



The WetSet

U.S. Masters Swimming in Western Washington

Pacific Northwest Association of Masters Swimmers

Volume 32, Issue 5

September/October 2012

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Stay current with these articles and more from the PNA Website (www.SwimPNA.org):

- **2102 USMS Convention Wraps Up** — Eleven members represented PNA well at the XXXIII USAS Convention in Greensboro NC, September 12–16...
- **Club PNA changes name, elects new officers** — Election results are in. The new name, effective Nov. 1st will be **Puget Sound Masters**. Read the details under *Member Services / Club Development* and scroll down.
- **PNA Swimmers in the News** — ...

Send your comments, questions and *input* to webmaster Steve Peterson (speterson@bandwagon.net)!

Leading Off...

"See you next time!"

By PNA President Coach Lisa Dahl

Did you know August to swim coaches is like hibernation to a bear? Although I certainly don't feel like I've been hibernating, I have been taking a break from coaching on deck to check things out behind the scenes. For instance, I attended the American Swimming Coaches Association (ASCA) World Conference in Las Vegas where I was exposed to coaching influences from around the world, including first-hand accounts from the London Olympics experience. This week I'm off to the U.S. Aquatic Sports Convention in Greensboro NC where I will dive into the annual business and governance of Masters Swimming, USA Swimming, U.S. Water Polo and Synchronized Swimming. You can expect me to provide lots of interesting information in the coming season starting with the next issue of *The WetSet*. See you next time!



Amateur on Set!

"I quit the pool."

By WetSet Editor Chericka Ashmann-Rice

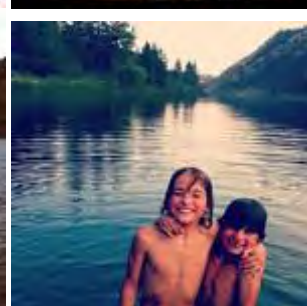
In the last issue I shared high hopes of getting back into shape after nationals, which didn't quite happen. As it turns out, working from home with two wild boys out of school isn't exactly ideal. I quit worrying about the pool and enjoyed Washington's magnificent summer with them instead. That's one of the things I love about living in the Pacific Northwest; I'm banking my vacation days for the rainy season!

Regardless of my lap-less summer, I finally discovered the enjoyment of open water swimming. I have no idea why I held so many reservations about the sport other than foolishly comparing it to cross-country running because of the open distance. If you've ever been forced to run miles on end, over hills, through dust in temperatures near 100 degrees when you were *just a heptathlete*, you would understand. I can proudly say that I have proved myself wrong.

I participated in my first official open water swim from Medina Beach to Madison Park during the *Swim for Life* event and finished in 1:15. An incredible team of women encouraged me along the way in addition to Coach Becca Watson paddling alongside us. I can't believe I was nervous about a little 2.5 mile race. Okay, so I realized it was 2.5 miles (instead of 1.5) just a week before I had to swim. That's what happens when you're busy! Honestly, the swim was extremely enjoyable.

I continued my open water exploration with my family east of the mountains as we hunted down every swimming opportunity we could find. While passing through Oroville we happened upon Wannacut Lake, a sweet, alkaline swimming oasis with scores of welcoming turtles. I proudly witnessed both of my boys (6 and 9) jump cliffs nearly thirty feet into the water! At Green Lake in Okanogan my husband and I towed the kids across the water and found a rope swing and boy, did we tear it up! We continued on through Twisp and Winthrop to Diablo Lake. If that lake is the Devil, my family and I are going to hell for a week next summer!

I've been off work for over two weeks and it's time to get back to reality. School starts tomorrow and I've got lunches to make, clothes to wash and kids to wrangle into bed. There is a lot going on in the swimming world as you will see throughout this issue, from the *Last Gasp of Summer* to BAMFest and Zones. My offer to write up any PNA team or workout group in exchange for a good workout still stands. Don't hesitate. I'm no shark; I just like swimming with them. I hope to see all of you poolside this season!



Summer Nationals!

"Athletes from the Pacific Northwest really put on a good show!"

By 2012 PNA Coach of the Year Becca Watson



PNA's Summer Nationals Coaches

Ken Rice (2011 PNA Coach of the Year) and Becca Watson (2012 PNA Coach of the Year)

They had something to smile about!

This year's USMS LCM Summer National Championship meet immediately followed the finish of the 2012 USA Olympic Trials in Omaha. The energy created during the selection of the US Olympic team never left the Myrtha pools constructed within the Omaha Convention Center. Masters swimmers began reeling into the long distance events on Thursday riding that energy all the way through the completion of the meet on Sunday. Each day, the swimmers of PNA and BWAQ came in and brought even more enthusiasm with them. From the very first race to the very last swim, the swimmers from the Pacific Northwest swam, cheered, laughed, and cleaned up in awards, titles, and records.

