

# The WetSet



U.S. Masters Swimming in Western Washington

Pacific Northwest Association of Masters Swimmers

Volume 33, Issue 1

January/February 2013

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## Leading Off

*Change in our system CAN and NEEDS to happen...*

By PNA President, Lisa Dahl

In light of the tragedy that occurred in Newtown, Connecticut, I am experiencing feelings of such sadness and helplessness that nothing seems to make sense. I want to share the speech I gave to my athletes before they competed in the Pacific Northwest Championships hoping that it will in some way provide motivation to readers that change in our system can and needs to happen.

*This weekend you will have the opportunity to struggle and succeed. You have a reservoir of strength and courage that everyone has, we all have it. Most people do not seek out to know their own personal reservoir of strength. They give up and make excuses at the first sign of failure and hard struggles. Most will quit before they accept they have enough strength for all things that life requires.*

*If you choose to seek your strength, exercise it through life then you will be different. It is about the willingness to seek, desire to find and act. All that matters is what you believe. This weekend you will have the opportunity to seek, find and act.*

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*Never let someone else set your goals. Believe in what **you** have set out to do. Belief drives actions, actions drive results. Write them down, put them on paper. Pain without purpose is insane. Pain with purpose gives hope.*

*As you compete this weekend I want you to enjoy the process that includes laughter, intensity, anxiety, failure, success, and personal satisfaction. Find the laughter and enjoy your teammates. Ask for help from coaches, teammates and your parents. Asking for help is a sign of great strength and gives the people around you purpose.*

*It is a wonderful act of kindness to ask for help so others can give. We truly do not know how to give until we know how to receive. This weekend ask for help with:*

- 1. Fear – there is nothing you cannot share with your coach, no judgment.*
- 2. Fun – ask teammates to play cards, share iPods.*
- 3. Company – ask your teammates to go to the blocks with you.*
- 4. Cheer – ask for us to cheer for you.*
- 5. Water and food – ask your parents for the food and water you will need.*
- 6. Anything – ask and we will try to make it happen.*

*You will have many opportunities to feel gratitude and appreciation for the circumstances of success and failure during this weekend. Your choice will be to take a positive life stance or a negative life stance. It is 100 percent your choice how to feel. You do not have to finish first to win.*

We went on to place ninth overall as a team with many successes and a few failures; however, the failures did not turn into more than that. A group of swimmers embraced a fellow teammate giving her love, tenderness and understanding that her pain was bigger than any disappointment she had created for them. The culture of a team seeking to find their strength with courage and grace leads to love and tenderness and in this case very fast swimming.





## Amateur on Set!

*...as it turns out, I was right.*

By WetSet Editor

Chericka Ashmann-Rice

You may remember a few months ago when I became unemployed and wrote, “Something good is going to happen.” As it turns out, I was right. I followed the stringent unemployment procedures set forth by the Employment Security Department (ESD), eliminated junk, organized 9 years of pictures and videos of my kids, swam every day, prepared full course meals, cut expenses, refigured my family budget and I learned that I didn’t *need* to go back to work full-time for my family to survive. I then relaxed and enjoyed a crazy-fun family vacation. When I returned home, I had a new position offered to me with flexible part-time hours, right across the street from my home!

Before leaving for Kauai I was invited down to Evergreen State College for the 4<sup>th</sup> Annual DAM Brute Squad Postal Swim. South Sound Masters Swimmer (SSMS) and former Evergreen Swim Club (ESC) teammate Diana McCandless invited, encouraged and witnessed me swim the 200 Fly, 400 IM and a 1650 Free consecutively under 42 minutes, I think? There was a timing issue and a significant number of my splits were lost; however, I started at the same time as three other individuals and my final was captured but that was over a month ago. I’m sure the piece of paper my time was scribbled on has since been recycled into an art project by one of my boys. It’s no fish story though; my butterfly swims could be better described as shattered rather than broken but the entire event was an exuberating challenge. I look forward to making improvements to better my performance and actually submitting an official entry this year.

In addition, I met the new ESC Masters Swim Coach, Ms. Kelly Serrao, who leads an enthusiastic team and graciously allowed me to participate in a closed team event. My former teammates are quite pleased with their new coach and shared their appreciation for the progress they have made in speed and endurance since her arrival. The pool is both gorgeous and spacious compared to most city pools. I have a soft spot for that place as it’s where I got my swimming start and met the love of my life. Workouts are Mondays, Wednesdays and Fridays from 6-7:15 am and Saturdays from 8-10 am. Drop-in fees are \$5. If you have any questions, please feel free to contact Coach Kelly at [Kellyserrao77@gmail.com](mailto:Kellyserrao77@gmail.com).

Working part-time has opened up other opportunities for me that I never would have considered myself. My husband just made a sweet job change from Mill Creek to our side of town and mentioned that I might like coaching. My response was, “Coaching swimming? Me? What do I know about swimming? Wait, can that be advantageous? I mean, I can really learn the strokes now and teach them a progression from the most basic drills. I have a ton of experience working with children of all ages. I have coaching experience in other sports. I have time! I have two kids that love to swim! I have a terrific husband who is one of the best coaches I have ever seen and I love hanging out with him.” My husband winks at me and says, “I know.”

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This past week I became “legit” after completing my lifeguard certification course for coaching. This lifesaving course forced me to reflect on just how much I’m in and around the water with my friends and family and the other kids that seem to accumulate with my own. Let’s face it, there are plenty of times when there are no lifeguards on duty let alone close enough to respond. I can’t believe I have not done this sooner for the sake of being educated and safe. I encourage you to become a certified lifeguard as a gift to yourself and to someone else who might unknowingly fall victim to a freak accident right in front of you. Why not? Many of you are parents, grandparents, aunts and uncles. Would you know what to do? Look for more information in the pages to follow!

