

THE WETSET

Pacific Northwest Association
of Masters Swimmers



Help Wanted: Newsletter Editor

Looking for a fun opportunity to exercise your writing and editing skills? Want to work with a great group of fellow Masters swimmers to make PNA a more vibrant community? Consider volunteering as The WetSet editor - it only takes a few hours a month, plus you get a seat on the Board to have a voice in policies and programs.

Our current editor is relocating and we need his replacement ASAP!

One Hour Postal Championships - By The Numbers

11

PNA Relays
Placed in the Top 6

2,668

Total Competitors
Across the USA

12

Top 10 Placings by
PNA swimmers

16,665

Combined Yards
By the National Record-
setting PNA Relay
in the 65+ Mixed category

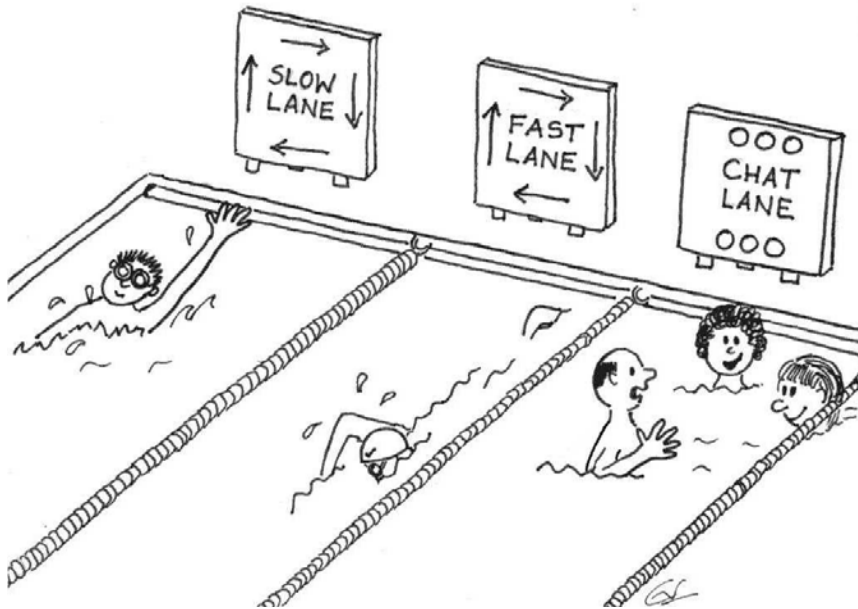
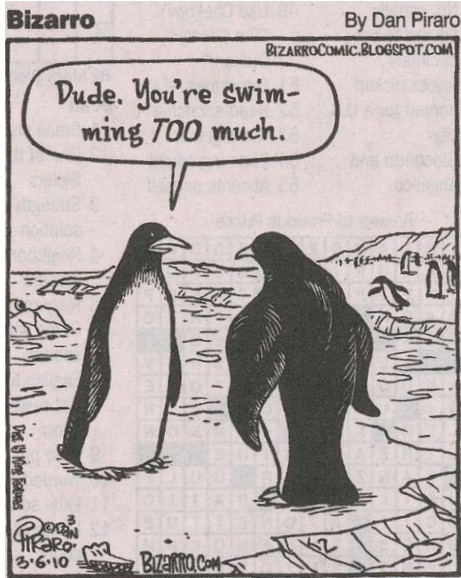
454

Men & Women in the
50-54 age group, the
largest 5-year age group in
the competition

Upcoming Meets

The 2012 Steve Engel Memorial PNA Championship Meet, hosted by Blue Wave Aquatics, will be held April 14 & 15 at WKCAC. [Link for Club Assistant Entry is here.](#) Online entry deadline is April 7th. [Link for paper entry form is here.](#) Paper entry forms must be postmarked by April 5th. Team Registration Form available at www.swimpna.org.

Just For Fun...



