



The WetSet

U.S. Masters Swimming in Western Washington
Volume 35, Issue 1

Pacific Northwest Association of Masters Swimmers
January-February 2015

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Happy New Year, swimmers! Get out your calendars and start penciling in the next few months of upcoming swim-related events: Meets, postal swims, and workout schedules for the whole region are included in this issue. And while you're at it, check out some of the volunteer opportunities available on pages 9 and 10. It's clear a lot of work goes into providing all the support for these clubs and teams throughout the Pacific Northwest, and elections are coming up this spring for the next slate of board leadership. Here's to a year of fun, challenge, and adventure to all you swimmers out there!

—Jessica Dubey, editor

PSM Master Sets New World Record

CHARLOTTE – Oct. 26. A few athletes from SwimMAC Carolina's Team Elite squad showed up to the North Carolina Masters Short Course Meters championships and put on a show for those in attendance, but it was Donald Graham who left the event with a Masters world record. [Residing mainly in Los Angeles, Don maintains allegiance with PSM.



Donald Graham

—ed.] Graham, 60 years old, posted a 27.53 in the 50m butterfly, taking down Rich Abraham's six-year-old record of 27.87 in the 60-64 age group. By all indications, this is Graham's first Masters world record. [Yep. And he set meet records in 50 and 100 LCM backstroke at FINA/Montreal last summer. —ed.] He went after Takeo Hiramoto's world record of 1:03.67 in the 100 fly, but fell short with a 1:05.80. The kicker was that he swam that 100 time during the 200 fly event, so he had to swim 100 more meters of butterfly in order to make the time count! His splits of 1:35.36 on the third 50 of the 200 and 1:23.01 on the final 50 show that it was anything but easy.

Submitted by Steve Peterson

Donald Graham posted a 27.53 in the 50m butterfly.

Excerpted/edited from *Swimming World* [updated 1/17]

PNA Pioneer Tom Foley Passes

By Steve Peterson



After a tough battle with both ALS and cancer, Thomas K Foley passed away on November 11 at age 80. Tom's beloved wife Lillian "Lil" preceded him in death in 2011. Born in New York City, Tom was raised in Port Angeles, graduated from Seattle U with BSEE and MSEE degrees, and served in the Navy Reserve (1952-1960). Tom enjoyed a successful 34-year career at Boeing as an engineer and manager.

Tom co-founded PNA Masters Swimmers with the late Steve Engel and served as our second president. He continued to volunteer for over three decades, most recently as an At-Large representative, voicing the concerns of our small-team, unattached, and senior members and as our PNA Historian. This Tigers member gained admiration for competing at virtually every local Masters meet, famous for always swimming at least one grueling race (if not more). Teammate Bob Dorsey commented, "I couldn't bear to watch him swim the 200 Fly!" Tom and Lil headed the hospitality suite at the last two Nationals that PNA hosted in 2001 and 2007. Tom was PNA's Inspirational Swimmer in 1990 and was awarded a USMS Dorothy Donnelly Service Award in 2008.

Our condolences go out to Tom's family. PNA has made a donation to the ALS Association in memory of and thanks to Tom. A life well lived!

I'll always remember first getting to know Tom at a banquet he MC'd long ago, donning swim goggles to tell a hilarious story. I thoroughly enjoyed our lively discussions of politics and sometimes swimming on the several occasions I hitched a ride with him to PNA board meetings. Not long ago I was talking with a new acquaintance at the Silverdale Y who mentioned he played softball. I was pleasantly (though not entirely) surprised that this younger man knew Tom, who was as fervent a ballplayer as he was a swimmer and contributor to both organizations.

– Steve Peterson

...He swam the killer events and was a true sportsman. He is missed.

Tom contributed in so many ways to Masters Swimming in the Pacific Northwest. Not only was he at virtually EVERY swim meet, but he contributed to the organization as a board member for

uncountable years. His smiling face has been missed the last couple of years. So sorry to hear he is gone from us but hope he is swimming lots of laps in Heaven!

– Sally Dillon

Tom convinced me to start swimming Masters, he was a charming and fun man. He and Lil were a great couple. He had a great sense of humor, always kind; he swam the killer events and was a true sportsman. He is missed.

– Carolyn Baldwin

Tom's obituary is [here](#). Phoebe Terhaar presented a poignant PowerPoint presentation at Tom's Celebration of Life, which you can see [here](#).



Go "Old School" in Sunny Sequim!

SARC Hosts SCY Meet in March



Sequim Aquatic Recreation Center (SARC) will host a USMS-sanctioned SCY meet on Sunday, March 8. Warmups 11AM, meet starts at noon. Five competition lanes, plus one lane for continuous warmup/warmdown. Free lockers, hot tub, sauna, steam room. Enter online by March 2. Entry info & ClubAssistant link in this *WetSet*.

SINK OR SWIM

The Year in Review

by Skagit Valley Masters Swim Club member Greta Perales

With the beginning of a new year, I thought it would be appropriate to recap some of the oddest or most embarrassing moments I have experienced at the YMCA this year, in or around the pool. Here it goes:

The Oddest: I saw a gal shave her toes in the sink at the Y. I am not kidding. I know some people do a bit of house-keeping in the shower, but in the sink? Yikes. I guess she gets a B for flexibility but definitely an F for etiquette. She must have some seriously hairy toes to feel compelled to shave at the local Y. Note to self: Check to see if the Y has a snake in case the drains are now clogged. Second note to self: Do not brush my teeth at the Y, as there may be toe hair fluttering in the sink.

The Funniest: A lady in the Arthritis Swim Aerobics class announced loudly, in the women's locker room, that since her dad had his first marriage annulled she was a bastard. I felt so bad having to tell her that the sign on the pool deck says: "No gum chewing, no running, and no bastards." Luckily she burst into laughter. Gotta love the ladies in the Arthritis swim class, but more on them in a later issue.

Most Ridiculous: My swim coach, Shannon, asked me today if I would compete in a swim meet this January. For the safety of all participants I said no and then immediately hugged my pull buoy to my bosom. God, I love my buoy. The day they allow pull buoys is the day I will dust off my competition swim suit; it has sparkles and flames running down the sides.

Most Awkward: I tried to be hip and throw my hand up in a "What's up?" sign to the new kid manning the front desk; however, to this day he still flinches a bit when I walk by the desk. I may have inadvertently thrown a gang sign and now he believes I am packing heat. I am itching to buy a bandanna and some low riding jeans. Oh, and a pair of boxers. Do they make boxers with kittens on them?

The Scariest: The almost hug. Barbara or Barb in the Skagit Masters Program is very friendly. Not creepy friendly, but wonderfully friendly. After not seeing her for a bit, we met up in neighboring lanes. I stopped to say hi and she flung her arms out wide. I was paralyzed. I don't hug. I have a bubble. I like my bubble. I certainly don't want to get my bubble wet. Noticing the sheer panic on my face, she lowered her arms and said a simple "hi." Now I am worried I missed out on an amazing hug. Would it be weird to ask for a make-up hug?

