kavadas	2001 - Paul Ikeda	2010 - Betsey Kassen
1993 - Robin O'Leary	2002 - Barb Gundred	
1994 - Marion Mueller	2003 - Chaya Amiad	

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

Do you swim with someone who qualifies? Compose a few paragraphs telling us why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 9 and 10, at Weyerhaeuser King County Aquatic Center in Federal Way.

Send your nomination to:

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

Please submit your nomination by March 28, 2011.

One Hour Postal National Championship Update

January 2011

Kudos to the PNA swimmers who participated in the 2011 "Happy Hour" - also known as the 34th Annual One Hour Postal National Championship swim! PNA had 96 entrants this year - a record turnout that included over 40 swimmers who appear to be first-time entrants. 62 of our entrants were women - way to go, ladies!

David Kays (age 43) swam the furthest of all PNA'ers with 5,325 yards. Not far behind was Melissa Chamberlin (age 30), who swam 5,125 yards. Our oldest participants were Harvey Prosser (age 82), who swam 2,995 yards, and Gloria Tolaro (age 80), who swam 2,520 yards. Congratulations to all who met the challenge this year!

PNA has entered seven men's relays, nine women's relays and seven mixed relays. Results won't be available until mid-March and will be reported in the April issue of The WetSet (as well as on the PNA website at www.swimpna.org). Any questions about the relays can be directed to Sally Dillon at salswmr@comcast.net. Individual results will be available on the same schedule.

Clinic News - Stay Tuned...

Megan Jendrick and Ian Crocker

will present a clinic
for PNA members
in July.

ASCA (American Swim Coaches Association)

Masters Regional Clinic
(Level 1 & 2)
will be held in the Seattle area on May 6-7.

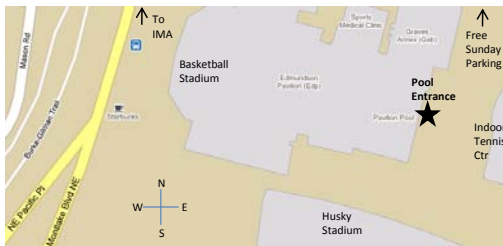
Interested coaches should contact
PNA Coaches Chairperson Wendy Neely
at wendymal@me.com

More details to follow in our April issue.

Learn the Lingo of Masters Swimming!

Intro to Masters Class
Hec Ed Pavilion Pool @UW
Sunday, March 6
1-2:30pm
\$15

hosted by



- Ideal for triathletes and beginning lap swimmers
- Lecture on swim workout terms plus a short mock workout in the pool
- UW affiliation not required

Questions? Email IntroToMasters@gmail.com

HELP WANTED!

PNA is looking for a volunteer to perform data entry for our website. The role will entail entering and updating information regarding facilities and workout times. No specialized web design or administration skills required.

Interested? Contact Sarah Welch at sarahwelch@comcast.net or 206-359-2588.

Anacortes SCM Update

Following publication of the February WetSet, we received confirmation that four records were set at the Anacortes SCM meet in January.

Megan Jendrick set USMS marks in the 100 Breast (1:10.39) and 200 Breast (2:30.75) and a World record in the 100 IM (1:03.41).

Sheri Hart set a USMS record in the 50 Back (0:30.60).

Congratulations!



Faster Freestyle Swim Clinic with Video

Masters World Record Holder Karlyn Pipes-Neilsen

Sunday, March 20th from 10:00 AM- 2:30 PM Redmond Aquatic Center, WA
Hosted by: Pacific Northwest Masters Sanction Number: 361-C03

Are you tired of working so hard to swim so SLOW? Wouldn't you rather...

- Swim faster with less effort?
- Relax, find your balance and not sink?
- Effectively breathe in any condition?
- Become more comfortable in the water??

Then this clinic may be *JUST* for you! Using easy to understand drills and techniques, Karlyn will teach you how to become a faster, more efficient swimmer in just one clinic.

Location: Redmond Aquatic Center (Redmond Pool) Operated by Wave Aquatics 17535 Northeast 104th Street, Redmond, WA 98052. You must be currently registered with USMS to participate.

Karlyn Pipes-Neilsen: Lives in Kona, Hawaii and is known world-wide for being an accomplished swimmer having set over 200 masters world records to date. However, she is equally as talented as an instructor and uses her high energy to deliver a fun and face paced clinic woven with personal experience. Reference Swimmer Magazine Nov/Dec Issue (P. 24) for Karlyn's article on faster freestyle to get a good sense of her approach.