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

Editor

Ron Rhinehart (360) 632-5626

ron@creative-island.net

PNA Officers

President

Lisa Dahl (206) 251-1278

4742 42nd SW #151, Seattle, WA 98116

ldahl@usms.org

Vice President

Rich Seibert

rjseibert@hotmail.com

Treasurer

Jeanne Ensign (206) 948-1354

jeanne@raincity.com

Secretary

Herb Cook (360) 797-7097

herbcook@att.net

Immediate Past President

Steve Peterson (360) 692-1669

speterson@bandwagon.net

Board Members At-Large

Kathy Casey (253) 588-4879

kathycasey@comcast.net

Vacant At-Large Position

Rep from <98100 area needed

Michael Grimm

michael.grimm@live.com

PNA Volunteers

Registrar

Arni Litt (206) 849-1387 (cell)

PO Box 12172

Seattle WA 98102-0172

PNARRegistrar@usms.org

Awards: Kerry Ness

Coaches: Wendy Neely

Bylaws: Jane Moore

Fitness: Sarah Welch

Historian: Tom Foley

Meets: Linda Chapman

Records/Top Ten: Walt Reid

Officiating: Kathy Casey/Jan Kavadas

Open Water/Long Distance: Sally Dillon

Safety: Kathy Casey

Webmaster/Computer Apps: Hugh Moore

LOCAL SWIMMERS SHINE IN ONE HOUR POSTAL CHAMPIONSHIP

by Sally Dillon, PNA Long Distance / Open Water Coordinator

Preliminary results are in and swimmers from our region look to be bringing home lots of medals from the 35th annual Speedo One Hour Postal National Championship.

Special congratulations to the swimmers who set the new national record for the 65+ Mixed Relay, swimming 16,665 yards to erase San Diego Swim Masters' mark of 15,800 yards. Mike McColly, (66), Sue Dills (66), Steve Peterson (65) and Sally Dillon (65) made up the record-setting relay team.

For this event, the winners receive a National Championship patch in addition to their gold medal. Individual event medals go to the top 10 finishers and relay medals go to the top 6 finishers. All of the participants for PNA and BWAQ are to be commended for meeting the One Hour challenge! Congrats to everyone who participated – and to BWAQ for doing an excellent job of hosting the event this year!

Individual medal winners for PNA & BWAQ are:

PNA	6 th	Johnny van Velthuyzen (30-34)	4,845 yds
BWAQ	8 th	Brook Brayman (30-34),	4,750 yds
PNA	5 th	Kirk Nelson (40-44)	5,150 yds
PNA	2 nd	Alan Bell (60-64)	4,930 yds
PNA	5 th	Michael McColly (65-69)	4,340 yds
PNA	6 th	Steve Peterson (65-69)	4,300 yds
PNA	4 th	Harvey Prosser (80-84)	3,160 yds
PNA	2 nd	Melissa Chamberlin (30-34)	5,050 yds
BWAQ	9 th	Shannon Casey (30-34)	4,550 yds
PNA	1 st	Haleigh Werner (40-44)	4,950 yds
PNA	1 st	Sue Dills (65-69)	4,025 yds
PNA	2 nd	Sally Dillon (65-69)	4,000 yds

Relay medal winners are:

Mixed relays (2 men, 2 women)

PNA 25+	2 nd	19,995 yds (Chamberlin, Werner, Nelson, van Velthuyzen)
PNA 35+	6 th	17,690 yds (Brenda Tomtan-Brayman, Tina Hall, Dan Larson, Doug Jelen)
PNA 55+	5 th	16,635 yds (Sarah Welch, John deWit, Kathleen Abrams, Alan Bell)
PNA 65+	1 st	16,665 yds (McColly, Dills, Peterson, Dillon) - National Record

Men's relays (3 men)

PNA 25+	3 rd	14,685 yds (van Velthuyzen, Larson, Nelson)
PNA 45+	6 th	14,055 yds (Thomas Grandine, Lars Durban, Doug Portelance)
PNA 55+	5 th	13,125 yds (Patrick Murphy, Bell, deWit)
PNA 65+	2 nd	12,085 yds (Peterson, William Smith, McColly)

Women's relays (3 women)

PNA 25+	5 th	13,350 yds (Suna Sullivan, Mary Armstrong, Chamberlin)
PNA 35+	4 th	13,700 yds (Tomtan-Brayman, Werner, Hall)
PNA 65+	1 st	11,055 yds (Dills, Jeanne Ensigen, Dillon)

PNA Board & Annual Meeting Minutes (Jan 24, 2012)

(compiled by Herb Cook, PNA Secretary)

I Warm Up

A. Call to Order & Introductions. President Lisa Dahl called the meeting to order at 6:50 PM in a conference room at Timber Ridge at Talus in Issaquah—thanks to Sally Dillon for hosting. Present were Kathy Casey (phone), Herb Cook, Lisa Dahl, Sally Dillon, Jeanne Ensign, Michael Grimm, Jan Kavadas, Arni Litt, Hugh Moore (phone), Steve Peterson, Rich Seibert and Sarah Welch.