PNA athletes enjoyed prime seating directly to the right of the starting blocks. Every day, Coach Ken and I were greeted by the liveliness and smiling faces of each and every swimmer representing PNA and BWAQ! I feel very privileged to have been part of such an amazing team of regionally collected athletes. Over the course of the 4 day meet our swimmers earned 19 gold, 32 silver and 11 bronze medals. In addition, we had over 50 swims finish in the top 10! Our individual **National Champions** are Sue Dills, Paloma Dinkel, Charlotte Davis, Susan Wetstone, Alan Bell,

Rick Colella, Lisa Dahl and Scott Lautman. Rick Colella (60-64 age group) also set two individual world records in the 400m IM and the 200m Breaststroke; he bettered the existing 100m Breaststroke world record when he garnered a second place finish. Charlotte Davis (60-64) also improved an existing world record with her second place finish in the women's 50m Butterfly.

When it came to relays, athletes from the Pacific Northwest really put on a good show! The ladies of PNA set a new World Record in the women's 240-279 200 Freestyle Relay with a time of 2:09.56! Congratulations to Lisa Dahl, Sarah Welch, Charlotte Davis and Sue Dills! The second World Record came in the women's 240-279 200 Medley Relay with a time of 2:29.28. Congratulations to Stella Priessler, Lisa Dahl, Charlotte Davis, and Sue Dills! In addition to the ladies' world records, PNA had 7 additional national championship relays! Way to go PNA!!

The USMS Social on Friday and the PNA Team Social on Saturday evening were definitely highlights in my week at Nationals. Having the opportunity to spend some time with these amazing athletes away from the pool deck each night was such a blast. I am always blown away by the consistently happy and smiling faces of Masters Swimmers who are always in for having a good time. On Saturday evening, the athletes and coaches of PNA gathered across the street from the pool at the Hilton and had a great post-race happy hour. I truly enjoyed sharing stories, hearing the friendly competitive banter, and getting to know the athletes of PNA so very much!

Congratulations to all the athletes for an amazing weekend of competition. This is PNA's second 2nd Place win at Nationals in 2012! I am already looking forward to Spring Nationals in Indianapolis and Summer Nationals in Mission Viejo for 2013. I hope to see many new and returning faces at next year's championships!



Lisa Dahl, Sarah Welch, Charlotte Davis and Sue Dills; world record in 240-279 Women's free relay (2:09.56).



Rick Colella, Donald Graham, Debbie Glassman and Charlotte Davis; Zone record, Mixed 240-279 Medley Relay (2:10.98)



Todd Doherty, Donald Graham, Chris Conroy and Cejih Yung; gold in Men's 120-159 Free relay (1:44.19).



Colleen Healy, Brittany Tourigny, Paloma Dinkel and Susan Wetstone (100-119 years bracket) swam 1:57.74 in the Free relay (PNA record) and 2:08.85 in the Medley (Zone record).



Donald Graham, Steve Peterson, Lisa Dahl, Ken Rice and Sarah Welch watch the action from front row seats.



Olympian ('72, '76) and Summer Nationals champ Rick Colella always enjoys the challenge of competition.

Call to Service!

"False Start!"

By Coach Kenneth Rice

Coaches, Credentialed Officials and Competitors: Recently, I experienced a chain of events with actions to follow that became a roller coaster of emotion. It all began mid pool at the 25 meter mark when I suddenly launched up from my chair. The heat sheet and pen were raised high above my head while I bounced with enthusiasm cheering my athlete on.

There was no question this athlete was going to reach the finish line first. In fact, the brief 50 meter sprint would be faster than the national record. The athlete knew it, the announcer knew it and the natatorium filled with roar in the rhythmic cheering of each breaststroke pull, recovery and kick as he accelerated to the finish.

Within minutes the meet moved on to the next event. My heat sheet was again pressed flat to the table, splits were being captured, and I was looking forward to the team meeting to recap the incredible swims. Suddenly, all the forward thinking and elation were interrupted as a yellow disqualification sheet was handed to me. The notations read clearly: Athlete Name, Heat/Lane and a bold **X** next to **False Start**.

I had watched the swim; this was a complete surprise. Immediately I reviewed a video source and from my perspective at the 50 meter mark no foul occurred. All the practice time, all the technical suggestions, any auxiliary task or responsibility was completely forgotten as my single focus became reversing this egregious error.

What ensued thereafter is now a highlight for me in my time as a coach. The interaction between me and the team of officials could be described as ordered, professional, respectful, insightful, emphatic, and consistent. There was dialogue, there were handshakes but the decision was **not** reversed.