Cost is \$145 and space is limited! Register Online at <http://aquaticedge.org/registerNow.php> and cost is the same if signing up online. If registering by mail, email Karlyn FIRST to secure a spot then send form/check to: Aquatic Edge, 77-6479 Kilohana St. Kailua-Kona, Hawaii, 96740.

Questions: e-mail aquaticedge@hawaii.rr.com or Sarah Welch at sarahwelch@comcast.net.

Pre-order Karlyn's Go Swim Freestyle DVD & pay only \$35 or purchase @ clinic for \$40

✂----- Keep top portion -----✂----- Keep top portion -----✂-----

Aquatic Edge Faster Freestyle Clinic w/video at Redmond Aquatic Center March 20th

First Name: _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____ USMS # _____

Age: _____ Level of swimming: beginner intermediate masters multi-sport

Please identify one goal for the clinic: _____

Cost: \$145 per person Pre-order Karlyn's Freestyle DVD for \$35 (save \$5!) Total: \$ _____

Send check payable to Aquatic Edge to: 77-6479 Kilohana St. Kailua-Kona, Hawaii, 96740

See PNA Calendar on page 11 for details on Karlyn's other clinics!

Welcome New PNA Swimmers *(listed by workout group)*

Bainbridge Area Masters	Sarah Shafer	Tony Forte
William Hunt	Cejih Yung	Barb Fox
Blue Water Aquatic Masters	Mercer Island Redwoods	Yul Kim
Kelli Campbell	Bryson Chiu	Cheok Hei Lei
Emmet Cullen	Monroe YMCA Masters	Melissa Low
Natalie Davis	Sadie Brumley	Meghan Michael
Danelle Docken	North End Otters	Kimberly Pancoast
Heather Goslowsky	Warren McAndrew	Ken Pinchiff
Andrew Hillier	Jan Schurman	Evan Rydinski
Necia Ivie	Jenny Waddingham	Scott Urganhart
Mitchell Johnson	Olympic Aquatic Club	Wendy VanDeSompele
Miles Jones	Jessica Lee	West Coast Aquatic Masters
Arthur Lapin	Orca Swim Club	Amy Murnan
Melody Molen	Laura Schaps	West Seattle YMCA Dolphins
Seurg Oh	Poulsbo Piranhas Swim Team	Jeffrey Stewart
Tiffany Robinson	Deborah Ciani	Western Washington U Masters
Chris Souder	Evan Lenz	Swimming
Downtown/Bellevue Swim Team	Phinney Ridge Swim Club	Emma Lieuwen
Andrew Inman	Nancy Kleint	Audra Massey
Judy Rose	Queen Anne Swim Club	YMCAPKC Sound Aquatic
Jason Takahashi	Chris Conroy	Sherry Gow
Green Lake Aquatic Ducks	Seattle Athletic Club	
May Lee Chung	Lisa Farin	<i>.Note: Errors or corrections (and names</i>
Husky Masters	Lisa Ohge	<i>of Unattached swimmers who wish to</i>
Lilian Braff	Natalie Swistak	<i>change their affiliation to a specific</i>
Grace Campbell	Samena Masters	<i>workout group) should be sent to</i>
Issaquah Swim Team	Janet Schneider	<i>pnaRegistrar@usms.org</i>
Randy Ernst	South Sound Masters Swim	
Team Luna	Sally Bergquist	
Lesley Moenter	Aimee Christy	
Lake Washington Masters	Laurie Harris	
Doug Bosworth	Asland Obermire	
Taylor Brugh	Garrett Richman	
Heather Clarke	Swim Seattle Redhawk Masters	
Douglas Gemin	Jaylyn Sacchette	
Dennis kamp	Melisa Ziegler	
Grep McKay	Skagit Valley Masters Swimming	
Nancy Nygren	Marcus Eldred	
Michael Porter	Mehran Zaini	
	Unattached <i>(see note below)</i>	
	David Corey	
	Nicole Durkee	

MASTERS CALENDAR

LOCAL EVENTS

March 12, 2011

ORCA SCY

Seattle Univ. Connolly Center
Seattle, WA

Info: Chris Bresemann,
chris.bresemann@gmail.com,
206-249-1453

April 9-10, 2011

PNA SCY Champs

Weyerhaeuser King County
Aquatic Center
Federal Way, WA
Info: coming soon...