B. President's Report. Lisa Dahl reported that Ron Rhinehart had expressed his desire to resign as Editor of The WetSet, but agreed to remain until a new Editor has been appointed.

C. Minutes. Minutes of the December 6, 2011, Board meeting were approved as submitted.

D. Treasurer's Report. Jeanne Ensign presented PNA Financial Statements through December 31, 2011. PNA recorded an operating surplus of about \$4,000 in 2011 (compared to a budgeted operating deficit of about \$16,000), primarily because some budgeted programs were partially completed or not initiated. PNA's year-end cash position remained strong at about \$52,000. **MSA: To approve the Treasurer's Report.**

Jeanne reported that PNA membership increased 4 percent in 2011, compared to a 2.2 percent increase in national USMS membership; and that 88 percent of PNA members registered online, compared to 80 percent of USMS members. Jeanne will file PNA's year-end financial statements with USMS, and PNA's federal tax return (Form 990-N) with the IRS.

Jeanne recommended that the Board review the USMS Minimum Standards for LMSCs at the April 7 mini-retreat. Hugh Moore said such a review will be timely, since USMS was scheduled to adopt new Minimum Standards at the end of January.

II Main Set (Current Action Items)

A. Website Redesign. Lisa Dahl and Sarah Welch reported the website redesign remained incomplete, despite considerable work by Arni Litt and Sally Dillon. The contract consultant assigned to PNA by Club Assistant has not completed the job, and PNA needs additional volunteer work to get it done. Mike Grimm offered to help. Herb Cook suggested that filling the vacant position of PNA Webmaster might accelerate the process. *(Secretary's Note: Lisa Dahl subsequently appointed Steve Peterson as Webmaster.)*

B. LMSC & Clubs. Rich Seibert reported he had made little progress in developing guidelines for assuring separation of the governance and finances of PNA LMSC from the two Clubs in the LMSC territory—Pacific Northwest Aquatics and Blue Wave Aquatics. Rich identified a number of issues that need to be addressed:

- Separate and independent Boards for LMSC and Clubs;
- Budgets and revenue sources for LMSCs and Clubs;
- National Meets—Teams, Relays and Coaches;
- Branding—Avoid confusion between PNA LMSC and PNA Club;
- By-laws and other corporate governance issues for PNA Club;
- Volunteers—recruitment and utilization by LMSC and Clubs.

PNA Board & Annual Meeting Minutes

(continued from page 5)

Jeanne Ensign said separating LMSC and Club finances should not be difficult. Lisa Dahl said the most important issue in her opinion is assuring adequate support for all Clubs within the territory of PNA LMSC. Lisa Dahl, Sally Dillon, Rich Seibert and Sarah Welch agreed to meet by conference call and develop a work plan.

C. Ransom Arthur Award. Sally Dillon will send an email to PNA's previous Ransom Arthur Award recipients to solicit nominations.

D. The WetSet. Rich Seibert reported that Ron Rhinehart recommends the newsletter be published on the first of the month, rather than mid-month. Ron will advertise for a new Editor in the January-February issue. Steve Peterson asked if PNA should consider ceasing publication of the printed edition and moving to all-digital publication. Sarah Welch said PNA's October Board retreat would be an appropriate time to revisit this question.

E. PNA Scholarship Fund. After discussion, Arni Litt, Jeanne Ensign and Kathy Casey agreed to form a committee to propose guidelines for providing assistance with registration or meet entry fees to swimmers in financial need, as proposed by Arni.