In closing, if I could wish you anything for the New Year it would be that somehow you be given the opportunity to stop and take care of yourself to figure out what you need. The holidays that followed “funemployment” and a vitamin D packed vacation made me count my blessings even more. When you have a blended family and everyone comes together for food and celebration, well, it’s something special. When you stop and examine the unique gifts you’ve received in life, whether through birth, education, accident or curiosity and how they all weave together to make one big colorful portrait, well, that’s something just as heavenly. Happy New Year – See you on deck or under the water!!!



**SSMS Swimmer and Open water sweetheart Diana McCandless**



**4<sup>th</sup> Annual DAM Brute Squad Postal Swim Finishers (l-r) Haleigh Werner, Bill Smith, Michael Martens, Geraldine Vanderhagen & Diana McCandless**

## Seattle U/CAAT Masters

### *Program Revived!*

By PSM President, Sarah Welch

Hi, fellow swimmers! Seattle University Redhawk Masters had quite a holiday season. Around Thanksgiving the program was notified that they could no longer be hosted by Seattle University (SU). By December we had selected a new host and began taking registrations for our new Central Area Aquatics Team (CAAT) Masters program. We did it! Beginning January 14, 2013, CAAT will offer a home to the Seattle U Masters group where it will continue to swim Monday-Fridays from 6:10-7:10 am. We negotiated a full 1 hour practice time, recognizing that getting through the facility front desk and locker room takes time!

SU is conveniently located close to downtown at a “near perfect” practice time for people who work...or play early. Seattle University Connolly Center is located at 550 14th Ave, Seattle, Washington 98122 (14<sup>th</sup> and Jefferson in Central Seattle). CAAT will assign 1-2 experienced coaches to the Masters program. Lisa Dahl, head coach at CAAT and PNA Board President, is passionate about Masters and offering her creativity and ideas for our group.

A Masters program has been at Seattle U since the mid 80’s when a group of the Swim Seattle parents created the program to swim while their kids were practicing. We’ve been merged, folded, taken over, cancelled, and recreated more times than any of us want to remember and we’re back again! We are a very diverse group of swimmers ranging from college students and recent grads with club and college experience to beginning Masters swimmers. In the ‘middle lanes’ we have a great contingent of tri-athletes and multi-sport participants.

We currently have about 35 registered swimmers and need to grow somewhat to keep the program self-sufficient. Costs are \$150 for a 10-11 week quarter and we will offer a \$80/10-swim punch card for those interested. Due to SU lifeguard/staffing constraints during the winter we run off the quarter schedule, taking breaks during school breaks. We find other lap swim options during break times. Click the CAAT logo below for more information!



If you’re receiving the paper copy, visit: <http://www.swimcaat.org> and check out the Masters tab!!!

# Want to Get More Involved in PNA?

## *Call for Nominations*

By Immediate Past President, Steve Peterson

Consider serving PNA! Per our Bylaws\*, officers are elected to two-year terms in odd-numbered years. The election to decide who will run PNA for the 2013-2014 biennium will be held this spring. The new administration will take over when announced at Champs, April 13-14.

The seven elected positions are **president, vice president, secretary** and **treasurer** plus three **representatives-at-large**. All must be current PNA members, of course. The At-Large reps should reside within the ZIP code areas they represent (ZIPs less than 98100, between 98100 – 98199 and greater than 98199) but this is not a requirement.

The Nominations Committee (Vice President Rich Seibert, Past President Steve Peterson and Open Water Coordinator Sally Dillon) is currently assembling a formal slate of one or more candidates for each position. While we strive to engage more of our membership in running PNA, we know there are those of you who would serve but for the asking. So, if you're interested, please contact us now!

We do have a "write-in" option, but it's a bit more tedious: "Nominations shall be accepted directly from the membership if a petition is received prior to February 1 and contains the nominee's consent and an endorsement by at least 10% of the current PNA membership."

If you'd rather "ease in" to our governance, consider an appointive position (no election, no term limit!). Each registered team of eight or more swimmers is allowed a **team rep** on the PNA board. (The At-Large representatives give voice to our unattached swimmers, members of unregistered teams and those on teams of less than eight.) Additionally, to manage our features and services, we have "**Coordinators**" with these titles: Awards, Bylaws, Coaches, Fitness and Clinics, Historian, Marketing, Meets, Membership, New Swimmer, Officials, Open Water & Long Distance, Records and Tabulation, Rules, Safety and Social.

Current coordinators are listed on the website and in *The WetSet*. Vacant coordinator positions include Marketing, Safety and Social. The Marketing Coordinator provides materials and services to promote PNA; the Safety Coordinator would oversee maintenance and distribution of our safety equipment; the Social Coordinator – unfilled for some time – would have free rein to develop activities to build camaraderie among members.

\*Specifics governing elections are in section 7.2 of our Bylaws, which can be found on the PNA website under *About PNA / About PNA / LMSC Administrative Documents*.