Honoring the official, I had the conversation with the athlete. The disqualification became a topic for the team and more video was brought to the table. From the starters' perspective there was forward movement obscured from my viewing angle by the backstroke flags. The movement was subtle; the time between the flinch of a muscle and the electronic beep was faster than the blink of an eye, yet it was observed. The observation was validated by a second judge and the rules governed fair competition. Ardent focus and disciplined procedure by the officials created a learning opportunity for the athlete and me.

This series of actions with the whole mix of roles represented is a highlight for my career as it spans our sport of swimming; athletic greatness and measured fair competition. At this meet, I learned about the growing need for officials to become certified. Multiple pressures affect this need: current officials will be retiring after years (often decades) of service, the athlete base is growing and the interest is present for improving upon the excellent level of service already provided.

I share this story with the hopes that each of you as athletes will think about the opportunity to become a credentialed official. Naturally, this is not a call for everyone to sign up; it is a suggestion along the lines of sharing respect for our current officiating team and communicating that this suite of responsibilities is another avenue through which you may contribute in support of swimming.



U.S. MASTERS SWIMMING

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.

2012 End of Year Membership Application

New Swimmer Returning USMS

(If your membership number starts with 362 you are already registered through 12/31/2012)

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

Address: _____ Age: _____ Male Female
 Street or box number

City State Zip+4 E-Mail: _____

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

FIRST choose a CLUB Affiliation

- Pacific NW Aquatics (PNA)
- Blue Wave Aquatics (BWAQ)
- Unattached to a Club

THEN choose a TEAM Affiliation (PNA only) _____

See team list on next page for team acronyms.

Please check all that apply:

- Masters Coach
- Certified Official
- YMCA
- USA Swimming
- USA Triathlon

New Membership 09/01/2012 – 12/31/2012

A. Regular end of year:	\$31	
<i>Optional Donations:</i>		
USMS Swimming Saves Lives		\$
International Swimmers Hall of Fame		\$
Pacific NW Association (PNA) Support		\$
TOTAL		\$

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

Swimming Saves Lives Foundation

It focuses its resources on the vital lifesaving and lifetime benefits of swimming. 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 (ISHOF)

It is 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

PNA 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.

A link to the PNA newsletter, *The WetSet*, will be sent by email 6 times/year unless you check here to have *The WetSet* sent by U.S. Postal

Mail.

PNA always needs volunteers to help with meets, clinics and committees.

Check here to volunteer and someone will contact you about where you could make a difference.

2012 Annual Fee: Of your membership fee \$26 is sent to USMS and \$5 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 (PNA)

Information page

Remember to check out your PNA's LMSC website at www.swimpna.org and the U.S. Masters Swimming website at www.usms.org for information, updates, and changes.

The WetSet Newsletter

Six (6) times a year you will receive an email link to *The WetSet*. All the newsletters are archived at <http://www.swimpna.org/> and you can read back issues anytime. If you have NO EMAIL or cannot easily access the online version, we will send you a paper copy. Be sure to check the appropriate box on the registration form.

What does your Membership number represent?

The format of your ID is AABC-DDDDD. AA=Club number =36=PNA; B=2=2012, C=a computer generated authentication number/letter, and DDDDD=your personal 5 digit *permanent* ID number. Membership numbers never contain the letters O, I, L, or Q; these characters will always be the numbers zero or one.

Organizational Hierarchy:

USMS United States Masters Swimming

Zone Northwest Zone

LMSC Local Masters Swim Committee = **PNA & PN** (Pacific Northwest Association of Master Swimmers)

Club PNA (Pacific Northwest Aquatics), BWAQ (Blue Wave Aquatics) or Unattached to a Club
Team or Workout Groups (see below)

PNA charges no additional fee to be part of Club PNA or Club BWAQ. At this time, all members of any Team/Workout group except Blue Wave Aquatics are part of Club PNA. You can be a member of Club PNA and be Unattached to a Team. In 2012, Blue Wave Aquatics (BWAQ) is a Club, not a Team. There are no Teams/Workout Groups for Club BWAQ.

If you lose your membership card, you can print a new one at <https://www.usms.org/reg>