III Sprint Set: Committee & Coordinator Reports

A. Meets. Meets Chair Linda Chapman, who was unable to attend the meeting, submitted a report by email:

Orca could not secure a pool for a meet in March, but plans to apply for sanction for a fall meet;
Date of the North Whidbey Masters meet has changed from November 11 to November 18;
Linda awaits word on Blue Wave Aquatics' willingness to host a Short Course Meters Zone meet;
Jan Kavadas reported that Northwest Senior Games will submit a recognition request for a meet on June 9 at Helene Madison Pool.

B. Open Water/Long Distance. OW/LD Chair Sally Dillon reported that Sue Dills won national championships in both the 3k and 6k Postal Swims, and that PNA registration was strong for both the 5k and 10k Swims, with more people swimming the longer distance. Sally reported that North End Otters (NEO) would like to hold an Open Water swim (1.1 miles, triangular course, maximum 100 swimmers) on August 5 in Lake Sammamish. The event will be based at VASA Park and be named the VASA Otter Swim. **MSA: To approve the NEO Lake Sammamish Open Water Swim for the PNA Calendar and authorize the Open Water Committee to sanction.**

C. Coaches. No report.

D. Membership. Arni Litt reported 1,109 PNA members as of January 24.

E. Goodie Bags. Lisa Dahl said PNA's New Swimmer Goodie Bags are "very cool," but PNA needs a system to ensure that someone at each meet takes responsibility for identifying new swimmers and distributing the bags.

F. Sales Tax. Jeanne Ensign advised the Board that the State of Washington now requires collection of Sales Tax on entry fees for adult pool meets, but not for youth meets or open water swims. Responsibility for calculating and collecting the tax rests with the meet sponsor.

The Meeting was adjourned at 8:45 PM.

Meet Results

by Linda Chapman, PNA Meets Coordinator

On Sunday, January 22nd, a short-course meters meet (SCM) was held at the Fidalgo Pool in Anacortes. Over 130 swimmers, including a strong contingent from Canada, competed. There were several PNA and Zone records set, as well as one USMS record:

Joy Ward	70 Oregon Masters	50 Back	42.43 Zone Record
		100 Back	1:31.19 Zone Record
		200 Back	3:18.32 National Record
Jim Kendrick	60 Skagit Vly Mstr Swim	100 Free	1:04.24 PNA Record
Steve Peterson	66 Old Oly Pen Swimmers	100 IM	1:22.37 PNA Record
Allan McDougall	71 North Whidbey Masters	50 Back	44.52 PNA Record
		100 Back	1:32.76 PNS Record
Western Washington Mixed	72-99	200 Medley Relay	2:17.53 Zone Record
Erin Fitzgerald W/20; Eduardo Alcantar M/19; Michela Lecoq W/21; Cole Phelan M/20			

On Sunday, February 19, Lake Washington Masters hosted a short-course yards meet (SCY) at the Juanita Aquatic Center in Kirkland, WA. Over 190 swimmers, including a few from Inland Northwest and Snake River LMSCs, entered. Individual records set during the meet include:

Lisa Dahl	50 Central Area Aq Team	50 Free	26.20 PNA Record
		50 Breast	34.83 PNA Record
		50 Fly	28.47 PNA Record
		100 IM	1:07.24 PNA Record
Sarah Welch	65 Central Area Aq Team	50 Fly	35.73 PNA Record
		100 Fly	1:24.66 Zone Record
Rick Colella	60 Lake WA Masters	200 Free	1:54.45 PNA Record
		500 Free	5:11.70 National Record
		100 Breast	1:05.45 PNA Record
		200 IM	2:08.77 National Record
		400 IM	4:34.65 National Record
Paloma Dinkel	23 Lake WA Masters	100 Fly	58.83 PNA Record
		200 IM	2:07.43 PNA Record

Teams took advantage of the 400 yd. relays and set many PNA and Zone records:

Lake WA Masters	Men's 18+	400 Free Relay	3:25.12 Zone Record
C Yung M/26; D Postetter M/25; C Conroy M/26; G Romano M/21			
Lake WA Masters	Men's 25+	400 Free Relay	3:45.41 PNA Record
M Porter M/45; R Martin M/46; R Busch M/55; S Polucha M/29			
Monroe YMCA Mstrs	Men's 45+	400 Free Relay	5:26.86 PNA Record
D Underbrink M/55; M Harai M/48; B Johnson M/47; D Larson M/45			
Lake WA Masters	Women's 18+	400 Free Relay	3:59.23 Zone Record
T Hall W/37; S Matlock W/34; M Patashnik W/25; P Dinkel W/23			