Rich Seibert  
[rjseibert@hotmail.com](mailto:rjseibert@hotmail.com)  
360-204-4059

Steve Peterson  
[speterson@bandwagon.net](mailto:speterson@bandwagon.net)  
360-692-1669

Sally Dillon  
[salswmr@comcast.net](mailto:salswmr@comcast.net)  
425-961-0023

**Thunderbird Aquatic Club Masters  
January TAC SCM Masters Meet**

January 27, 2013

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

Sanctioned by PNA for USMS Inc. # 363-S002

**LOCATION:** Fidalgo Pool, 1603 22<sup>nd</sup> St. Anacortes, WA, 98221

**FACILITY:** 25/m pool, 6 lanes, two side warm-up area. Temp 83°F

**MEET DIRECTOR:** Jason Hunter [jhunter@fidalgopool.com](mailto:jhunter@fidalgopool.com),  
360-293-0673 ext. 14

**MEET REFEREE:** Heather Brennan [brennan@wavecable.com](mailto:brennan@wavecable.com)

**CONCESSIONS:** None

**RULES:** Current USMS rules will govern the meet.

**ELIGIBILITY:** Open to all USMS 2013 registered swimmers, 18 and above as of January 27, 2013. Bring a copy of your Masters registration card if you are not a USMS member.

**ENTRIES:** Swimmers may enter up to 5 individual events. Entries must be postmarked by January 16th or online by 11:59 PM (Pacific) January 20th. NO race day entries accepted.

**SEEDING:** All events slow to fast, age group and sexes mixed. Pre-seeding except for the 400 IM and 400 Free.

**CHECK-IN:** Positive check-in required for 400 IM by 9:30AM and for the 400 Free by the end of event 13. 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 - TAC - SCM			
#	EVENT	#	EVENT
1	400 IM	12	50 Back
Break		13	100 Fly
2/3	W/M 200 Free Relay	14/15	W/M 200 Medley Relay
4	50 Free	Break	
5	100 Breast	16	200 Free
6	200 Back	17	50 Breast
7	50 Fly	18	100 Back
8	200 IM	19	200 Fly
Break		20	100 IM
9	Mixed 200 Free Relay	Break	
10	100 Free	21	Mixed 200 Medley Relay
11	200 Breast	22	400 Free

**ENTRY FEES:** \$16.00 (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:**

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1534&smid=4380](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=4380)

**PAPER ENTRIES:** Use the [PNA Generic Entry Form](#) available on the PNA Website or in the WetSet. Make checks payable to **TAC** and mail to: **Jason Hunter**, Fidalgo Pool, 1603 22<sup>nd</sup> St. Anacortes, WA, 98221

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

**ENTRY QUESTIONS:** [Jason Hunter](#) contact info above

**LODGING:** [The Marina Inn](#) 3300 Commercial 360-293-1100  
[Anaco Bay Inn](#) 916 33rd (kitchens) 360-299-3320  
[Islands Inn](#) 3401 Commercial (complimentary Dutch breakfast) 360-293-4644

**Lake Washington Masters -LWM Invite  
Sunday February 17<sup>th</sup>, 2013**

Warm-up: 8:00 AM Meet starts at 9:00 AM

Sanctioned by PNA for USMS Inc. # 0363-S003

**LOCATION:** [Juanita Aquatics Center, 10601 NE 132<sup>nd</sup> St. Kirkland, WA 98034](#) @ Juanita High School

**FACILITY:** 25 yard, 6 lanes, separate warm-up area. Temp 82°F

**MEET DIRECTOR:** Becca Watson, [beccawatson@waveaquatics.org](mailto:beccawatson@waveaquatics.org)  
425-936-1627

**MEET REFEREE:** Dick Chapman [dick\\_chapman@comcast.net](mailto:dick_chapman@comcast.net)

**CONCESSIONS:** Available in the balcony for purchase

**RULES:** Current USMS rules will govern the meet.

**ELIGIBILITY:** Open to all 2013 USMS or foreign registered swimmers 18 and above as of 02/17/2013. Age groups based on the swimmer's age as of 02/17//2013.

**ENTRIES:** Swimmers may enter up to 5 individual events. Entries must be postmarked by February 9th, 2013 or online by 11:59 PM (Pacific) February 11.

**DECK ENTRIES:** Only in OPEN LANES and available only to swimmers already entered in the meet, and who are entered in less than the entry limit of 5 individual events.

**SEEDING:** All events slow to fast, age groups and sexes mixed. Pre-seeding except for 400IM and 500 Free.

**CHECK-IN:** Positive check-in required for the 400IM and 500 Free.

Check in for the 400IM by 8:20 AM and checking for the 500 Free by the conclusion of event #18. 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.

**BREAKS:** Definite break between events 13 & 14. Additional breaks will be added if entries are low enough to warrant additional breaks.

**AWARDS:** Available for purchase at meet.

#	Event	#	Event
1	400IM	13	50 Free
2/3	W/M 200 Free Relay	<b>10 min Break</b>	
4	200 Fly	14/15	W/M 200 Medley Relay
5	200 Back	16	100 Fly
6	50 Breast	17	50 Back
7	100 Free	18	100 Breast
8	Mixed 200 Medley Relay	19	200 Free
9	200 IM	20	100 IM
10	50 Fly	21	Mixed 200 Free Relay
11	100 Back	22	500 Free**
12	200 Breast	<b>** 500 Free limited to first 36 entrants</b>	

**ENTRY FEES:** \$16 (US or Canadian; includes LMSC and timing 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=4393](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=4393)

**PAPER ENTRIES:** Use the PNA Generic Entry Form available on the PNA Website or in the WetSet. Make checks payable to Wave Aquatics and mail to: **Linda Chapman 17532 NE 142<sup>nd</sup> St. Redmond, WA 98052**

**DIRECTIONS:** From I-405 take the NE 124<sup>th</sup> St exit and head W. Turn right at 116<sup>th</sup> Ave NE. Turn left on NE 132<sup>nd</sup> St. Turn left on Juanita HS Dr. Pool is located next to the west parking lot.