TEAMS or Workout Groups that are part of the Club Pacific NW Aquatics

AQUA: Aquatic Fanatics	LWS: Lynnwood Sharks	SAC: Seattle Athletic Club
BAM: Bainbridge Aquatic Masters	MICC: Mercer Island Country Club	SPCC: Sand Point Country Club
BADD: Bellevue Aquatic Divas & Dudes	MIR: Mercer Island Redwoods	SARC: Sequim Aquatic Recreation Center
BC: Bellevue Club	MAMS: Middle Aged Marlins	SOWI: Seattle Open Water Irregulars
BMSC: Bellingham Masters Swim Club	MYM: Monroe YMCA Masters	SVMS: Skagit Valley Masters Swimming
BWAQ: Blue Wave Aquatic Masters CLUB	MUKY: Mukilteo YMCA	SWIM: South Whidbey Island Masters
BTAC: Bremerton Tennis & Athletic Club	NHM: Newport Hills Masters	SSMS: South Sound Masters Swim
CAAT: Central Area Aquatics Team	NEO: North End Otters	SSRM: Seattle University Redhawk Masters
DBST: Downtown / Bellevue Swim Team	NSYG: Northshore Y's Guys	TACY: Tacoma Pierce County Masters
EMS: Everett Masters Swimmers	NWM: North Whidbey Masters	TCAC: Team Columbia Athletic Clubs
FSJ: Fins of the San Juans	OAC: Olympic Aquatic Club	TACM: Thunderbird Aquatic Masters
FTS: Ft. Steilacoom	OOPS: Old Olympic Peninsula Swimmers	UNAT: Unattached to a Team
GCMS: Gold Creek Masters (GCM)	ORCA: Orca Swim Club	UPAC: University Place Aquatic Club
GAM: Gold's Aquatics Masters	OST: Ohana Swim Team	VFC: Valley Fitness Center
GEM: Gold's Eastside Masters	PAC: Poseidon Aquatic Club	VAC: Vashon Aquatic Club
GOST: Gig Harbor Old Swimmers	PSC: Phinney Ridge Swim Club	VAVI: Vashon Vikings
GLAD: Green Lake Aqua Ducks	PTMS: Port Townsend Master Swimmers	WAC: Washington Athletic Club
HMST: Husky Masters	PRO: Pro Sports Club	WEST: West Coast Aquatics Masters
IST: Issaquah Swim Team	QASC: Queen Anne Swim Club	WSYD: West Seattle YMCA Dolphins
LOGS: Logger Masters	RAH: Redmond Aqua Hotshots	WWUS: Western WA U Masters Swimming
LOTU: Lords of the Underworld	SAMM: Samena Masters	YPKC: YMCAPKC Sound Aquatic Swimmers 9/21/2012
LUNA: Team Luna		
LWM: Lake Washington Masters		

Open Water swimming in Western Washington

By Sally Dillon, PNA Long Distance Coordinator

PNA has sanctioned four events this summer. The first one, **the Fat Salmon 1.2 and 3.2-mile open water swims** in Lake Washington, started things off with a bang! Always a popular event, the 2012 swim “sold out” in a matter of days. If you’re not sitting by your computer when the entry link goes live, you just might miss out. But there were 400 swimmers who entered and 346 who actually started the race. Apparently 54 swimmers just made a donation to the host club! 14 swimmers were pulled out or stopped on their own, unable to finish.

The lake was a pleasant 68 degrees, up by 2 degrees from race day in 2011. A light chop existed throughout the race and the day was overcast until about 10 am. Event director Liz Rosen and her crew lined up great swimmer support with 40+ kayakers, 30+ ground support, 28 lifeguards, 13 Ham operators, 10 motorboats and 4 Harbor Patrol and Coast Guard boats. The course monitors kept the swimmers safely on track and unrelated watercraft off the course. The importance of safety was well emphasized at the 7:30 mandatory swimmer’s meeting and at both the 3.2-mile and 1.2-mile starting locations.

The Fat Salmon reports results in both wetsuit and the non-wetsuit divisions. You can find complete results for the Fat Salmon at: <http://www.fatsalmonswim.com/results.htm>. Results highlights are:

1.2-mile with no wetsuit – 45 finishers (19 male, 26 female)

Top 3 males: Miles Lippold (34) 30:15, Steve Polucha (44) 30:32, Ron Jacobs (26) 31:09

Top 3 females: Madeline Klobuchar (30) 28:14, Susan Wetstone (38) 29:51, Wendy VanDeSompele (46) 32:33

1.2-mile with wetsuit – 116 finishers (38 male, 78 female)

Top 3 males: David Thompson (52) 24:27, Mark Urquhart (37) 26:47, James Littlefield (52) 28:09

Top 3 females: Jacquelyn Foley (30) 26:44, Allison Demeritt (36) 29:41, Rachel Horak (34) 31:00

3.2-mile with no wetsuit – 52 finishers (31 male, 21 female)

Top 3 males: Ian Wheeler (20) 1:12:08, Ethan Saulnier (42) 1:14:40, Kirk Nelson (42) 1:17:04

Top 3 females: Elizabeth Mancuso (26) 1:23:20, Gia Kolack (35) 1:32:19, Mackenzie Marrs (19) 1:34:31

3.2-mile with wetsuit – 119 finishers (64 male, 55 female)

Top 3 males: Eric Dybdahl (52) 1:16:59, Richard Seibert (48) 1:19:22, Wade Praeger (50) 1:21:03

Top 3 females: Melissa Chamberlin (31) 1:15:50, Annie Warner (32) 1:17:17, Kainoa Pauole-Roth (46) 1:19:12

While putting together these results I was surprised by the number of swimmers who apparently came a long way to swim the Fat Salmon. The event hosted swimmers from Wisconsin, Arizona, Nevada, Massachusetts, Colorado, Idaho, Georgia, Oregon, and even across our border – British Columbia. Nice to see the event garner attention from outside our Washington boundary!