—Greta "I am a tad awkward" Perales



Major Rule Changes for 2015

By USMS Rules Chair Kathy Casey

Starts: At the referee's long whistle, a swimmer may take a position with one foot at the front of the block or deck but on the command "Take your mark" is required to place at least one foot at the front of the block or deck. (Article 101.1.1)

Backstroke Ledge: A backstroke ledge is allowed for backstroke starts. The toes of both feet must be in contact with the end wall or face of the touchpad. (Articles 101.1.2B and 107.12)

Warm-up: Backstroke starts are permitted only in designated lanes during warm-up at meets. (Article 102.4.2)

Breaststroke: After the start and after each turn, a single butterfly kick is permitted at any time prior to the first breaststroke kick.

Entries: A swimmer shall enter a meet with the full name as it appears on the USMS registration card. (Article 102.7)

Qualification of Officials: The list of USMS-approved certifying bodies for officials has been moved from 103.3.1, 103.3.2, and 104.5.10B to Appendix B.

Meet Committee: The list of responsibilities has been expanded to include verifying proper certification of pool length and completing record applications. (Article 103.5)

USMS National Championship Meets: With the approval of the Championship Committee, dates other than August 1 – September 15 may be considered for a long course national championship meet. (Article 104.1.2)

Meet schedules for USMS national championship meets have been removed from the rule book. The Championship Committee will publish the meet schedule for each national championship meet at least six months before each meet. A schedule used at one national championship meet will not be repeated for at least two years. (104.5.2A)

The Championship Committee may choose one or more of the following entry limitations for the 800/1000 and/or the 1500/1650 freestyle: a) each swimmer may enter only one of those events, b) only swimmers who meet the qualifying times in both events may enter both events, and/or c) one of those events may be restricted to only those who meet the qualifying times. (104.5.3C[2])

The Championship Committee may establish an entry receipt deadline. The postmark deadline for entries has been deleted. (Article 104.5.4C[3]).

The meet host of a national championship meet shall appoint a meet referee, an administrative referee (definition added to glossary), a head starter, and a chief judge subject to standards established by the USMS Officials Committee. Minimum stroke and turn judges include: two turn judges at each end of each course (jurisdiction not to exceed 5 lanes per judge), one stroke judge on each side of a 50-meter course, and one official at the 15-meter mark of each course for all starts and turns except breaststroke. (104.5.10B)

Pool Measurement: A bulkhead placement confirmation measurement is required for USMS records set at events sanctioned or approved by USA Swimming. (Article 105.1.7E)



<http://www.orcaswimteam.org>

We offer 6 coached practices per week
at Seattle U in Capitol Hill Neighborhood

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M W & F 7:45-9pm Women's Only
T & Th 6:05-7:20am Practice
Sundays 2-3:30pm *Second Wednesday
of Every Month*

We Welcome All Masters Swimmers

Quarterly and Punchcard Passes Available

ORCA SWIM TEAM is comprised of gay/lesbian and gay/lesbian-friendly swimmers. The team is a member of Pacific Northwest Association (PNA), Puget Sound Masters (PSM), and International Gay and Lesbian Aquatics (IGLA).

Thunderbird Aquatic Club Masters 2015 TAC SCM Masters Meet

Sunday, January 25, 2015

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

Sanctioned by PNA for USMS Inc. #365-S001

LOCATION: Fidalgo Pool, 1603 22nd St. Anacortes, WA, 98221

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

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

MEET DIRECTOR: Jason Hunter jhunter@fidalgopool.com, 360-293-0673 ext. 14

MEET REFEREE: Heather Brennan brennan@wavecable.com

CONCESSIONS: None

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2015 USMS or foreign registered swimmers 18 and above as of January 25, 2015. Bring a copy of your Masters registration card if you are not a USMS member. Age groups based on age of swimmer as of Dec 31, 2015

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by January 19th or online by 11:59 PM (Pacific) January 22nd. 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 Free by 9:30AM and for the 400 IM 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.

ENTRY FEES: \$16.00 (US or Canadian; includes LMSC and timing surcharges) PLUS \$1.50 per individual event (optional for seniors and needs-based swimmers). Entry fees include WA State sales tax. No charge for relays.

ONLINE ENTRIES: www.ClubAssistant.com/club/meet/information.cfm?c=1534&smid=6039

ORDER OF EVENTS - TAC - SCM

#	EVENT	#	EVENT
1	400 Free	12	100 Free
Break		13	200 Back
2/3	W/M 200 Free Rly	14/15	W/M 200 Medley Rly
4	50 Breast	Break	
5	100 Fly	16	200 Breast
6	200 Free	17	200 Fly
7	50 Back	18	50 Free
8	100 IM	19	100 Back
Break		20	200 IM
9	Mixed 200 Free Rly	Break	
10	100 Breast	21	Mixed 200 Medley Rly
11	50 Fly	22	400 IM

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA Website or in *The WetSet* (page 24). Make checks payable to **TAC** and mail to: **Jason Hunter**, Fidalgo Pool, 1603 22nd 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





South Sound Masters Beat the Clock IX Masters Meet

Saturday, February 7, 2015
Warm-up: 8:30 AM Meet starts at 9:00 AM
Sanctioned by PNA for USMS Inc. #TBD

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

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1

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

MEET REFEREE: Mike Stein, mestein@mail.tss.net

CONCESSIONS: Available

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2015 USMS or foreign registered swimmers 18 and above as of 02/07/2015. Age groups based on the swimmer's age as of 02/07/2015.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Friday, January 30 or online by 11:59 PM (Pacific) Wednesday, February 4th . NO race day entries accepted. 1650 is limited to the first 18 entries. See Note below. Enter at: www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=6040

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 conclusion 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

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 charge for relays.

ONLINE ENTRIES: Enter online at: www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=6040

ORDER OF EVENTS:

#	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	16	50 Breast
5	100 Back	17	400 IM
6	200 Free	18	25 Back
7	50 Fly	19	25 Fly
8	200 Breast		Break 15 minutes
9	25 Breast	20/21	W/M 200 Medley Relay
10	25 Free	22	50 Back
11	100 IM	23	100 Free
	Break 15 minutes	24	200 Fly
12	200 Mixed Free Relay	25	100 Breast
13	200 Back	26	200 IM
14	50 Free	27	200 Mixed Medley Relay
15	100 Fly		

PAPER ENTRIES: Use the PNA Generic Entry Form available on the PNA Website or in *The WetSet* (page 24). 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 in 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.

Lake Washington Masters LWM Invite

Sunday, February 22, 2015
Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanctioned by PNA for USMS Inc. #365-S002

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

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

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

MEET DIRECTOR: Linda Chapman, chapman_family@comcast.net, 425-890-3751

MEET REFEREE: Dick Chapman dick_chapman@comcast.net

CONCESSIONS: None. Bring your own snacks

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2015 USMS or foreign registered swimmers 18 and above as of 02/22/2015. Age groups based on the swimmer's age as of 02/22/2015.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Saturday, February 15th, 2015 or submitted online by 11:59 PM (Pacific) Tuesday, February 18, 2015 www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=6041

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 500 Free and 400 IM. Check in for the 400 IM by 9:20 AM and check in for the 500 Free by the conclusion of event #17. 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	400 IM	13	50 Free
	200 Mixed Medley		800 W/M/Mixed Free
2	Relay	14	Relay
3	200 Fly	15/16	200 W/M Medley
4	200 Back		Relay
5	50 Breast	- - - 10 Minute Break - - -	
6	100 Free	17	100 Fly
- - - 15 Minute Break - - -		18	50 Back
7/8	200 W/M Free	19	100 Breast
9	200 IM	20	200 Free
10	50 Fly	- - - 5 Minute Break - - -	
11	100 Back	21	100 IM
12	200 Breast	22	200 Mixed Free Relay
		23	500 Free

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 charge for relays.