**ENTRY QUESTIONS:** Becca Watson, [beccawatson@waveaquatics.org](mailto:beccawatson@waveaquatics.org)

**LODGING:** <http://www.marriott.com/hotels/travel/seac-courtyard-seattle-kirkland/>

**Sand Point Country Club "Pneumonia Open"**  
**Outdoor Short Course Yards Masters Meet**  
**Saturday, March 2, 2013**  
**Warm-up: 9:00 AM Meet starts at 10:00 AM**  
**Sanctioned by PNA for USMS Inc. #363-5001**

**LOCATION:** Sand Point Country Club, 8333 55<sup>th</sup> 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](mailto:bob.moore@publicis-usa.com), 206-356-6875 and Tom Linde [pool@sandpointcc.com](mailto:pool@sandpointcc.com), 206-525-5766

**MEET REFEREE:** Mark Jeager, [markj253@comcast.net](mailto:markj253@comcast.net), 425-483-8321

**CONCESSIONS:** Available.

**RULES:** Current USMS rules will govern the meet.

**ELIGIBILITY:** Open to all 2013 USMS or foreign registered swimmers 18 and above as of 03/02/2013. Age groups based on the swimmer's age as of 03/02/2013.

**ENTRIES:** Swimmers may enter up to 4 individual events. Entries must be postmarked by Tuesday, February 19th or online by 11:59 PM (Pacific) Wednesday, February 20th. NO race day entries accepted.

Enter at:

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1534&smid=3631](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	<b>10 minute break</b>	
4	200 Back	13/14	200 W/M Medley Relay
5	50 Breast	15	100 Fly
6	100 Free	16	50 Back
<b>10 minute break</b>		17	100 Breast
7	200 Mixed Free Relay	18	200 Free
8	200 IM	<b>10 minute break</b>	
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](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=3631)

**PAPER ENTRIES:** Use the [Generic Entry Form](#) found elsewhere in this 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](mailto:bob.moore@publicis-usa.com)

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

Introducing the First Annual

Pneumonia Open.

Saturday, March 2<sup>nd</sup>, 2013  
Sand Point Country Club  
Outdoor 25 yards. Don't worry if the air is cold, the water will be 83 degrees.

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



# 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](http://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."

<b>Name of Meet</b>	<b>Date of Meet</b>	<b>Signature</b>	<b>Date</b>
_____	_____	_____	_____

This is my first Masters meet

**South Sound Masters  
Beat the Clock Masters Meet**

**Saturday, February 2, 2013**

**Warm-up: 08:30 AM Meet starts at 9:00 AM**

**Sanctioned by PNA for USMS Inc. #pending**

**LOCATION:** Briggs YMCA, [1530 Yelm Hwy SE, Olympia, WA](#) 98501,  
(360) 753- 6576

**FACILITY:** 25yd pool, 6 lanes, separate warm-up pool. Temp 81.5°F

**MEET DIRECTOR:** Mel Smith, [melcomplynow@msn.com](mailto:melcomplynow@msn.com),  
360-970-9466

**MEET REFEREE:** Rene Bollman [cariboo1984@g.com](mailto:cariboo1984@g.com)

**CONCESSIONS:** Available

**RULES:** Current USMS rules will govern the meet.

**ELIGIBILITY:** Open to all 2013 USMS or foreign registered swimmers  
18 and above as of 02/02/2013. Age groups based on the swimmer's  
age as of 02/02/2013.

**ENTRIES:** Swimmers may enter up to 5 individual events. Entries must  
be postmarked by Friday, January 25 or online by 11:59 PM (Pacific)  
Wednesday, January 30th. NO race day entries accepted. 1650 is  
limited to the first 18 entries. See Note below. Enter at:  
[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1534&smid=4382](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=4382)

**SEEDING:** All events slow to fast, age group and sexes mixed. Pre-  
seeding except for 1650 free, 400 IM, and 500 free.

**CHECK-IN:** Positive check-in required for the 1650 Free by 8:45 AM,  
500 Free by 9:15am and the 400 IM by the end of event #8.  
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:**

**ENTRY FEES:** \$16 (US or Canadian; includes LMSC and timing  
surcharges) PLUS \$3 per individual event (optional for seniors and  
needs-based swimmers). Entry fees include WA State sales tax. No

#	Description	#	Description
1	1650 Free Warm down pool available for 500 Freestyler warm ups		
	--- 15 min Warm-up ---		25 yd pool warm up for 500 freestylers.
2	500 Free		
	--- 30 min Warm-up ---		25 yd pool warm up for rest of meet
3/4	W/M 200 Free Relay	14	50 Breast
5	100 Back	15	400 IM
6	200 Free		Break 15 minutes
7	50 Fly	16/17	W/M 200 Medley Relay
8	200 Breast	18	50 Back
9	100 IM	19	100 Free
	Break 15 minutes	20	200 Fly
10	200 Mixed Free Relay	21	100 Breast
11	200 Back	22	200 IM
12	50 Free	23	200 Mixed Medley Relay
13	100 Fly		

charge for relays.

**ONLINE ENTRIES:** Enter online at:

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1534&smid=4382](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=4382)

**PAPER ENTRIES:** Use the [Generic Entry Form](#) elsewhere in this  
WetSet. Make checks payable to **Aquatics Dept, Briggs YMCA** and  
mail to: **Mel Smith, Masters Coach; c/o Aquatics** see location  
(above) for address.