(continued next page)

Open Water swimming in Western Washington (continued)

The second event of the summer is the much smaller third annual *AquaRun and Swim for a Child*, which was held in early August. The 2K and 4K open water swims took place in Commencement Bay, Tacoma. The event also included a swim/run event for land lovers.

The water temp of 58 degrees (57 in 2011) may have scared a few people off but this year the air temp was a delightful 80 degrees. Sunburn could have been a risk had the swimmers not all worn wetsuits! Although it was hardly needed, event director Zena Courtney provided a hot tub at the finish again this year. The triangular swim course (changed from previous year's straightaway course) was a hit. The only "incident" reported was a support kayaker who slipped overboard and was brought to shore before returning to his kayak. Embarrassing but fortunately not an emergency! The significant current the swimmers faced on the outbound leg was pleasantly countered with faster return times – particularly for the twice-around swimmers.

Results:

2K – Eleven swimmers competed in this event and the overall winner was David Hannula, age 58, who finished in at time of 23:30.5. The first female across the finish and 3rd overall was Wendy VanDeSompele, age 46, who swam 25:58.4. The oldest entrant in this event was 59-year old Pat Duggan who finished in 38:00.2 (7th overall).

4K – Nine swimmers took on the 4K event and 52 year old Eric Dybdahl crossed the finish line first in 44:53.2. The first female to cross the line was Robin Bruce (27) in a time of 1:04:27.6. The oldest finisher in this event was Steve Peterson (65) who finished in 56:22.5 and was 3rd overall. Complete results for this event can be found at: www.buduracing.com/raceresults/20120812_890.pdf#view=Fit

The Commencement Bay event was the first OW swim of the summer to use the bright yellow buoys that PNA purchased this past spring. All of our sanctioned races are entitled to use these buoys so those of you swimming in one or both of the summer's last two events will have an opportunity to check them out.

And speaking of the last two events ... South Whidbey Island Masters hosted their 2nd annual **Whidbey Adventure Swim on Saturday, September 8**. Swimmers participated in a 1.2-mile or 2.4-mile open water swim in the Saratoga Passage – the east side of Whidbey Island. Another cold-water challenge, so wetsuits were required. Two weeks later, Blue Wave Aquatic Club hosted their 2nd annual **Last Gasp of Summer** on Saturday, September 22, offering swims in Angle Lake (SeaTac) of either 1 or 2 miles. Prizes, awards and a picnic lunch were provided to all swimmers with family members joining the picnic for a small donation. You'll find results for both events on the website and in the next newsletter.

Welcome, New Swimmers!

Aquatic Fanatics

Elizabeth H. Adams
Brandy Chance

Blue Wave Aquatics

Fernando Ayala
Casey Bateman
William Callow
Michelle Christensen
Leslie Hayton
Aleksandra Kinlen
Jason Lucier
Carol Otto
Anna Price
Pamela Wells
Scott Wiederhold
Desiree Willis

Bainbridge Aquatic Masters

Claire Knox

Husky Masters

Benjamin Lang

Orca Swim Team

Ruth Cielo
Kelly Darrah
Nik Gibbens
Earvin Narvasa
Kevin Solarte
Stacy Van Essen

South Sound Masters Swimming

Andrew Etue
Deborah Woslum

Seattle University Redhawk Masters

Norine Newell
Paul Tissell

PNA Unattached

Douglas Baugh
Joseph Dascomb
Jonathan Ebert
Morgan Higgins
John Kaiser
Tiff Koehn
Christopher Lugo
Teresa Matches
Lindbergh Matillano
James Murray
Helen Rickey
Adam Young

West Seattle YMCA Dolphins

Vineta Jackson

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

THE WETSET

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PNARegistrar@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: Steve Peterson

COACHES' CORNER

Private Coaching

Individual or Group: Pool & Open Water

Contact:

Ken Rice 360.790.0537

swimkenswim@yahoo.com

West Coast Aquatics

15622 Country Club Drive

Mill Creek, Washington 98012

425.379.8806

Are you a USMS registered coach with a PNA registered team? Post contact info for private lessons and clinics here for free!

Announcements

Have an announcement?

Send it to the editor!

Bainbridge Aquatic Masters

11th Annual BAM-Fest

Saturday, October 6, 2012

Warm-up: 9:00 AM Meet starts at 10:00 AM

Sanctioned by PNA for USMS Inc. # 362-S007

LOCATION: Bainbridge Aquatic Center, [8521 Madison Avenue, Bainbridge Island 98110](#)

FACILITY: 25yd pool, 6 lanes, separate warm-up area.
Temp 79°F competition pool, 82°F warm-up area.