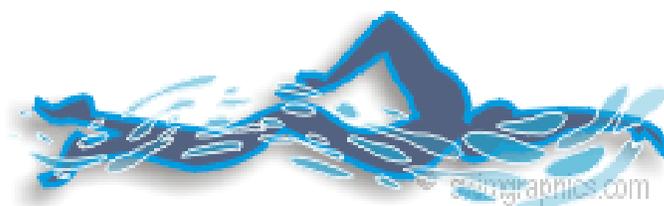
ONLINE ENTRIES: Enter online at: www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=6041

PAPER ENTRIES: Use the PNA Generic Entry Form available on the PNA Website or in *The WetSet* (page 24). Make checks payable to Wave Aquatics and mail to: Linda Chapman 17532 NE 142nd St. **Redmond, WA 98052**

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

ENTRY QUESTIONS: Linda Chapman, chapman_family@comcast.net,

LODGING: www.marriott.com/hotels/travel/seac-courtyard-seattle-kirkland/



Sequim Aquatic Recreation Center Masters Meet

“Old School” Masters Meet

Sunday, March 8, 2015

Warm-up: 11:00 AM Meet Starts: 12:00 Noon

Sanctioned by PNA for USMS Inc. #365-S003

LOCATION: [SARC 610 North 5th Ave., Sequim, WA](#) 98382

FACILITY: Competition 25 yard, 5 lanes (Lane 6 = Continuous Warmup & Warmdown). Temp 82°F. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1. Manual timing.

MEET DIRECTOR: Jason Ridle (jpridle@sbcglobal.net)

MEET REFEREE: Teri White (teriwhite53@gmail.com)

CONCESSIONS: Snacks for Sale in SARC Lobby

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2015 USMS or foreign registered swimmers 18 and above as of 03/08/2015. Age groups based on the swimmer’s age as of 03/08/2015.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Thursday, February 26, 2015 or submitted online by 11:59 PM (Pacific) Monday, March 2, 2015. NO Deck Entries.

ENTRY FEES: \$13 (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 charge for relays.

ONLINE ENTRIES: Enter online at: www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=6042

PAPER ENTRIES: Use the PNA Generic Entry Form available on the PNA Website or in *The WetSet* (page 24). Make checks payable to SARC. Mail to: Gail Sumpter / SARC / 610 N. 5th Ave., Sequim WA 98382

ENTRY QUESTIONS: Herb Cook (herbcook@att.net)

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

CHECK-IN: Positive check-in required for the 500 Free by end of break between Events 8 & 9. 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.

ORDER OF EVENTS:

1	200 Medley Relay (M)	9	100 Free
2	200 Medley Relay (W)	10	50 Breast
3	200 Free	11	200 IM
4	50 Back	12	200 Free Relay (W)
5	100 IM	13	200 Free Relay (M)
6	100 Fly	14	100 Back
7	200 Med Relay (Mixed)	15	50 Fly
8	50 Free	16	100 Breast
BREAK (15 Min)		17	200 Free Relay (Mixed)
CHECK-IN Deadline for 500 Free		18	500 Free

AWARDS: PNA medals for purchase.

DIRECTIONS:

From Edmonds-Kingston Ferry: WA-104 to US-101 to Sequim (45 mi).

From Bainbridge Ferry: N on WA-305 & WA-3 to WA-104 (at Hood Canal Bridge) to US-101 to Sequim (56 miles).

In Sequim, take Washington St exit from US-101. Turn right (N) on 5th Ave, 3 blocks to SARC.

From Port Angeles: East on US-101 to Sequim (15 mi), take River St exit, then E on Washington St & left (N) on 5th Ave to SARC.

LODGING: Olympic View Inn, 830 W Washington St (800-810-4195). **Mention “SARC Masters Meet”** for \$59 rate (double or single).

Quality Inn & Suites, 134 River Rd (360-683-2800), \$114-\$124.

Want To Get More Involved in PNA?

Call For Nominations

The Nominations Committee (Sarah Welch, Mark Benishek, and Kim Boggs) for PNA's spring election of officers is currently assembling a formal slate of one or more candidates for each position. The elected offices for PNA are: **President, Vice President, Secretary, Treasurer** and two **At Large Director** positions. All officers must be current PNA members, of course. PNA officers are elected to two-year terms in odd numbered years. The Board also appoints two **Directors**, additional Board members who serve a calendar year term.

We are reaching out to all PNA members to ask you to consider serving as an elected or appointed member of the PNA Board. We are available to talk to you about what it means to serve and we want you to get involved. PNA recently posted generic [job descriptions](#) for Board positions and other volunteer roles on the PNA website. Take a look at these to get an idea of what's required, or just call a member of the nominating committee and we will answer your questions. If you're interested, please contact any one of us. The committee will develop the ballots by the end of January.

PNA bylaws offer a "write-in" option to add a name to the ballot, 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."

The Board meets about eight times a year at locations around Western Washington with call-in capability. At least two of those meetings are done strictly via conference call. Board members are always welcome to participate by phone. Board members may volunteer for other roles and activities with PNA, but the primary responsibility is to serve on the board and perform any duties associated with their role.

Election ballots will be distributed in early March with ballots due one week before the Champs meet which will be held April 11-12 this year. Voting will be done via online survey. Paper ballots will be available upon request. More information will be provided as the election date approaches.

Sarah Welch
sarahwelch@comcast.net
206-359-2588

Mark Benishek
mberishek2@gmail.com
574-339-2880

Kim Boggs
kmboggs@comcast.net
253-677-6746

Voting Board Members (updated 25 October)

President Lisa Dahl	Bylaws Jane Moore	Appointed Director Hugh Moore
Vice President Michael Grimm	Meets Linda Chapman	Appointed Director Open
Secretary Sally Dillon	Membership Registrar Arni Litt 206.849.1387 PO Box 12172 Seattle, WA 98102-0172 pnaregistrar@usms.org	Club Representative Sarah Welch
Treasurer Mark Benishek		Club Representative Kim Boggs
Immediate Past President Steve Peterson		Club and Team Development open!
At-Large Director Kathy Casey	Open Water Coordinator Jim Davidson	
At-Large Director Open		

PNA's Coordinators/Standing Committees:

Awards Kerry Ness	Postal Swim Updates Sally Dillon
Coaches Open	Records/Top Ten Doug Jelen
Fitness Open	Safety Open
Historian Open	Webmaster Steve Peterson 360.692.1669 webmaster@swimpna.org
The WetSet Editor Open	Database Support Jon Walker
Officiating Kathy Casey Jan Kavadas	

PNA Board Meeting Highlights

Sally Dillon, PNA Secretary

August 26, 2014

The PNA Board met at Steve Peterson's home in Silverdale. Treasurer Jeanne Ensign report included detail for July and through August 20. 100% of registration fees are in as budgeted. Comparing January-August, \$3800 more has been collected compared to last year. The balance sheet indicates we have \$42K in the bank with no outstanding debts.