**DIRECTIONS: From the North--** take I-5 South to Exit 105. Stay to the  
right onto 105B and go left at first stop light (Henderson Blvd.). Stay  
to the left as the road makes a "Y" (do not take the Portland onramp),  
go through the roundabout and continue to the corner of Yelm Hwy  
and Henderson Blvd. (approx. 2 miles). The Briggs YMCA is on that  
corner.

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

**NOTE:** If there are open lanes for the 1650 after the positive check-in  
deadline, swimmers already in the meet may deck enter the 1650  
and will be placed open lanes in the first heat only. A first-come  
first-served sign-up sheet will be available at the meet for  
swimmers interested in deck entering the 1650. Only swimmers  
already entered in the meet may deck enter.

**Notes on Upcoming Meets:**

**TAC SCM meet @ Fidalgo Pool in Anacortes:**

- Meet date is Jan 27, 2013, [ONLINE entry](#) deadline January 20<sup>th</sup>

**SSM SCY meet @ Briggs Y in Olympia:**

- Meet date Feb 2, [ONLINE entry](#) deadline is January 30<sup>th</sup>.
- 1650 limited to first 18 entrants.
- Open lanes available *after* positive check-in (at meet) filled on first-come first served basis. Sign-in sheet at meet. Individual event limit 5.

**LWM SCY meet @ Juanita Aquatic Center in Kirkland:**

- Meet date Feb 17, [ONLINE entry](#) deadline is Feb 11
- 500 Free limited to first 36 entrants.
- Open lanes available *after* positive check-in (at meet) filled on first-come first served basis. Sign-in sheet at meet. Individual event limit 5.
- Open lanes in all other events available for deck entries ONLY for people already entered in meet and entered in fewer than 5 individual events.

**SPCC SCY Pneumonia Open @ Sand Point CC in Seattle:**

- Meet date March 2, [ONLINE entry](#) deadline is Feb 20<sup>th</sup>.
- Outdoor meet. Yes, really! Hot coffee, warm food, fast swimming, fun people.

## POSTAL SWIM UPDATE

### **PSM WOMEN TAKE GOLD**

By PNA OW/Long Distance Coordinator, Sally Dillon

Eleven hearty swimmers from PNA's newly (re)named club, Puget Sound Masters, competed in the USMS National Championship 3000 & 6000 yard postal swims. I believe this is the first event that puts PSM on the swimming "map" so to speak! Five women and five men entered the 3000 yd event, garnering 6 top-ten finishes in the individual events and 3 top-three finishes in the relays. Preliminary results have been released and congratulations appear to be going to Haleigh Werner (43) for placing 1<sup>st</sup> overall in her 3000 yd event in a time of 34:59.90. Haleigh joined Geraldine Vander Haegen (45) and Betsy Kassen (60) to win the 35+ division for the 3x3000 relay in a combined time of 2:00:45.88. Geraldine placed 10<sup>th</sup> in her age group and Betsy placed 2<sup>nd</sup>.

On the men's side, Doug Jelen (38, 41:23.00) placed 8<sup>th</sup> and Mel Smith (69, 53:47.18) placed 7<sup>th</sup>. I assembled a relay team of Doug, Alexey Panteyev (37) and Tom Schulz (41) in the men's 35+ division for the 3x3000 relay with a combined time of 2:09:49.01 – and they took 2<sup>nd</sup>. Finally, the mixed relay formed with Haleigh, Geraldine, Doug, and Tom also in the 35+ division with their combined time of 2:40:44.89 earned them a 2<sup>nd</sup> place medal as well.

Ray Townsend (45) was the only swimmer to take on the 6000 yd event and he placed 13<sup>th</sup> in his age group. Ray also swam the 3000 yd event. There were no swimmers from BWAQ entered in this event.

The 3000 & 6000 yd postal events are the last postal championships for 2012. Beginning in 2013, the PNA LMSC will no longer support the formation of relays for clubs within its boundaries. BWAQ and PSM will need to rely on their own clubs to form and fund relays for postal and pool competitions. If you have any questions, please contact Sally Dillon, PNA's Long Distance Coordinator, at 425-961-0023 or [salswmr@comcast.net](mailto:salswmr@comcast.net).

## **ONE-HOUR NATIONAL CHAMPIONSHIP POSTAL SWIM TAKES PLACE THIS MONTH!**

January has arrived and thousands of Masters swimmers around the country will be taking up the challenge to see how far they can swim in one hour. This "36<sup>th</sup> Annual Event" is open to ANY USMS registered swimmer whether you are fast, slow, or in between. The "hour" can be swum in ANY pool 25 yards or longer. It's ok to swim backstroke, sidestroke, or any other stroke and you can even switch strokes whenever you choose, but it is NOT ok to wear fins, buoys, paddles, snorkels, wetsuits or other aids for speed (that includes tech suits). Once the swim is completed, an official entry can be submitted online or on "real" paper. The cost to enter is a mere \$7 – barely the cost of a designer coffee in Seattle!

There are a few rules that must be followed . . . a participant must have an "official" timer / lap counter who will record splits after every 2 lengths. Official forms and split sheet are available on the USMS website at <http://www.usms.org/longdist/ldnats13/>. All hour swims MUST be done DURING the month of January . . . not before or after! Entries must be submitted by February 10. Relay coordinators for our local clubs (BWAQ and PSM) will put together entries once all data has been posted online. This year the Davis Aquatic Masters (Davis, CA) will host this event. Commemorative T-shirts and swim caps will be available when you submit your entry.