June 18, 2011

Northwest Senior Games

Juanita Aquatics Center
Kirkland, WA

Info:
www.northwestseniorgames.org

NATIONAL EVENTS

April 28 - May 1, 2011

**USMS Spring Nationals
SCY**

Kino Aquatic Complex
Mesa, AZ
Info: www.usms.org/comp/

INTERNATIONAL

March 12, 2011

**Victoria Masters Annual
Swim Meet LCM**

Saanich Commonwealth Place
Victoria, BC

Info: Len Martel,
len.martel@gmail.com or
[www.msabc.ca/meets/
2011/2011Victoria.pdf](http://www.msabc.ca/meets/2011/2011Victoria.pdf)

CLINICS

March 17, 2011

**Karlyn Pipes-Neilsen
"Faster Freestyle" Clinic**

Western Washington University
Pool, Bellingham, WA
6:00-9:00pm
Info: Barb Gundred,
konabarb5188@hotmail.com

March 19, 2011

**Karlyn Pipes-Neilsen
"Faster Freestyle" Clinic**

Redmond YMCA, Redmond,
WA
Info: Mike McKinley,
mmckinlay@acm.org,
425-417-9770

March 20, 2011

**Karlyn Pipes-Neilsen
"Faster Freestyle" Clinic**

Redmond Aquatic Center,
Redmond, WA
Info: Sarah Welch,
sarahwelch@comcast.net

May 20-22, 2011

Swim Fest II

Atlanta, GA
Contact: Lisa Dahl,
ldahl@usms.org

July 9, 2011

**ACQUA Swim Camp -
Megan Jendrick & Ian
Crocker**

Fife Swim Center
Fife, WA
Contact: Megan Jendrick,
swimcamps@gmail.com

MEETINGS

March 26, 2011

**PNA Board Meeting
9:00am - 1:00pm**

Sally Dillon's condo
Issaquah, WA
Contact: salswmr@comcast.net

May 17, 2011

**PNA Board Meeting
6:45pm**

Jan Kavadas' condo
Edmonds, WA
Contact: Jan Kavadas,
425-775-5814

June 28, 2011

**PNA Board Meeting
6:45pm**

Hugh & Jane Moore's
Tacoma, WA
Contact:
swimmoore@comcast.net



ORCA 2011 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 #361-05

DATE: Saturday, March 12th, 2011
TIMES: Check-in & 1st Warm-up: **9:00a.m.** Meet: **10:00a.m.**
Event 3 will start no earlier than 11:00 a.m.
PLACE: **Seattle University Connolly Center**
650 14th Ave Seattle WA 98122
CONTACTS: Chris Bresemann (chris.bresemann@gmail.com) (206) 249-1453
eves & weekends
DEADLINE: Postmark by **Monday, March 01, 2011.** Received by Thursday
March 4, 2011. Online until 12:00 Noon PT Wednesday **March 9,**
2011. Sorry, but no late or day of meet entries.

FACILITY: An indoor facility with six (6) 25-yard competition lanes with an adjacent warm-up
and warm-down area. Water temp is 84 degrees. Coin lockers available. No concessions.

RULES: Current USMS Rules will govern the meet.

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

ELIGIBILITY: Open to all year 2011 USMS registered swimmers 18 and above as of
3/12/2011. Age groups based upon the swimmer's age as of 03/12/11.

DIRECTIONS

From areas north of city limits of Seattle: Take I-5 Southbound, take exit 165A toward James
Street. Stay straight to go onto 6th Avenue. Take the second left unto James Street. James
Street becomes East Cherry Street. Turn Right onto 14th Avenue. Pool is on the left at 650
14th Avenue.

From all other areas: Take I-5 Northbound. Take the Dearborn Street/James Street Exit.
This is exit 164A toward Madison Street. Take the James Street exit turn right onto James
Street. Turn right onto 14th Avenue. 650 14th Avenue is on the left.

ORDER OF EVENTS (PNA Order #4) (Seeding is slow to fast)

1	1000 Free (check-in by 10:30am)	11	50 fly
	30 minute break & 2 nd warm-up	12	100 Free
	Event 2 will not begin before 11:45am	13	200 Back
2/3	200 Women's/Men's* Free Relay		30 min Break including
4	50 Breast		Pink Flamingo Relay
5	100 Fly	14/15	200 Women's/Men's* Medley Relay
6	200 Free	16	200 Breast
7	50 Back	17	200 Fly
8	100 IM	18	50 Free
	Break	19	100 Back
9	200 Mixed Free Relay	20	200 IM
10	100 Breast	21	200 Mixed Medley Relay

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

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

For more info on social events for the meet see: <http://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 2011 SWIM MEET

Sponsored by the Orca Swim Team

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 361-05

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# _____

Team Abbrev: _____ Team Name: _____ LMSC: _____

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

AGE GROUPS (Determined by your age as of 3/12/2011):

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: \$21 (paper) or \$18 (on line)(includes PNA & electronic timing surcharge
Individual Events: _____ (\$1 each; no charge for relays, 65 and up or needs based)
Total: _____

!!! Please enter on line at: <http://www.clubassistant.com> !!!