Membership Coordinator Arni Litt reported that we have 1633 members, which is one member short of last year's end of year total. USMS registration changes will allow new members to register as of September 1 and pay for 16 months, with a discount for the last four months as well as one for next year.

Bylaws Chair Jane Moore submitted and received approval for changes to the PNA Policies in response to a motion passed at the last meeting that would guarantee a \$12 per swimmer profit for any 2-day meet that is planned for at least 7 hours total duration.

Jan Kavadas expressed interest in the unfilled board position of PNA Appointed Director. The appointee serves for one year and is selected each December. Jan was approved to serve through the end of 2014.

GLAD notified Open Water Coordinator Jim Davidson that they would not be conducting the Fat Salmon open water event in the future. The key people in charge are not willing to continue in their positions and replacements within the club have not been found. An effort is being made to find another group to take on the event.

Open Volunteer Opportunities for PNA

- **The WetSet Editor:** Right now we have a critical need for an Editor to coordinate the electronic publication of our six bimonthly newsletters.
- **Fitness Coordinator:** This volunteer promotes fitness events and activities, provides articles for *The WetSet*, and coordinates clinics for PNA members.
- **Club and Coach Services Coordinator:** Also a Board member who works with clubs and workout groups and coordinates their interests with the Board activities.

October 25, 2014

The PNA Board met at Sally Dillon's residence in Issaquah. For the "retreat" portion of the meeting, President Lisa Dahl led the group in an exercise of transformative learning, which was explained as an awareness of things that create decision-making. The exercise led to a strategic review for the upcoming year that included increasing our volunteer "pool", promoting swimming as available to all, promoting open water and pool participation, enhancing our communication, providing clinics, and training volunteers to teach adults to swim.

Also during the retreat, volunteer recognition was discussed. Hugh Moore, Sally Dillon, and Sarah Welch presented recommendations that included forming a committee to organize a banquet or event for the purpose of recognizing volunteers, swimmer achievement, and conducting a brief annual meeting. It was also decided to form a special LMSC Awards Recognition Committee to seek out nominees for PNA awards.

During the General Business meeting, Treasurer Jeanne Ensign announced that Mark Benishek has volunteered to complete Jeanne's term as Treasurer. Mark is the facility manager at Bainbridge Aquatics Center. Mark was nominated and approved. The Board enthusiastically thanked Jeanne for her 20+ years of service to PNA.

With Arni Litt being absent, Sally reported that as per the USMS website, PNA has 1,729 registered members and 4 clubs: BWAQ (268 swimmers), PSM (1,409 and 34 workout groups), ROCK (10), VO2 (1).

A schedule for the 2015 board meetings was distributed and approved. April 2015 brings the election of new officers and a nominating committee was appointed: Sarah Welch, Kim Boggs, and Mark Benishek. An official "call for nominations" will appear in the January issue of *The WetSet*. Lisa and Sarah provided and received approval for a job description for the Club and Team Development board position, as one did not previously exist.

Linda Chapman recommended and the board approved 5 meets for the 2015 calendar:

January 25	SCM	Anacortes - Thunderbird Masters
February 7	SCY	Olympia - SSMS
February 22	SCY	Kirkland - LWM
March 8	SCY	Sequim - SARC (new meet)
April 11-12	SCY	Federal Way - BWAQ

She expects there will be other meets submitted for approval as well.

Welcome, New Swimmers! (Registered as of 12/19/2014)

Bellingham Masters Swim Club

Matt McCoy

Blue Wave Aquatic Masters

Don Erickson

Bainbridge Aquatic Masters

Bernadette Fay
Martha Devereaux
Megan Hawgood
Michael Cyger

Columbia Athletic Masters

Vince Carmosino

Green Lake Aqua Ducks

Brian Williamson
Clifton Oleszko
Megan Slater

Husky Masters

Joshua Scheck
Ken Weller
Shelley Farber

Lake Washington Masters

Lianna Doherty
Scott Imlay

Mukilteo YMCA

Paige Seaborg

North Kitsap Masters

Roberta Moore
Teresa Beaudoin

North Whidbey Masters

Megan Daniel

Ohana Swim Team

Austin Williams

ORCA Swim Team

Brian DesRoches
Erin Johnson
Jefferson Lee
Ky Akazawa
Mark Whiting

Sequim Aquatic Recreation Center

Andrea Cortani

Skagit Valley Masters Swimming

Brenda Harter
Rebecca Graves

South Whidbey Island Masters

Nicholas Murphy

Thunderbird Aquatic Masters

Kalea Ralph

UC36

David Coddington

Unattached to a Workout Group

- UNAT

Clay Dawson
Dustin Gilbert
Erica Boivin
Georgia Steenberge
Marlyce Stein
Rachel Wester
Sean McCormack
Teri White

Western Washington University Masters Swimming

Emily Monsen

YMCA of Pierce & Kitsap Counties Sea Dragons

Bradie Haner

NOTE: Please email error corrections (and names of unattached swimmers who want to change their affiliation to a specific workout group) to pnaregistrar@usms.org



What's New in the Registrar's Lane?

By Arni Litt, PNA Registrar

Welcome to all you renewing and new swimmers!

Clubs in the PNA

The PNA welcomes any group that wants to register as a club: the upside – you are a more recognizable entity than a workout group; the downside – your pool of relay swimmers for official competition becomes limited.

We currently have five Clubs registered for 2015 in the PNA: Bellingham Athletic Club Swimming (BACS), Blue Wave Aquatics (BWAQ), Puget Sound Masters (PSM), University Place Aquatics (UPAC), and Vashon Island Rockfins (ROCK). PSM is the largest and only one consisting of many workout groups around the LMSC. BWAQ is second in size while the other three generally have fewer than ten members each at the time of this writing.

A very few of you may find yourselves associated with club "UC36." This is a FINA-inspired administrative entity (Unaffiliated Club of LMSC #36, Pacific Northwest) representing those swimmers who are not members of the five named clubs but are still members of PNA. As a UC36 member, however, you are restricted from relays or earning points during competition.

Workout Group Registration

As many of you have found, not all the workout groups (USMS-speak for "teams") are listed in the online registration system. To date, of our 63 known workout groups with swimmers, 33 have registered and are listed. This does not mean that your team does not exist. You know this because you are still swimming together. What it means is that your team has not registered with USMS.

—continued next page

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There are other benefits for spending the \$25 to register your club or workout group – including requesting free [banners!](#)

Recently, many of the workout groups have sent in updated workout schedules. These are maintained on the website under Places to Swim. If you have information about your group that needs updating, please send it to PNregistrar@usms.org or the webmaster.

30 Day Trial

Unsure about joining? USMS offers a free one-time 30-consecutive-day trial membership. It's good for checking out one or more workout groups and you are covered by the USMS participant accident insurance. It's not good for competition, however.

It is important that all trial members fill out and sign the both pages of the 2015 30-day form. Additional details and the form can be found [here](#).

Coaches, remember that you must send these signed forms to USMS. Keep a copy for yourself.