Meets Update

(continued from page 7)

Lake WA Masters	Women's 35+	400 Free Relay	4:34.72	PNA Record
J Voss W/48; J Pearson W/48; J Enright W/48; S Sullivan W/44				
Lake WA Masters	Mixed 35+	400 Free Relay	4:40.53	PNA Record
J Pearson W/48; D Van Pelt M/42; H Clarke W/40; R Tupper M/54				
Lake WA Masters	Men's 45+	400 Medley Relay	4:00.36	Zone Record
D Portelance M/53; R Colella M/60; A Cardwell M/59; N Stack M/52				
Lake WA Masters	Men's 35+	400 Medley Relay	4:23.27	PNA Record
B Smith M/44; R Busch M/55; R Martin M/46; M Porter M/45				
Lake WA Masters	Men's 18+	400 Medley Relay	3:59.19	Zone Record
D Postetter M/25; C Yung M/26; G Romano M/21; C Conroy M/26				
Lake WA Masters	Mixed 25+	400 Medley Relay	4:17.28	PNA Record
D Postetter M/25; M Patashnik W/25; C Yung M/26; S Matlock W/34				
Lake WA Masters	Women's 25+	400 Medley Relay	5:02.84	PNA Record
A Bratberg W/26; J Voss W/48; C Thompson W/56; S Sullivan W/44				

2012 PNA Event Calendar

		Pool Meets				Open Water		
		Saturday	Sunday			Saturday	Sunday	
Apr 2012	7		8	Sep 2012	1		2	
	14		15		8	Saratoga Passage Langley, Whidbey	9	
	21	--- PNA CHAMPS @ WKCAC ---			15		16	
	28		22		22	Angle Lake Seatac	23	
	Apr 26-29 SCY Natls, Greensboro NC				29	29		30
May 2012	5		6	Oct 2012	6	Bainbridge BAM / SCY	7	
	12		13		13		14	
	19		20		20	---- SCM Zone @ WKCAC ----		
	26		27		27		28	
Jun 2012	2		3	Nov 2012	3		4	
	9		10		10		11	
	16		17		17		18	Whidbey NWM / SCM
	23		24		24		25	
	30		1		24		25	
Jul 2012	7		8	Dec 2012	1	Sand Point CC Outdoor SCY	2	
	July 5 - 8, LCM Natls, Omaha, NE				15	8		9
	14	Lake Padden 2.5, 5 Bellingham			22	15		16
	21	Lk Wash Madison Pk, Seattle			29	22		23
	28		29		29	29		30
Aug 2012	4		5	Lake Samm 1.1 m Bellevue				
	11		12	Aqua Run for Child Com. Bay, Tacoma				
	18		19					
	25		26					

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

<p>Blue Wave Aquatics Wendy Noffke Anthony Arola Ashley Schroeder Louanne Drever Dan McGrath Elizabeth Calora Jon Coppedge Joanna LaPine Leroy Freeman Paul Bedish Jonathan Hiett Bryant Bevers Kaitlyn Spore</p> <p>PNA-Bellevue Club Rose Mayfield</p> <p>PNA-Bellingham Masters Swim Club Patricia Lane</p> <p>PNA-Downtown/Bellevue Swim Team Saba Daneshvar Matt Kempf</p> <p>PNA-Fins of the San Juans Todd Roberts</p> <p>PNA-Gold Creek Masters Michael McKeon Jeff Stausbaugh</p> <p>PNA-Green Lake Aqua Ducks Carey Farquhar</p> <p>PNA-Husky Masters Swim Team Patrick Nopp Elliot Smith</p> <p>PNA-Issaquah Swim Team Gentry Gevers</p>	<p>PNA-Lake Washington Masters Jill Enright Darren Van Pelt</p> <p>PNA-Mukilteo YMCA Masters Jennifer Dandrea Kari Howry Teodor Kanev Margo Marsh-Limm Dan Thorson Karen Watson</p> <p>PNA-NA Lucas Branham</p> <p>PNA-North End Otters Chris Kessler Sachi Maekawa Ariel Peake</p> <p>PNA-North Whidbey Masters Christiane Weber</p> <p>PNA-Olympic Aquatic Club Raymond Braun Elizabeth Crowell</p> <p>PNA-ORCA Swim Club Cristina Barr Robin Updike Cees Verkerk</p> <p>PNA-Ohana Swim Team Laura Slaven</p> <p>PNA-PAC Jesse Morgan</p> <p>PNA-Seattle Athletic Club Scot Hale</p> <p>PNA-South Sound Masters Swimming Doug Brooks</p>	<p>Melissa Linggi Colin Pippin-Timco Brian Reiton</p> <p>PNA-Swim Seattle Redhawk Masters Sarah Armstrong Jack Butler</p> <p>PNA-Thunderbird Aquatics Philip Prudhomme</p> <p>PNA-Unattached Daniel Benson Shawn Brown Ethan Carlson Rob Fetty Eric Foshaug Joshua Girnus Samantha Goodman Jim Knight Susan Larson Aaron Miller Mark Mullins Tamra Ohs Steven Oliver Robert Rowe Dietrich Schmitt Michael Simmons</p>
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Note: Errors or corrections (and names of Unattached swimmers who wish to change their affiliation to a specific workout group) should be sent to pnaRegistrar@usms.org