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 2011 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 _____

Phone Number _____

**2011 NORTHWEST ZONE SHORT COURSE YARD CHAMPIONSHIPS
& STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Saturday, April 9th and Sunday, April 10th, 2011**

Hosted by Blue Wave Aquatics
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # **361-06**

DATE: **Saturday April 9th and Sunday, April 10th, 2011**
TIMES: **Saturday, April 9th: Warm-up: 11:00 – 11:50 AM, Meet starts: noon**
Sunday, April 10th: Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM
PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,
Federal Way, WA 98023 (206) 296-4444

MEET DIRECTOR: Steve Freeborn. (206) 940-7442 freebornlaw@qwest.net

On Line Entries are encouraged!

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

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2011 USMS or foreign registered swimmers age 18 and above as of April 10th. Age groups will be based upon the swimmer's age as of April 10, 2011.

SEEDING: Two courses will be used for the 400 IM, 500 Freestyle, 1000 Freestyle and 1650 Freestyle. A single course will be used for all other events.

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

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

	Saturday, April 9th:		Sunday, April 10th continued
1	400 Individual Medley	13	500 Freestyle *
2	50 Breast	14	100 Back
3	100 Fly	15	50 Free
4	200 Freestyle	16	200 Breast
5	100 Breaststroke		Special Awards Presentation
6	200 Back	17	50 Back
7	50 Fly	18	200 Fly
8	100 Individual Medley	19	100 Freestyle
9	Women's 200 Medley Relay *	20	200 Individual Medley
10	Men's 200 Medley Relay *	21	Women's 200 Freestyle Relay *
11	200 Mixed Freestyle Relay *	22	Men's 200 Freestyle Relay *
12	1000 Freestyle *	23	Mixed 200 Medley Relay *
		24	1650 Freestyle *
			PNA Team Award

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

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

* **Check-in:** Check-in is required for the 1000 Freestyle (deadline end of event 6), 500 Freestyle (deadline 8:30 Sunday) & 1650 Freestyles (Deadline end of event 18) Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 9, 10 & 11, 1 PM Saturday; events 21, 22, & 23, 11 AM Sunday.

Online Entry: https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&smid=2876

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE: _____ USMS #: _____ - _____ Circle if first Masters meet **Y**

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

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

TEAM _____ (note: PNA teams must register with PNA by 3/26/11)

AGE GROUP (Determined by your age as of April 10th, 2011):

18 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

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

EVENT NUMBER	EVENT	SEED TIME

Emergency Contact: _____ Phone Number: _____

ENTRY FEE: \$ 29.00 Surcharge
Individual Events: + _____ \$2 per event. No charge for relays.
+ _____ No charge for seniors (65+) or need-basis.
+ _____ T-shirts @ \$18 Unisex (S _____ M _____ L _____ XL _____ XXL _____)
+ _____ Women's fit (S _____ M _____ L _____ XL _____ XXL _____)
+ _____ \$2 for XXL shirt

Total: \$ _____ **Make checks payable to BWAQ and mail to:**
Blue Wave Aquatics, PO Box 24083, Federal Way, WA 98093

Questions? Email Steve Freeborn at freebornlaw@qwest.net
Entries must be postmarked no later than Wednesday, March 23rd. Online entries will close at midnight on Saturday March 26th. All swimmers must have a valid 2011 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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

SIGNED: _____ DATE _____

Additional Information:

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

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

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

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

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

T-shirts: T-shirts are available for \$18 and must be ordered with your entry. The shirts are white with two color blue logo, front and back.

Individual Awards: PNA Champs and NW Zones ribbons will be awarded 1st through 6th place in every age group in every event. PNA medals can be purchased for \$2 each.

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

PNA Team Eligibility: To be eligible for team awards at PNA Champs, teams must submit a 2011 team registration by the meet entry deadline. PNA team registration forms are available in the WetSet and on the PNA website, www.swimpna.org



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

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

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

Website: Visit the PNA website at www.swimpna.org for updated information. Online entry is encouraged at the website https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&smid=2876

Motels: There are numerous motels within fifteen miles of the pool. There are no discounts associated with the meet.

PNA Coach of the Year and Dawn Musselman Awards: The 2011 PNA Coach of the Year and the 2011 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Sunday at the conclusion of event #16.

New PNA Swimmers: if this is your first Masters Swim Meet, please indicate on entry form and PNA will have a gift for you.



Pacific Northwest Association of Masters Swimmers

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.