Look for more information coming your way from your club representatives. If you have questions, feel free to contact Sally Dillon as indicated in the article above.



## The Sharing Pool

*Feedback is Welcome – In Fact It’s Essential!*

By Immediate Past President, Steve Peterson

Most newsletter editors and article writers do appreciate feedback from readers about the things they write – if for no other reason than proof that someone actually reads it. In many years of proffering up supposedly useful things to say in this newsletter, I’m secretly underwhelmed at the public response to my efforts. So, with great delight I read this note from **Don Ellingson** about my *BAMFest 11* write-up in *The WetSet* (November/December, pp 13-15).

“I have a slight correction for the last *WetSet*. Jack Fritz was listed as the oldest male swimmer at the BAMFest. He is an outstanding swimmer for his age (79). On top of that, after swimming a respectable 50 fly he can climb out of the pool without using the ladder. Very impressive! My main goal for any swim meet is to just show up. I was **80** at that meet and having moved up an age group will have one year in which I won't need to deal with Jack Fritz in the pool... so I just couldn't let this go. I am with you all of the way in hoping that **Bernice Phillips** sticks with it... even if she beat me twice in the Back. A big thanks to all of the volunteers!!! It was nicely done and great fun.”

– Don Ellingson

Thank you, **Don**, for the feedback. My apologies for the oversight and congratulations to you!

Another correction to be noted is that the un-named individual whom I saw doing the 500 Fly (!?! ) was our own **Doug Jelen**. Doug recently joined the Board to take over **Walt Reid**'s duties as our Records/Top Ten Chair. Congratulations to you, Doug, and Walt and I thank you for volunteering!

Keep those cards and letters coming. Better yet, submit your own article to *The WetSet*!

## **PNA Board Meeting Minutes**

*Update as of November 3, 2012*

By PNA Secretary Herb Cook

- Treasurer Jeanne Ensign reported an operating deficit of about \$3,500 through October 31. She projected an annual operating figure of about \$3,800, substantially less than the budgeted deficit of about \$11,500. Administration costs were well below budget, in part because website redesign cost about \$2,500 less than expected. PNA's balance sheet remains strong, with about \$42,400 in unrestricted cash and no debt. PNA's nonprofit corporation registration with the Washington Secretary of State has been filed. Jeanne asked Board members and Committee chairs to submit 2013 budget requests to her for final review and approval at the December 4 Board meeting.
- Registrar Arni Litt reported membership at 1,642, up nearly 50 members over this time last year.
- At-Large Rep Mike Grimm noted that PNA is sanctioning fewer meets than a few years ago. Sally Dillon attributed the decrease in part to the difficulty of finding and renting affordable pools. Jeanne added that Seattle had proposed pool fee increases of 20 percent. Board members discussed how PNA might advocate for maintaining public swimming facilities with reasonable fees. Afternoon discussion led to forming committees to study why some meets are not renewed annually and to develop proposals for encouraging additional meets, including informing event hosts about PNA's minimum-profit guarantee of at least \$6 per swimmer.
- Hugh Moore said another problem is that meets are clustered – four in the first four months of 2013 – and should be distributed more evenly through the year. Sarah Welch said the new Puget Sound Masters Club might host a meet in March or November. After additional discussion, the Board approved the Meet and Open Water schedule for 2013 and gave Meets Coordinator Linda Chapman authority to reschedule the Anacortes (January 27) and Briggs YMCA (February 3) meets.
- Puget Sound Masters President Sarah Welch said she would convene the Club's officers to make start-up decisions.
- Bylaws Chair Jane Moore recommended revising the Bylaws to permit voting by email, defining the terms of PNA Committee Chairs, and revisiting the role of Coordinators. Hugh Moore recommended reviewing Board membership, possibly reducing the total number of Board members based on practical experience. Jane reminded the Board that 2013 is a PNA election year, requiring appointing a Nominating Committee, publishing an election notice and accepting nominations from the membership.
- The Board previously voted to allocate \$5 from membership fees to support club members and unattached swimmers. Since actual numbers of the latter would not support much programming, Herb Cook suggested that PNA and PSM develop a plan to reach out to unattached swimmers. No action was taken.
- The Board reviewed all Standing Policies, adopting some changes, tabling others and deleting all Club-specific policies. Standing policies for *The WetSet* and those concerning Open Water Safety Officers will be reviewed and new grievance and conflict of interest policies will be drafted.

# Welcome New Swimmers

## ***Bainbridge Aquatic Masters***

Tom Goodlin  
Lara Hansen  
Kymmberly Myrick

## ***Bellingham Masters Swim Club***

Mari Bodensteiner  
Nancy Jordan  
Erica Quam

## ***Blue Wave Aquatics***

Linda Bridge  
Lauren Malthaner  
Lori Maxim  
Elizabeth Moore  
Mark Piennett  
Annalee Rothenberg  
Dallin Terry  
Miran Terry  
Andrea Walker