MEET DIRECTOR: Allan Thorpe, 206-999-8122,
BAMFest@BainbridgeAquaticMasters.org

MEET REFEREE: Teri White, teriwhite53@gmail.com

CONCESSIONS: Free, donations accepted.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2012 USMS or foreign registered swimmers 18 and above as of 10/6/2012. Age groups based on the swimmer's age as of 10/6/2012.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Tuesday, Oct 2 or online by 11:59 PM (Pacific) Thursday, October 4. NO race day entries accepted. Enter at: https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=3628

SEEDING: All events slow to fast, age group and sexes mixed. All events pre-seeded except for 500 free.

CHECK-IN: Positive check-in required for the 500 Free by the conclusion of event #6. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

AWARDS: Available for purchase at meet

ORDER OF EVENTS:

- | | |
|-----------------------------|--------------------------|
| 1 Women's 200 Medley Relay | 10 100 Free |
| 2 Men's 200 Medley Relay | 11 500 Free |
| 3 200 Free | 12 100 IM |
| 4 50 Back | 13 Women's 200 Free Rela |
| 5 200 IM | 14 Men's 200 Free Relay |
| 6 50 Free | 15 100 Back |
| - - - 15 minute Break - - - | 16 50 Fly |
| 7 Mixed 200 Medley Relay | 17 100 Breast |
| 8 100 fly | 18 Mixed 200 Free Relay |
| 9 50 Breast | |

ENTRY FEES: \$16 (US or Canadian; includes LMSC and timing surcharges) PLUS \$1 per individual event (optional for seniors and needs-based swimmers). Entry fees include WA State sales tax. No charge for relays.

ONLINE ENTRIES: Enter online at: https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=3628

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available online and in PNA WetSet newsletters. Make checks payable to **BAM** and mail to: **BAM, PO Box 10934, Bainbridge Island, WA 98110**

DIRECTIONS: From Seattle: Take the 7:55 AM ferry to Bainbridge Island. Proceed on SR305 exactly one mile to NE High School Road. Turn left (west) on High School Rd. Turn right (north) at traffic circle onto Madison Ave. Take first left for driveway entrance to pool.

From West sound: Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool entrance on the right.

LODGING:

Bainbridge Island Commons, 350 High School Rd NE 206-855-9666

[Eagle Harbor Inn](#), 293 Madison St. Bainbridge Island, 206-842-1446

[GuestHouse Inn](#), 19801 7th Ave NE, Poulsbo, 360-697-4400

[Suquamish Clearwater Casino Resort](#), 15347 Suquamish Way NE, Suquamish, WA 98392

	Saturday	Sunday
Sep 2012	1	2
	8 Whidbey Is Adventure Swim Langley, Whidbey	9
	15	16
	22 Last Gasp of Summer Angle Lake, Seatac	23
	Wednesday-->	26 Faster Freestyle Clinic Bellevue Club
	29 Faster Freestyle Clinic Bellevue Club	30
Oct 2012	6 Bainbridge BAM / SCY	7
	13	14
	20	21
	----- SCM Zone @ WKCAC -----	
27	28	
Nov 2012	3	4
	10	11
	17	18
	24	25
Dec 2012	1 Pneumonia Open SCY	2
	8	9
	15	16
	22	23
	29	30

**Meet, Open Water and Clinic Hosts:
Time to Reserve Your 2013 Date**

The first step in hosting a meet, open water or clinic event is reserving your date on the PNA 2013 calendar. Event hosts can access the 2013 Event Date Request Form on the PNA Website → [Hosting an Event](#).

**Sand Point Country Club “Pneumonia Open”
Outdoor Short Course Yards Masters Meet
Saturday, December 1, 2012**

**Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanctioned by PNA for USMS Inc. #362-S010**

LOCATION: Sand Point Country Club, 8333 55th Ave NE, Seattle, WA 98115

FACILITY: 25yd pool, 6 lanes, no separate warm-up area. Temp 82°F

MEET CO-DIRECTORS: Bob Moore bob.moore@publicis-usa.com, 206-356-6875 and Tom Linde pool@sandpointcc.com, 206-525-5766

MEET REFEREE: Mark Jaeger, markj253@comcast.net, 425-483-8321

CONCESSIONS: Available.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2012 & 2013 USMS or foreign registered swimmers 18 and above as of 12/1/2012. Age groups based on the swimmer’s age as of 12/1/2012.

ENTRIES: Swimmers may enter up to 4 individual events. Entries must be postmarked by Tuesday, November 20th or online by 11:59 PM (Pacific) Wednesday, November 21. NO race day entries accepted. Enter at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=3631

SEEDING: All events slow to fast, age group and sexes mixed. Pre-seeding except for 500 free.