Have a wonderful year swimming and remember the entire PNA Board is here to help you have a great swimming experience.

38th Annual USMS National Championship One-Hour Postal Swim

Spend a “HAPPY HOUR” in your local pool

By Sally Dillon, PNA ePostal Coordinator

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. Will YOU join in this year? This event is open to any USMS registered swimmer whether they are fast, slow, or in-between. The “hour” can be swum in ANY pool 25 yards or longer. The objective, of course, is to see how FAR you can swim in one hour so most people swim freestyle. But it's ok to swim backstroke, breaststroke, or any other stroke and you can even switch strokes whenever you choose. It is NOT ok to wear fins, buoys, paddles, snorkels, wetsuits or other aids for speed.

Once the swim is completed, your official entry must be submitted online. Paper entries are no longer an option so if you do not use a computer, please ask a fellow swimmer to enter for you. The cost for an individual to enter is a mere \$7. PSM and BWAQ clubs will enter and pay for their own relay teams using the results from individual entries once that entry deadline has passed.

Here are a few more details:

- An official timer/lap counter will need to record your splits after every 2 lengths.
- Your swim MUST take place DURING the month of January... not before or after!
- Entries must be submitted by February 10.
- The official entry info and split sheet are available at www.usms.org/longdist/ldnats15/ At the bottom of that screen you will find a downloadable pace chart and a form for recording your splits.

Will your swim group organize opportunities to swim the 1-Hour Postal National Championship in January 2015? Can you offer lane space to others? Please let PNA Postal Coordinator Sally Dillon know of your plans and she will spread the word! Questions - Contact Sally at salswmmr@comcast.net.

2014 Speedo-USMS 3000/6000 ePostal National Championships

(25 yard or 25 meter pools only)

September 15–November 15, Hosted by Central Oregon Masters (COMA)

-- by Sally Dillon, PSM ePostal Coordinator

Listed here are results for the 9 male and 11 female PSM swimmers who submitted times for these national events. The relays were assembled after the fact from those who swam. National results are available at

www.usms.org/longdist/ldnats14/ (scroll to page bottom). PSM set two national relay records and had a number of individuals and relays that earned 1st place finishes!

PSM SWIMMERS	Time	AG	Finish
INDIVIDUALS - 9 men, 11 women			
3000 yd postal (men)			
Bruce Deakyne	32:16.40	18-24	1st
Michael Scott	40:31.97	25-29	3rd
Aaron Miller	40:12.41	30-34	11th
Brock Jones	38:51.40	30-34	9th
Mats Nygren	34:31.98	45-49	3rd
Dan Phillips	34:43.64	50-54	1st
Kyle Geiger	39:47.01	55-59	5th
Ron Hansen	54:44.99	65-69	12th
6000 yd postal (men)			
Bruce Deakyne	1:03:38.85	18-24	1st
David Dahl	1:17:34.34	25-29	1st
Brock Jones	1:18:23.92	30-34	4th
Dan Phillips	1:12:58.53	50-54	1st
Ron Hansen	1:49:18.99	65-69	8th
3000 yd postal (women)			
Christina Thomas	35:34.68	18-24	3rd
Jenny Ferries	41:00.99	30-34	3rd
Michelle McRae	38:20.06	35-39	1st
Lianna Doherty	37:54.63	40-44	2nd
Heather Clarke	49:15.70	40-44	14th
Lisa Keith	43:53.58	45-49	7th
Julie Voss	44:41.88	50-54	21st
Sheila Moore	44:48.04	55-59	11th
Lucy Shaw	43:18.25	55-59	8th
6000 yd postal (women)			
Meghan Meinerz	1:25:15.99	30-34	2nd
Michelle McRae	1:18:42.13	35-39	1st
Haleigh Werner	1:11:21.44	45-49	1st

CLUB RESULTS	Men	Women	Mixed
3000 ePostal	4 th	4 th	4 th
6000 ePostal	3 rd	6 th	2 nd

RELAYS	Time	Finish
Men's 18+ 3X3000		
Bruce Deakyne	1:41:32.02	National record!
Mats Nygren		
Dan Phillips		
Men's 25+ 3X3000		
Brock Jones	1:58:50.82	3rd place
Aaron Miller		
Kyle Geiger		
Men's 18+ 3X6000		
Bruce Deakyne	3:34:11.72	1st place
David Dahl		
Dan Phillips		
Women's 18+ 3X3000		
Christina Thomas	1:51:49.37	3rd place
Michelle McRae		
Lianna Doherty		
Women's 45+ 3X3000		
Julie Voss	2:12:48.17	5th place
Sheila Moore		
Lucy Shaw		
Women's 25+ 3X6000		
Meghan Meinerz	3:55:19.56	1st place
Michelle McRae		
Haleigh Werner		
Mixed 18+ 4X3000		
Bruce Deakyne	2:27:43.47	3rd place
Brock Jones		
Christina Thomas		
Jenny Ferries		
Mixed 35+ 4X3000		
Mats Nygren	2:25:30.31	1st place
Dan Phillips		
Michelle McRae		
Lianna Doherty		
Mixed 18+ 4X6000		
Bruce Deakyne	4:46:40.95	National record!
Dan Phillips		
Michelle McRae		
Haleigh Werner		

MASTERS CALENDAR

LOCAL POOL EVENTS

January 25, 2015

MEET:

[Thunderbird Masters Meet](#)

Anacortes, WA

[More info: Jason Hunter](#)

February 7, 2015

MEET:

[Beat the Clock Meet](#)

Olympia, WA

[More info: Mel Smith](#)

February 22, 2015

MEET:

[Lake WA Masters Meet](#)

Kirkland, WA

[More info: Linda Chapman](#)

March 8, 2015

MEET:

[SARC Masters Meet](#)

Sequim, WA

[More Info: Herb Cook](#)

April 11-12, 2015

MEET:

PNA Champs

Federal Way, WA

[More Info: Steve Freeborn](#)

REGIONAL POOL EVENTS

LOCAL/REGIONAL OPEN WATER

POSTAL EVENTS

January 1 - 31, 2015

MEET:

[One Hour Postal](#)

[Add'l Info](#)

All Year

[USMS Go the Distance](#)



USMS Calendar of Events

Pool, OW, Postal:

[Basic Search](#)

[Advanced Search](#)

INTERNATIONAL EVENTS

August 5-16, 2015

MEET:

FINA World Masters Championship

Kazan, Russia

NATIONAL EVENTS

April 23-26, 2015

MEET:

[USMS SCY Nat'l Champs](#)

San Antonio, TX

August 6-9, 2015

MEET:

USMS LCM Nat'l Champs

[Spire Institute, Geneva, Ohio](#)

PNA BOARD MEETINGS

January 20, 2015

PNA Board Meeting

Via conference Call

6:45 pm - 9:00 pm

February 24, 2015

PNA Board Meeting

Via conference Call

6:45 pm - 9:00 pm

March 21, 2015

PNA Board Meeting/Mini-Retreat

[@ Sally Dillon's, Issaquah](#)

9:00 am - 12:00 pm

See the [online calendar](#) at [swimpna.org](#) for the latest information.