## ***Downtown Bellevue Swim Team***

Kirsten Hardisty  
Barbara Varon

## ***Husky Masters***

June Landenburger

## ***North End Otters***

Katherine Davis

## ***Orca Swim Team***

George Stimak  
William Tedstrom  
Keaton Tucker

## ***Sand Point Country Club***

Robert Eleveld  
Uli Haller  
Susanne Quistgaard

## ***South Sound Masters Swimming***

David Franckum

## ***Skagit Valley Masters Swimming***

Tony Cook  
Ryan Koonce  
Craig Mohler

## ***Thunderbird Aquatic Masters***

Jean Andrich  
Adam Carlstrom

## ***Seattle University Redhawk Swimming***

Matilda Schroeter  
Matt Young

## ***PNA Unattached***

Kevin Zhai

## ***PSM Unattached***

Lea Bonebrake  
Joseph Breit  
Matthew Couch  
Edie Cox  
Rod Diefendorf  
Gina Estep  
Katherine Fell  
Tami Herlocker  
Robert McCann  
Alex Phillips  
Caroline Roberts  
Kelly Ser  
Alan Sharp  
Eric Theriault  
Meagan Zeman

## ***YMCAPKC***

***(YMCA of Pierce & Kitsap  
Counties)***

## ***Sea Dragons***

Chad Hagedorn

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](mailto:pnaregistrar@usms.org)



# Pacific Northwest Association of Masters Swimmers (PNA)

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>

## 2013 Membership Application

New Swimmer  Returning USMS Swimmer, ID if available \_\_\_\_\_

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

- Puget Sound Masters (PSM) formally (PNA)
- Blue Wave Aquatics (BWAQ)
- Unattached to a Club

### Please check all that apply:

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

### THEN choose a TEAM Affiliation (PSM only) \_\_\_\_\_

See team list on at [www.swimpna.org](http://www.swimpna.org) and places to swim

Choose a membership level A or B below for 11/01/2012 thru 12/31/2013.

<b>A. Regular:</b>	<b>\$46</b>	
<b>B. Need-based or Seniors (65 &amp; over):</b>	<b>\$37</b>	
<i>Optional Donations:</i>		
USMS Swimming Saves Lives		\$
International Swimmers Hall of Fame		\$
Pacific NW Association (PNA) Support		\$
<b>TOTAL</b>		<b>\$</b>

### Swimming Saves Lives Foundation

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)

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

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](mailto: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 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, committees and much more.

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

**2013 Annual Fee:** Of your membership fee \$33 is sent to USMS and \$13 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 \_\_\_\_\_

**The WetSet Editor**

Chericka Ashmann-Rice  
360.951.9278

[The WetSet Editor](#)

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253.588.4879

[kathycasey@comcast.net](mailto:kathycasey@comcast.net)

Michael Grimm

[michael.grim@live.com](mailto:michael.grim@live.com)

Vacant At-Large Position  
[Rep from <98100 area needed!]

**Registrar**

Arni Litt  
206.849.1387  
PO Box 12172  
Seattle, WA 98102-0172  
[pnaregistrar@usms.org](mailto:pnaregistrar@usms.org)

**PNA's Coordinators:**

**Awards**

Kerry Ness

**Bylaws**

Jane Moore

**Coaches**

(open!)

**Fitness**

Sarah Welch

**Historian**

Tom Foley

**Meets**

Linda Chapman

**Officiating**

Kathy Casey/Jan Kavadas

**Open Water/Long Distance**

Sally Dillon

**Records/Top Ten**

Walt Reid  
Doug Jelen

**Safety**

Kathy Casey

**Webmaster/Computer Apps**

Steve Peterson



## Announcements

Tukwila Pool is in the process of a major renovation project! Work has been ongoing at Tukwila Pool since early November and is expected to be complete in early February. When the facility reopens it will feature upgrades to the heating/cooling systems, new lighting, a new pool liner and upgrades to the flooring, and much more.

Follow the project at [www.tukwilapool.org](http://www.tukwilapool.org). To be notified about Tukwila Pool reopening dates and the Grand Reopening celebration, you can e-mail [poolinfo@tukwilawa.gov](mailto:poolinfo@tukwilawa.gov) to join the Tukwila Pool Newsletter mailing list or like Tukwila Metropolitan Park District Pool on Facebook!

Tukwila Pool does offer the most lap swim time of any pool in the region - 5:45am-1 pm and 6:30-8pm weekdays, 11a-1p weekends. We plan to resume that lap swim schedule after reopening and it is unknown if there is a Masters group participating. If you would like to start a group, inquire with the above provided information!

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### *Who's inviting me*

#### ***to come and swim with them next?!***

Have a swimming story that needs to be told?

Email me: [The WetSet Editor](#)

Every story deserves to be told!

---

**Are you a USMS registered coach with a  
PNA registered team?**

**Post contact info for private lessons  
and clinics here for free!!!**

## Coaches' Corner

### **Freestyle Clinic**

with former WSU Swim Coach, **Erica Quam**

Sunday, January 13, 2013

Registration: 11-11:30am

Clinic: 11:30-1pm

Location: Arne Hanna Aquatic Center,

1114 Potter Street,

Bellingham, WA 98225

Social afterwards at Boundary Bay Brewery:

1107 Railroad Avenue, Bellingham

Website for more info:

<http://thecoachingexperience.org/swim-clinics/>

Join Olympian **Peter Vanderkaay**  
and World Champion and Open Water Swimmer

**Ashley Twichell** for the

### ***Fitter and Faster Swim Tour***

in Bellingham, Washington.

Saturday, March 23, 2013

Registration: noon-1pm

Clinic: 1-4pm

Western Washington University, Wade King Student  
Rec Center, 1880 Bill McDonald Parkway, Bellingham,  
WA 98225

- Improve your stroke efficiency
- Learn drills to improve your technique
- Learn the tricks of training for open water while swimming in a pool
- Watch drills and demonstration on our 100 inch screen!
- Proper nutrition and recovery
- Participate in a FFT "Round Table" discussion with the Olympian clinicians
- Receive a special gift bag that contains gifts from SwimOutlet.com, UltraSwim, PowerBar, Swimming World Magazine and more!