CHECK-IN: Positive check-in required for the 500 Free by the conclusion of event #5. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

AWARDS: Available for purchase at meet, plus special awards for the “heat” winners

ORDER OF EVENTS:			
1/2	200 W/M Free Relay	12	50 Free
3	200 Fly	10 minute break	
4	200 Back	13/14	200 W/M Medley Relay
5	50 Breast	15	100 Fly
6	100 Free	16	50 Back
10 minute break		17	100 Breast
7	200 Mixed Free Relay	18	200 Free
8	200 IM	10 minute break	
9	50 Fly	19	100 IM
10	100 Back	20	200 Mixed Medley Relay
11	200 Breast	21	500 Free

ENTRY FEES: \$13 (US or Canadian; includes LMSC surcharges) PLUS \$2 per individual event (optional for seniors and needs-based swimmers). Entry fees include WA State sales tax. No charge for relays.

ONLINE ENTRIES: Enter online at:
https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=3631

PAPER ENTRIES: Use the [Generic Entry Form](#) found elsewhere in this issue of *The WetSet*. Make checks payable to **Sand Point Country Club** and mail to: **Bob Moore, 6340 NE Windermere Rd, Seattle, WA, 98105**

DIRECTIONS: Please follow the directions listed below or call (206) 525-5766:

North on 1-5

Take Exit #171 - Lake City Way/Bothell

Stay to the right and take NE 73rd Street. Cross Roosevelt Way, go two blocks to 12th Ave NE, and turn left. At NE 75th Street, which is the first light, turn right and stay on 75th until you get to 49th Ave NE.

There will be a stone fence and gate to the left. Turn left into the Club compound and follow the "Clubhouse" signs to your right.

South on 1-5

Take NE 80th Street exit. This exit splits; stay to the left and you will cross over the freeway. After you cross the freeway, stay to your right. Continue on NE 75th Street until you get to 49th Ave NE. There will be a stone fence and gate on your left. Turn left into the Club compound and follow the "Clubhouse" signs to your right.

Coming on Sand Point Way NE

Head West on NE 70th Street. Turn right onto 55th Ave NE, then left again onto NE 75th Street. There will be a stone fence and gate to the right. Turn right into the Club compound and follow the "Clubhouse" signs to your right.

PARKING

There are two lots. The lower lot provides easiest access to the pool area. The upper lot will provide overflow, if the lower lot fills up. Please enter through the marked Pool Area door and not the main entrance.

NOTE

This is an outdoor meet! Tents and bleacher seating are available and there is space indoors as well. To be as comfortable as possible during an outdoor meet in December in Seattle, we recommend you bring parkas and something comfortable to sit in.

ENTRY QUESTIONS: Bob Moore:
bob.moore@publicis-usa.com

Swim F-f-f-f-f-f-f-f-f-f-fast.

Introducing the First Annual

Pneumonia Open

**Saturday, December 1.
Sand Point Country Club.**

Outdoor 25 yards. Don't worry if the air is cold, the water will be 82-83 degrees.

(Note: No 400 IM or 1650, because you know, we're not *that* crazy.)

2012 NW Zone SCM Championship Meet
Saturday, October 20th and Sunday October 21st, 2012
 Hosted by Orca Swim Team

Sanctioned by PNA for USMS Inc. #362-S008

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 25m 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, Oct 20: Warm-up 11:00-11:50am, meet starts Noon
 Sunday, Oct 21: Warm-up 8:00-8:50am, meet starts 9:00am

MEET DIRECTOR: Jim Lasersohn, 206-850-6869 (before 9pm),
scmzonechamps@orcaswimteam.org

MEET REFEREE: Dick Chapman, dick_chapman@comcast.net

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 10/21/12. Age groups based on the swimmer's age as of 12/31/12.

ENTRIES: Swimmers may enter up to 6 individual events, 5 individual events/day max. ONLINE entries strongly preferred and are due by Saturday, 10/13, 11:59pm. Mailed entries must be received by Saturday, 10/13. No late or deck entries accepted.

SEEDING: All events seeded slow to fast. Two courses will be used for the 400, 800 and 1500 Free events and may be used for additional events as needed. Pre-seeding except for asterisked events, below.

RELAYS: Combined age of swimmers determines relay age group: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359.

Register for relays at the meet by following times:

Events 6/7 – before event 3 Events 11-16 – before event 8
Events 22-25 – before event 19 Events 30-32 – before event 26

ORDER OF EVENTS:

Saturday, Oct. 20th (12 PM Start)		Sunday, Oct. 21st (9 AM Start)	
1	400 Free *	18	100 Breast
2	50 Back	19	50 Fly
3	200 Fly	20	200 Free
4	100 Free	21	400 IM *
5	200 IM	22-23	200 Medley Relays (W/ M)
6	200 Mixed Medley Relay	24-25	400 Medley Relays (W/ M)
7	400 Mixed Medley Relay	26	50 Breast
8	100 Back	27	200 Back
9	50 Free	28	100 Fly
10	200 Breast	29	100 IM
11-12	200 Free Relays (W/ M)	30	200 Mixed Free Relay
13-14	400 Free Relays (W/ M)	31	400 Mixed Free Relay
15-16	800 Free Relays (W/ M)	32	800 Mixed Free Relay
17	800 Free *	33	1500 Free *

(*) POSITIVE CHECK-IN: Required event check-in deadlines for these events. Swimmers not checking in may be scratched from the event.