PNA Masters Swimmers Club and Team Listing

Clubs: PSM, BWAQ, BACS, ROCK and UPAC

Team/Abbreviation	Team Rep/Coach	Pool	Workout Times
Blue Wave Aquatics BWAQ www.fwmasters.com	Hugh Moore (260) 550-6713 swimmoore@comcast.net Judy Williams 206-399-8947 judyswims@comcast.net Wendy Neely 206-793-9391 wendymal@mac.com 1. KCAC: 253-296-4444 2. FWCC: 253-835-6900 3. Covington: 425-413-7665 4. Fife: 253-922-7665 5. Evergreen: 206-588-2297 6. Sumner: 253-891-5550 Check the website for times and locations updates.	1. Weyerhaeuser King County Aquatic Center KCAC 650 SW Campus Dr, Federal Way 2. Federal Way Community Center 876 S 333rd St Federal Way 98003 3. Covington 18230 SE 240th St Covington, 98042 4. Fife Swim Center 2111 54th Ave E, Fife 98424 5. Evergreen Community Aquatic Center 606 SW 116 St, Seattle, 98146 6. Sumner Pool 1707 Main St, Sumner 98390	1. KCAC: 5:30-6:30 am M,T,Th,F 9:30-10:30 am M,W,F 7:00-8:00 pm M,T,W,Th 2. FWCC: 7:00-8:00 am Sat 3. Covington 5:30-6:30 am M, W, F 4. Fife 8:00-9:00 pm Tu, Th 6:00-7:00 pm F 5. Evergreen 5:30-6:30 am M,T,W,Th 8:00-9:00 am Sun 6. Sumner: 5:30-6:30 am M, W 7:30-8:30 pm T, Th
Bellingham Athletic Club Swimming BACS www.bellinghamathleticclub.com/	Yusa McKenzie 360-676-1800 aquatics@bellinghamathleticclub.com		
Puget Sound Masters PSM	Sarah Welch 206-359-2588 sarahwelch@comcast.net	See Teams & Pools below	
Vashon Island Rockfins ROCK www.vashonathleticclub.com	Dayna Jessen Rogers 206-384-1859 soundwavescuba@earthlink.net	Vashon Athletic Club 19120 Vashon Hwy SW Vashon, WA	11:00-1:00 pm M-Su times may vary
University Place Aquatics UPAC www.upacsharks.org	Ken St John 253-460-2949 minuteman3@mac.com Matt Beal bealmc@plu.edu	Curtis (High School) Aquatics Center 8520 40th St West University Place, 98467	6:30-8:00 am Sat Schedule varies, please email to verify

Puget Sound Masters (PSM) Teams / Workout Groups

Team/Abbreviation	Team Rep (top line)/Coach (2nd line)	Pool	Workout Times
Bainbridge Aquatic Masters BAM www.bainbridgeaquaticmasters.com	Rick Stafford 206-842-8211 neriagepotter@gmail.com April Cheadle 206-842-2302 april@biparks.org	Bainbridge Aquatic Center High School Rd & Madison Ave Bainbridge Island, WA 98110 206-842-2302	5:15- 6:30 am T, Th 9:00 -10:15 am M -Th 10:30-11:45 am M, W Noon -1:15 pm M -Th 7:00-8:30 am Sat
Bellevue Club BC www.bellevueclub.com/aquatics/	Melissa Stepp 425-688-3127 melissas@bellevueclub.com Karen Dugan 425-688-3127 kidugan@comcast.net	Bellevue Club 11200 SE 6th St Bellevue, WA 98004 425-455-1616	Must be members of the Bellevue Club or a Hotel Bellevue guest
Bellingham Masters Swim Club BMSC www.b-m-s-c.org	Lisa Kaufman 360-734-2506 lbkauf@clearwire.net Jof Abshire 360-319-2813 jof@comcast.net	Arne Hanna Aquatic Center 1114 Potter St, Bellingham 360-647-7665	5:30-7:00 am M, T, Th, F 7:00-8:00 pm T-Th
Bremerton Aquatics Club BTAC www.bremertontennis.com/	Krysta Gomes kdgomes@comcast.net Kate Flikkema (740) 739-0955 kateflik@yahoo.com	Bremerton Tennis & Athletic Club 1909 NE John Carlson Rd Bremerton WA 98311	6:30-8:00 am T, with coach 6:30-8:00 am F without coach
Central Area Aquatics Team CAAT www.swimcaat.org	CAAT Team Registrar registrar@swimcaat.org Karla Ruff ruffk@seattleu.edu Kieran Schafer Schaefe2@seattleu.edu	Seattle U. Connolly Center 550 14th Ave & Cherry St Seattle, 98122	6:10-7:10 am M-F
Columbia Athletic Clubs CAC www.columbiaathletic.com	1. Vincent Cucinell 425-313-0123 Vincentc@columbiaathletic.com 2. Sarah Bradley 425-313-0123 slcswim@columbiaathletic.com	1. Pine Lake Club 2930 228th Ave SE Sammamish WA 98075 2. Silver Lake 505 128th St SE Everett 982202	1. 5:30-6:30 am T, Th 7:00-8:30 am Sat 2. 6:00-7:00 am, 12:00-1:00 pm M,W 10:00-11:00 am 7:00- 8:00 PM T, Th
Downtown / Bellevue Swim Team DBST www.dbstmasters.org	Michael McKinlay 425-417-9770 mmckinlay@acm.org	1. Bellevue Eastside YMCA 14230 Bel-Red Rd, Bellevue, 98007 425-746-9900 2. Downtown Seattle YMCA 909 4th Ave, Seattle 98104 3. Coal Creek Family YMCA 13750 Newcastle Golf Club Rd Newcastle, 98059	1. 5:00-6:15 am MWF 6:00-7:30 am MWF 8:00-9:00 am Sat 2. 6:00-7:00 am T, Th 5:30-6:30 pm T, Th 3. 6:00-7:00 am T, Th
Everett Masters Swimmers EMS	Adam Yanasak 425-691-0348 ayanasak@hotmail.com Dale Cary 425-238-7532	Forest Park Swim Center 802 E Mukilteo Blvd Everett WA	5:00-6:00 pm M, W 4:30-5:30 pm F 5:00-6:00 pm occasionally T, Th

Please check for the latest version of these pages at www.swimpna.org/w/PNA/places-to-swim/