SPECIAL: One registrant (and up to two friends) will win a free private clinic with an Olympian at the event's conclusion!

Inspired Swimmers are Dedicated Swimmers!

Sign up before tickets sell out.

<http://fitterandfaster.com/detail/bellingham-wa-masters-and-triathletes-clinic/>

# Pacific Northwest Association of Masters Swimmers

## 2013 Local Team Registration for Club PSM

To register your team for 2013, please fill out and return the form below. All team members competing in the meet must be currently registered with USMS.

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

<b>Team Name:</b>		<b>Abbreviation (4 letters max):</b>	
<b>Team Rep</b>	Name:		
	Address:		
	City:		Zip:
	Phone:		
	e-mail:		
<b>Team Coach</b>	Name:		
	Address:		
	City:		Zip:
	Phone:		
	e-mail:		
<b>Workout Pools</b>	Pool name:		
	Address:		
<b>Website</b>			
<b>Workout Times</b>			
<b>Rule Book</b>	Please send to:		

Mail this form and check to:

Arni Litt, Registrar    [pnaRegistrar@usms.org](mailto:pnaRegistrar@usms.org)  
 PO Box 12172  
 Seattle, WA 98102-0172

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

Below are the abbreviations currently in use; **Bolded** IDs are registered for 2013 as of Dec. 2012.

(Club **BWAQ** is registered)

- |   |  |   |
|---|--|---|
| <p>AQUA: Aquatic Fanatics<br/> <b>BAM:</b> <b>Bainbridge Aquatic Masters</b><br/>         BADD: Bellevue Aquatic Divas &amp; Dudes<br/>         BC: Bellevue Club<br/> <b>BMSC:</b> <b>Bellingham Masters Swim Club</b><br/>         BTAC: Bremerton Tennis &amp; Athletic Club<br/> <b>CAC:</b> <b>See TCAC</b><br/>         CAAT: Central Area Aquatics Team<br/>         DBST: Downtown / Bellevue Swim Team<br/>         EMS: Everett Masters Swimmers<br/>         FSJ: Fins of the San Juans<br/>         FTS: Ft. Steilacoom<br/>         GOST: Gig Harbor Old Swimmers Team<br/>         GCMS: Gold Creek Masters (GCM)<br/>         GAM: Gold's Aquatics Masters<br/>         GEM: Gold's Eastside Masters<br/> <b>GLAD:</b> <b>Green Lake Aqua Ducks</b><br/>         HMST: Husky Masters<br/>         IST: Issaquah Swim Team<br/>         LLUA: Little Lebowski Urban Achievers<br/> <b>LOGS:</b> <b>Logger Masters</b><br/> <b>LOTU:</b> <b>Lords of the Underworlds</b><br/> <b>LWM:</b> <b>Lake Washington Masters</b></p> | <p>LWS: Lynnwood Sharks<br/>         MICC: Mercer Island Country Club<br/> <b>MIR:</b> <b>Mercer Island Redwoods</b><br/> <b>MAMS</b> <b>Middle Aged Marlin</b><br/>         MYM: Monroe YMCA Masters<br/>         MUKY: Mukilteo YMCA Masters<br/>         NHM: Newport Hills Masters<br/> <b>NEO:</b> <b>North End Otters</b><br/>         NSYG: Northshore Y's Guys<br/>         NWM: North Whidbey Masters<br/>         OAC: Olympic Aquatic Club<br/>         OOPS: Old Olympic Peninsula Swimmers<br/>         ORCA: Orca Swim Club<br/>         OST: Ohana Swim Team<br/>         PAC: Poseidon Aquatic Club<br/>         PPST: Poulsbo Piranhas Swim Team<br/> <b>PSC:</b> <b>Phinney Ridge Swim Club</b><br/>         PTMS: Port Townsend Master Swimmers<br/>         PRO: Pro Sports Club<br/> <b>QASC:</b> <b>Queen Anne Swim Club</b><br/>         RAH: Redmond Aqua Hotshots<br/>         SAMM: Samena Masters<br/>         SAC: Seattle Athletic Club</p> | <p><b>SARC:</b> <b>Sequim Aquatic Recreation Center</b><br/> <b>SPCC:</b> <b>Sand Point Country Club</b><br/> <b>SVMS:</b> <b>Skagit Valley Masters Swimming</b><br/>         SSTM: South Sound Titans Masters<br/>         SWIM: South Whidbey Island Masters<br/> <b>SSMS:</b> <b>South Sound Masters Swim</b><br/>         SSRM: Seattle U. Redhawk Master Swims<br/>         TSC: Tacoma Swim Club<br/> <b>TACM:</b> <b>Thunderbird Aquatic Masters</b><br/> <b>TCAC:</b> <b>Team Columbia Athletic Clubs</b><br/>         TIG: Tigers<br/>         UNAT: Unattached to a Team<br/>         UPAC: University Place Aquatic Club<br/>         VFC: Valley Fitness Center<br/>         VAC: Vashon Aquatic Club<br/>         VAVI: Vashon Vikings<br/>         WAC: Washington Athletic Club<br/>         WEST: West Coast Aquatics Masters<br/>         WSAM: West Seattle All-Stars<br/>         WSYD: West Seattle YMCA Dolphins<br/>         WWUS: Western WA U Masters Swimming<br/>         WCY: Whatcom County YMCA<br/>         YPKC: YMCAPKC Sound Aquatic</p> |
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