2011 Membership Application

New Swimmer Returning USMS Swimmer
(Permanent ID if available _____)

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

Home Phone (____) _____ Work Phone (____) _____ Cell Phone (____) _____

CLUB Affiliation Pacific NW Aquatics (PNA) or Unattached to a Club
TEAM Affiliation _____ see team list on next page

Please check all that apply:
Masters Coach , Certified Official , YMCA , USA Swimming , USA Triathlon

Choose a membership level A or B below for 11/01/2010 thru 12/31/2011.

A. Regular:	\$44	
B. Need-based or Seniors (65 & over):	\$35	
<i>Optional Donations:</i>		
Swimming Saves Live		\$
International Swimmers Hall of Fame		\$
Pacific Northwest Association (PNA)		\$
TOTAL		\$

Swimming Saves Lives
Just \$1 from each of us has the potential to add \$55,000 annually to further adult swimming opportunities, sports, medicine research, education and outreach through grants. See <http://www.usms.org/giving/>

International Swimming Hall of Fame Fund
Dedicated to the recognition of the famous swimmers, divers, water polo players, synchronized swimmers, and persons involved in life saving activities and education, throughout the world. <http://www.ishof.org/about/>

Pacific Northwest Association of Masters Swimmers
This is your organization and supports clinics, education, The Wetset, and future projects. The Senior and Need-based discount is funded in part by donations.

Please consider making a tax-deductible donation to these funds.

Make check payable to: PNA
Questions: (206) 849-1387 or pnaRegistrar@usms.org
Mail check & form to: Arni Litt, Registrar
PO Box 12172
Seattle, WA 98102-0172

A link to the PNA newsletter, *The WetSet*, will be sent by email 10 times/year unless you check here to have *The WetSet* sent by U.S. Postal Mail.
PNA is seeking volunteers to help with meets, clinics and committees. Check here to volunteer and someone will contact you about where you could make a difference."

2011 Annual Fee: Of your membership fee \$29 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication Swimmer Magazine. (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 _____

Pacific Northwest Association of Masters Swimmers 2011 Local Team Registration

To register your team for 2011, 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 our 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 рнаRegistrar@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 2011 as of Feb 23, 2011.

<p>AQUA: Aquatic Fanatics BAM: Bainbridge Aquatic Masters BADD: Bellevue Aquatic Divas & Dudes BC: Bellevue Club BMSC: Bellingham Masters Swim Club BTAC: Bremerton Tennis & Athletic Club BWAQ: Blue Wave Aquatics CAAT: Central Area Aquatics Team CAC: Columbia Athletic Masters (All) DBST: Downtown / Bellevue Swim Team EMS: Everett Masters Swimmers FAST: Foothills Aquatics Swim Team FSJ: Fins of the San Juans FTS: Ft. Steilacoom GHY: Gig Harbor YMCA GCMS: Gold Creek Masters (GCM) GAM: Gold's Aquatics Masters GEM: Gold's Eastside Masters GLAD: Green Lake Aqua Ducks HMST: Husky Masters IST: Issaquah Swim Team LLUA: Little Lebowski Urban Achievers LOGS: Logger Masters</p>	<p>LUNA: Team Luna LWM: Lake Washington Masters LWS: Lynnwood Sharks MICC: Mercer Island Country Club MIR: Mercer Island Redwoods MAMS Middle Aged Marlins 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 PPST: Poulsbo Piranhas Swim Team 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</p>	<p>SAC: Seattle Athletic Club SVMS: Skagit Valley Masters Swimming SSTM: South Sound Titans Masters SWIM: South Whidbey Island Masters SSMS: South Sound Masters Swim Includes ESC, TOSC SSRM: Swim Seattle Redhawk Masters TSC; Tacoma Swim Club TACM: Thunderbird Aquatic Masters TIG: Tigers UNAT: Unattached to a Team UPAC: University Place Aquatic Club VFC: Valley Fitness Center VAC: Vashon Aquatic Club VAVI: Vashon Vikings 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 WPKC: YMCAPKC Sound Aquatic</p>
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02/23/2011

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

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Inside The March Issue:

- * A CHAMPIONSHIP ATTITUDE (*PAGE 1*)
- * RACE AND CLINIC RECAPS (*PAGE 3-4*)
- * CALL FOR NOMINATIONS (*PAGES 5-6*)
 - * COACH OF THE YEAR
 - * DAWN MUSSELMAN INSPIRATIONAL SWIMMER
- * ONE HOUR POSTAL UPDATE (*PAGE 7*)
- * CALENDAR OF EVENTS (*PAGE 11*)
- * MEET ENTRY FORMS FOR
 - * ORCA SCY (MAR 12)
 - * PNA SCY CHAMPS (APR 9-10)