Team/Abbreviation	Team Rep (top line)/Coach (2nd line)	Pool	Workout Times
Fins of the San Juans FSJ www.SanJuanIslandFitness.com	James A Frampton 360-378-2428/ 360-5239 Frampton.ja@gmail.com Stan Wakeman 360-378-5580 dentalarts@centurytel.net	San Juan Island Fitness Cntr. 435 Argyle Friday Harbor, WA 98250 360-378-4449	1:00-2:15 pm M-F Open swim: 6:00-11:00 am M, W, F 4:30-7:30 pm M, W, F 6:00-3:15 pm T, Th 9:00-3:30 pm Sat 11:00-3:30 pm Sun
Gold's Aquatics Masters GAM	Tom Wunderlich 425-418-6016 tomw@goldsgymwa.com	Aquatics Center at Gold's Gym 18600 Woodinville Snohomish Rd Ste 100 Woodinville, WA 98072	5:00-6:00 am M-F 8:00-9:00 am M-F 12:00-1:00 pm M, W, F
Gold's Eastside Masters GEM	Stella Preissler 425-868-1883 206-240-9691 (mobile) stellap@goldsgymnorthwest.com	Gold's Gym Redmond 7959 178th Pl Redmond, WA 98052 425-883-9494	8:00-9:00 am M, W, F
Gig harbor Old Swimmers Team GOST	Mike Kelly 253-265-2739, 253-906-3668 tideswim@gmail.com	Gig Harbor High School Pool 5101 Rosedale St Gig Harbor, WA 98335	5:30-6:30 pm M, W
Greenlake Aquaducks GLAD www.gladswim.org	Tom Harrylock 206-783-5319 tom@hvengineering.biz David Tourigny 206-719-3695 tourigd@yahoo.com	1. Evans Pool 206-684-4961 7201 E Green Lake Dr N Seattle, 98115-5301 2. Colman Pool (Outdoor, 50m) Lincoln Park, West Seattle	1. 5:00-6:00 am M-F 7:30-8:30 Sat 2. Saturdays: 6:30-8:00 am end of May-Sept Labor Day Open to all USMS members Check website to confirm dates
Husky Masters HMST www.huskymasters.org	Jacquelyn Bragg (408) 921-7037 JoinHuskyMasters@gmail.com	U of W Pool, Hec Ed Pavillion South of Husky Stadium University of Washington Seattle, 98195	5:30-7:00 pm M, W, F 11:00 am-12:30 pm Sun Summer: M, W, TH 7:00-8:30 pm Check website for updates
Lake Washington Masters LWM www.lakewashingtonmasters.com	Becca Watson 425-939-1627 BeccaWatson@wvaveaquatics.org	Juanita Aquatic Center 10601 NE 132nd St. Kirkland, WA 98034 425-936-1627	Aug-Feb 6:15-7:30 am M-F 12:00-1:00 pm M-F 10:00-11:30 am Sat March-July 6:00-7:00 am M-F 12:00-1:00 pm M-F 10:00-11:30 am Sat
Lone Wolf Aquatics LWA	Ron Belleza 206-718-2324 ronbelleza75@gmail.com	Forest Park Swim Center 802 E. Mukilteo Blvd. Everett 98203 425-257-8309	6:00-7:00 am M, W, F
Lynnwood Sharks LWS	Suzanne Way drway@vitalishealthcenter.com	Lynnwood Pool 18900 44th Ave W Lynnwood 98012-5737	8:15-9:30 pm M, W
Logger Masters LOGS	Bob Moore 206-356-6875 bbmoore.moore@gmail.com	Various	Various

Please check for the latest version of these pages at www.swimpna.org/w/PNA/places-to-swim/

Team/Abbreviation	Team Rep (top line)/Coach (2nd line)	Pool	Workout Times
Mercer Island Redwoods MIR redwoods.freehostia.com	Thomas Grandine 425-391-7833 Tom@grandine.org Michael Schaeffer 206-232-6552 Margaux56@aol.com	Mercerwood Shore Club 4150 E. Mercer Way Mercer Island, WA 98040	5:30-7:00 am M-F call to see when pool reopens in 2015
Mercer Island Country Club MICC	206-232-5600	Mercer Island Country Club 8700 SE 71st St Mercer Island, WA 98040	6:00 7:00 am M, W, F
Middle Aged Marlin Swimmers MAMS	Kirby Schaufler 425-322-5581 kirbsch@comcast.net	Marysville-Pilchuck High School 5611 108th St NE Marysville 98271	5:30-7:00 am M, W, F
Monroe YMCA Masters MYM	Leif Ellsworth 360-805-1879 lellsworth@ymca-snoco.org	Monroe YMCA 14033 Fryelands Blvd Monroe, WA 98272 360-805-1879	6:00-7:00 am T, Th, F
Mukilteo YMCA MUKY	Joel Dodds (321) 266-4748 mukymastersswim@gmail.com	Mukilteo YMCA 10601 47th Place W Mukilteo, WA 98275	8:00-9:00 pm M, W 7:00-8:00 pm Th
North End Otters NEO Shorelinemasterswimming.org	Mary Lippold 206-365-8805 mandrlippold@comcast.net Wayne Methner 206-234-5724 wmethner@yahoo.com	Shoreline Pool, 206-296-4345 19030 1st Ave NE Shoreline, 9155	6:30-7:30 am M-F
North Kitsap Masters NKM www.northkitsapmasters.com/	Mary McClusky 360-598-1070 northkitsapmasters@gmail.com Laura Tetrick	North Kitsap Pool 1881 Northeast Hostmark St Poulsbo 98370	5:15-6:30 am T, Th 7:00-8:00 am Sat open to all USMS members
Northshore Y's Guys NSYG	Marc Norsen snailfish@comcast.net	Northshore YMCA 11811 NE 195th St Bothell, 98011	5:00-6:30 am M-F 8:30-9:45 pm M, W
North Whidbey Masters NWM www.oakharborpool.com/nway/nwm	360-675-7665 headcoach@oakharborpool.com admin@oakharborpool.com	John Vanderzicht Memorial Pool 85 SE Jerome St Oak Harbor 98277 360-675-7665	6:00-7:00 am M, T, Th 12:00-1:00 pm M, W, F
Ohana Swim Team OST www.ohanaswimteam.com	Kris Speir 253-279-6127 kdspeir@gmail.com Dan Balderson 253-209-7693 ost.coachdan@gmail.com	Stadium High School 111 N E St Tacoma WA 98403	6:15-8:15 pm M-F Drop-ins welcome
Olympic Aquatic Club OAC www.oacswim.org	Greg Mercer gregorymercer2831@gmail.com	Olympic High School 7070 Stampede Blvd Bremerton WA 98311-8927	7:30-8:30 pm M, W
Olympic Cascade Aquatic Masters OCAM	Brad Kickert 206-588-1117 bkickert@yahoo.com JT Hunter 206-588-1117 bkickert@yahoo.com	Mary Wayte Pool 8815 SE 40th St Mercer Island, WA 98040	7:00-8:00 pm T, Th 12:00-1:00 pm W
Orca Swim Team ORCA www.orcaswimteam.org	Steven Potokar captains@orcaswimteam.org	Seattle U-Connolly Center 14th Ave & Cherry St	7:45-9:00 pm M, W, F 6:05-7:20 am Tu, Th 2:00-3:30pm Sundays

Please check for the latest version of these pages at www.swimpna.org/w/PNA/places-to-swim/