Images from Anacortes and Juanita meets



Rick Colella (60) wins the 200 Free ahead of Casey Alex (37) and Mark Urquhart (38), en route to setting 3 Zone and 3 National records at the Juanita meet.

With nearly 200 competitors plus supporters, the balcony at Juanita Aquatic Center was a crowded place.



A cheerful volunteer works the well-stocked concession table at the Juanita Aquatic Center.

Jeni Richards and Wendy Beck (Anacortes HS Swim Team parents) volunteer at the Awards Desk at the Anacortes meet. Not pictured but helping at the Awards Desk: Shelley Sourbear and Kelly Gordon.



2012 Steve Engle Memorial PNA Championship Meet
Saturday, April 14th and Sunday April 15th, 2012
 Hosted by Blue Wave Aquatics
 Sanctioned by PNA for USMS Inc. #362-06

LOCATION: Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023 206-296-4444

FACILITY: 50-meter championship pool set up as two 25-yd courses, each with 9-ft wide lanes and a water depth range of 9'-10.5' Continuous warm-up available in 7-lane, 25-yd dive tank.

TIMES: Saturday, Apr 14: Warm-up 11:00-11:50am, meet starts Noon
 Sunday, Apr 15: Warm-up 8:00-8:50am, meet starts 9:00am

MEET DIRECTOR: Steve Freeborn, 206-940-7442,
pnachamps@bluewave-aquatics.com

CONCESSIONS: Vendor contracted with WKCAC, available in lobby.

RULES: Current USMS rules will govern the meet. Strictly forbidden: Using hand paddles in warm-up areas; Diving in warm-up areas unless in designated sprint lanes; Smoking in any area where swimmers may be present.

ELIGIBILITY: Open to all 2012 USMS or foreign registered swimmers 18 and above as of 04/15/2012. Age groups based on the swimmer's age as of 04/15/2012.

ENTRIES: Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be postmarked by Thursday, April 5th 2012 or online by Saturday, April 7th, 2012 PM (Pacific) Midnight. No entries will be accepted after these deadlines.

SEEDING: Two courses will be used for the 400 IM, 500 Free, 1000 Free and 1650 Free. A single course will be used for all other events. All events slow to fast. Pre-seeding except for asterisked events, below.

CHECK-IN: 1000 Free – end of Event #6; 500 Free – 8:30am Sunday; 1650 Free – end of Event #18. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group. Mixed relays require two men and two women. Check-in Events #9, #10, #11 by 1pm Saturday. Events #21, #22, #23 by 11am Sunday.

AWARDS: Ribbons for places 1 – 6. Medals may be purchased at meet

ORDER OF EVENTS:

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

ENTRY FEES: \$31 (US or Canadian; includes LMSC and timing surcharges) PLUS \$2 per individual event (optional for seniors and needs-based swimmers). No charge for relays.

ONLINE ENTRIES: Enter online at:
https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&SMID=3621

PAPER ENTRIES: Use the Entry Form of the right side of this page.