400 Free – by 11:30am Saturday 800 Free – end of Event #7
400 IM – by 9am Sunday 1500 Free – end of Event #25.

ENTRY FEES: \$33 (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: Strongly preferred - Enter online at:
https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=3629.

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

DIRECTIONS: From I-5 take exit 142B, 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.

ADD'L INFO: See www.orcaswimteam.org/scmzonechamps for info on discounted hotels, housing, and social events.

2012 NW Zone SCM Championship Meet

(Paper entry form – online entries strongly preferred)



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)

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

Event #	Event Name	Entry Time

ENTRY FEE: All fees include applicable WA State Sales Tax

SURCHARGE	\$33.00					
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
	+	+\$2 for XXL shirt				
TOTAL	\$	Make checks payable to Orca Swim Team and mail to: Zone Champs c/o Orca Swim Team PMB 869, 1122 E Pike St Seattle WA 98122				

All swimmers must have a valid 2012 USMS (or foreign) registration for meet entry or submit an application accompanying this 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.

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

Emergency Contact: _____ Phone: _____

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.

The Sharing Pool

By Diana Holman
Blue Wave Aquatics

Yesterday, I swam in my first open-water race, the 1.2 mile at the Fat Salmon.



The beginning of the day started out with check-in at 6:15 am followed by a safety briefing that warned of the risks of open water swimming such as getting hit by a boat propeller, struck by lightning or pulled to the depths by lake monsters. After the safety briefing, those of us who weren't part of a carpool would have to walk to the starting line, a mile away, carrying our gear (wetsuit, goggles, cap, bible). I decided, "I'll walk; it'll be a good warm-up."

Putting on a wetsuit first thing in the morning is challenging enough; lots of powder, swearing, contorting your body into weird positions. However, putting on a wetsuit after walking for a mile, sweating, in a park with God and everybody watching is an entirely different animal. Sweat and neoprene are not a good combination. Fortunately, I brought my Costco-sized container of baby powder and as I was liberally dousing myself, the wind shifted and everybody around me also got covered. My apologies to everyone that was affected by this; at least it was lavender-scented and we all smelled wonderful!

Okay, I'm all geared up now. I had my wetsuit, cap and goggles on, scent of day-spa in the air and I was ready! As I entered the water I began my routine of acclimation by submerging my face into the water and practicing my breathing. As I did so, I was once again awed by the transition of worlds... from land to what exists below the water's surface. "Awed" is probably not the best word for this... "Horrified!", "Why can't I see my feet?", "What is that growing on the seaweed?" and "This is where the lake monsters live" better describe my reaction.

Finally in the water with 160 other swimmers and we're getting ready for the start. My adrenaline was pumping and the countdown began...3...2...1...GO! I had wondered why this race was dubbed "Fat Salmon" when it's done in a lake. Why not call it the "Fat Trout?" That became quite clear at the start of the race. I was reminded of my trip to Alaska during salmon spawning season when the salmon are fighting to swim upstream and it appears that there are more fish than water.

For the first five minutes of the race it was all green caps, elbows and feet, scrambling to get through the buoys in front of us. This was the part of the race that I wasn't looking forward to because I wasn't sure how I would react having so many people around me jockeying for their position. Amazingly enough I found myself giggling. I'm not sure how that was possible but there I was. The experience was thrilling! There I was with the throng of others, standing my ground, grinning and laughing like a fool. The most amazing sense of clarity washed over me; I was alert and completely aware of my surroundings.

Once we were through the buoys and had started dispersing a bit, the work started. I settled into my pace and concentrated on my breathing. Every 20 strokes or so, I'd lift my head and scan the horizon ahead, charting my course by picking a large, stationary object on land. In this case, it was the tall condominiums that lie just south of the finish line at Madison Park. The water wasn't as calm as I'd hoped; the previous days' wind and thunderstorms left the lake quite choppy.

The rest of the race itself was thankfully pretty uneventful and I celebrated a strong finish. All-in-all, I was very impressed with the level of organization and efficiency that went into putting on this race. After many a sleepless night worrying about this race, worrying about what "could" happen, worrying about my physical limitations, I'm so incredibly glad I followed through and stuck to the plan. What a great experience! I'm definitely geared up for a repeat next year.

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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