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.



NOTES: 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.

NAME: _____ M F AGE: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 PHONE _____
 Email _____
 BIRTHDATE: _____ USMS #: _____

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

LMSC (PNA, Oregon, Inland NW, etc.)	Club (PNA or BWAQ if registered in PNA)

TEAM - PNA teams must register with PNA by Thursday, March 29 2012)

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

Event #	Event Name	Entry Time

ENTRY FEE: Fees include WA State Sales Tax

SURCHARGE	\$31.00					
INDIVIDUAL EVENTS	+	\$2 Per Event. No charge for relays. No charge for seniors (65+) or need-basis				
T-SHIRTS@ \$20 UNISEX SIZING	+	Small	Med	Lg	XL	XXL
WOMEN'S FIT	+	Small	Med	Lg	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 pnachamps@bluewave-aquatics.com
 Entries must be postmarked by Thursday, April 5th 2012 or online by Saturday, April 7th, 2012 PM (Pacific) Midnight. No entries will be accepted after these deadlines. All swimmers must have a valid 2012 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry.

Blue Wave Aquatics, PO Box 24083, Federal Way, WA 98093 "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.

Signature	Date
_____	_____
<input type="checkbox"/> This is my first Masters meet	

PNA GENERIC ENTRY FORM

COMPETITION ENTRY INSTRUCTIONS

Pacific Northwest Association (PNA) Sanctioned Swimming Competitions

AGE GROUPS

Entrants must be at least 18 years old to compete.

Individual Events: 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 72-99, 100-119, 120-159, 160-199, and 40 year increments as high as necessary. The aggregate age of the four relay members shall determine the age group.

ONLINE ENTRIES – EASIEST and BEST Method!

PNA encourages online entries for all of its sanctioned competitions via Club Assistant. The link for each meet's online entry can be found within the description of the meet found elsewhere in this newsletter and also via the Calendar section at www.swimpna.org.

PAPER ENTRIES

Read the following instructions before using the Consolidated Entry Form at the bottom of the page to "paper" enter PNA sanctioned meets. For specific information on each competition, see elsewhere in this newsletter. The link for online entries will be located with the meet specifics found elsewhere in the WetSet. Current USMS and PNA rules govern all swim meets.

ALL COMPETITIONS

Entry Procedures: Read the specific info for each competition. Swimmers not registered with PNA must include a photocopy of their Masters Swimming registration card. Individual event information must be completed in the designated area on the form.

Check-in Requirements: Swimmers may need to check in at meets and in accordance with meet specifics.

POOL COMPETITIONS

Relays shall be entered at the meet using cards provided by the meet host.

Strictly forbidden: **Entering more than five individual events per day;** Using hand paddles in warm-up areas;

Diving in warm-up areas unless in designated sprint lanes; Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS (OW)

Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of using soft hand paddles or fins for prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing a highly visible cap is mandatory. Each course is patrolled by safety craft and unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced. If awards are given, swimmers using non-porous neoprene swimsuits, wetsuits, or other non-porous attire will compete in separate divisions from those wearing traditional swimsuits.

----- Cut Here -----

GENERIC ENTRY FORM • PACIFIC NORTHWEST ASSOCIATION

Name: _____ Sex: M F Birthday: __/__/____ Age: _____
 Address: _____ City: _____ State: ____ Zip: _____
 Email: _____ Phone: _____ USMS #: _____
 Local team: _____ or UNAT: _____ USMS Club: _____ Club abbr: ____
 Emergency Contact: _____ Phone: _____ T-shirt size (OW): _____

Event #	Distance/Stroke	Entry time	Event #	Distance/Stroke	Entry time
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

"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. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Name of Meet	Date of Meet	Signature	Date
_____	_____	_____	_____

This is my first Masters meet

Pacific Northwest Association of Masters Swimmers

PO Box 12172

Seattle, WA 98102-0172

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- * PNA BOARD & ANNUAL MEETING MINUTES (PAGES 4-5)
- * PNA MEETS UPDATE (PAGES 6-7)
- * PNA CALENDAR (PAGE 7)
- * IMAGES FROM ANACORTES AND JUANITA MEETS (PAGE 9)

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