Team/Abbreviation	Team Rep (top line)/Coach (2nd line)	Pool	Workout Times
Port Townsend Masters PTMS	Ann Bailey 360-385-6351 ajbailey@q.com	Mountain View Pool 360-385-7665 1919 Blaine St Pt. Townsend, WA 98368	9:00-11:00 am Sun
PRO Sports Club PRO	Justin Berry 425-895-6588 jberry@proclub.com	Pro Sports Club Pool 4455 148th Ave NE Bellevue, WA 98007 425-885-5566	6:30-7:30 pm T, Th
Phinney Ridge Swim Club PSC	Caroline Brown 206-783-4436 mcleanbrown@comcast.net Peter 206-Hays 206-706-1184 berner-hays@msn.com	1. Ballard Pool 1471 NW 67th Seattle WA 98117 2. Lake Washington	1. Oct-May: 6:00-7:00 am T, Th 2. June-October: Open Water
Puget Sound Aquatics PSA	Kathrine Casey 253-588-4879 Kathyj.casey@comcast.net	Lakewood YMCA 253-584-9622 9715 Lakewood Drive SW Lakewood, WA 98499	Varies: Call Kathy
Queen Anne Swim Club QASC	Edward J. Artis (206)793-3099 edmainlines@live.com	Queen Anne Pool 2121 1st Ave W Seattle 98119	8:00-9:30 pm Wed 8:00-9:00 pm Fri 9:30-11:00 am Sun
Seattle Athletic Club-Downtown SAC		SAC 2020 Western Ave Seattle 98121	6:30-7:30 pm T, Th 8:00-9:15 am Sat
Samena Masters SAMM	Stephanie Segovia 425-746-1160 ext 15 stephanies@samena.com Mathieu Signoretty 425-830-3625 mathieu.signoretty@hotmail.com	Samena Swim & Rec Club 15231 Lake Hills Blvd Bellevue, WA 98007	5:45 am-6:45 am M, W, F
Sand Point Country Club SPCC	Bob Moore 206-356-6875 seamoores@comcast.net	Sand Point Country Club 8333 NE 55th Ave Seattle WA	Members only Club various times 6:15 am M-F 9:00 am Sat
Sequim Aquatic Recreation Center SARC www.sarcfitness.com	Herb Cook 360-797-7097 herbcook@att.net Jason Ridle (818) 397-9980 jpridle@sbcglobal.com	Sequim Aquatic Recreation Center 610 N 5th Ave Sequim WA 98382	6:00-7:00 pm T, Th, F
Seattle Open Water Irregulars SOWI	Lucian Wischik 206-792-6418 Lu@wischik.com	Lake Washington	Irregular-Call
Skagit Valley Masters Swimming SVMS www.swimsvms.org	Kerry Ness 360-770-1969 a_qua_man@hotmail.com Shannon Singer (619) 665-1093 Ssinger70@aol.com	Skagit Valley Family YMCA 215 E Fulton St Mount Vernon, WA 98273 360-336-9622	5:45-7:00 am T, Th Noon- 1 pm M, W, F 7:30-9:00 am Sat Check website for details on summer open water practices
Snohomish Aquatic Masters SAM	Chris Bensen (631) 902-2979 cbensen@snohomishaquatic.com	Snohomish Aquatic Center 516 Maple Ave Snohomish WA 98290 360-568-8030	New Program-call

Please check for the latest version of these pages at www.swimpna.org/w/PNA/places-to-swim/

Team/Abbreviation	Team Rep (top line)/Coach (2nd line)	Pool	Workout Times
South Sound Masters Swimming SSMS www.southsoundymca.org	Roger Coldiron coldironr@ssymca.net Melvin Smith (360)753-6579 melcomplynow@msn.com	Briggs Community YMCA 1530 Yelm Hgwy SE Olympia WA 98501	6:45-8:00 am M, W, F
South Sound Masters Swimming SSMS www.evergreenswimclub.org	Lauralee Carson lauralee.carson@comcast.net Kelly Serrao, SSMS Coach Evergreen Swim Club 360-790-0537	Evergreen State College Pool 2700 Evergreen Parkway NW Olympia, WA 98505	5:30-7:00 am M, W, F 8:00-10:00 am Sat
South Sound Masters Swimming SSMS	Charlie Norman, SSMS Coach Thurston Olympians 360-754-9031 cqclam@aol.com	North Thurston High School 600 Sleater Kinney Rd NE Lacey, WA	5:30-6:34 am T, Th, F
South Whidbey Island Masters SWIM www.Islandathleticclub.com	John deWit 360-579-3079 blackdog@whidbey.com Kristi Eager 360-321-4469 Keager6@gmail.com	Island Athletic Club 5522 S Freeland Ave Freeland, WA 98249	5:20-6:30 am M, W, F 6:30-7:30 pm W
StingRay Swim Team SRST	Ben Olszewski 425-736-5600 Coachben220@gmail.com	Mariner HS Pool 200 120th St. SW Everett WA 98204	7:00-8:00 pm M-F
Thunderbird Aquatic Masters TACM www.thunderbirdswim.org	Lee Carlson 360-466-0127 lee.carlson211@gmail.com Jason Hunter 360-293-0673 x14 jhunter@fidalgopool.com	Fidalgo Pool & Fitness Center 1603 22nd St Anacortes, WA 98221 360-293-0673	5:45-7:00 am T-Th 12:00-1:00 pm T-Th 7:00-9:30 am Sat
VO2 Multisport Swim Team VO2 www.vo2multisport.com	Robert Bakh (951) 677-1567 bob@thebakhs.com swim@vo2multisport.com	Check website	
Washington Athletic Club WAC	Kelly Parr 206-464-3086 x 3073 kparr@wac.net	Washington Athletic Club 1325 6th Ave Seattle, WA 98101	6:30-7:30 pm M-Th Must be a member of the WAC
West Seattle YMCA Dolphins WSYD		West Seattle YMCA 4515 36th Ave. SW Seattle, WA 98126	5:30- 6:40 am M, W, F
West Coast Aquatics Masters WEST www.westswimteam.com	Trish Havey trish@westswimteam.com Ken Rice (swimkenswim@yahoo.com) Joan Beyerlein 425-337-6778 joanclimb@comcast.net nick@westswimteam.com	West Coast Family Aquatic Center 15622 Country Club Dr Mill Creek, 98012	9:00-10:30 am T, W, F

Please check for the latest version of these pages at www.swimpna.org/w/PNA/places-to-swim/

Team/Abbreviation	Team Rep (top line)/Coach (2nd line)	Pool	Workout Times
YMCA PKC Sound Aquatic Swimmers YPKC	Chad Hagedorn 253-332-5985 chad@greyslademedia.com 1. Cari Collins, Aquatics Director 253-534-7858 Carolyn Oury 253-534-7861 coury@ymcapkc.org Kasey Dorcas 425-359-8515 4. Kjerstin Moren 253-460-8872 Tacoma Center Branch 1144 S Market St, Tacoma 98402 253-597-6444 6. Rich Tate 360-307-4058 rtate@ymcapkc.org	1. Tom Taylor YMCA, Gig Harbor 2. Morgan YMCA, Tacoma 3. Lakewood YMCA, Lakewood 4. Tacoma Center YMCA, Tacoma 5. Mel Korum YMCA, Puyallup 6. Bremerton Y 2261 Homer R Jones Dr 7. Haselwood Family Y, 3909 NW Randall Way, Silverdale	1. 7:00-8:30 am Sat- Coached 2. 3. 4. 6:30-7:30 pm M,W,F 5:15-6:15 am T,Th 12:00-1:00 pm T,Th 5. 6. 7:00-8:30 pm Tu, Th 7. 8:45-10 am M-F (nominal, no coach; call/text Steve: 360-981-5075)
Western Washington University WWUS www.edu/swim/	Meg Monsen westernswimming@gmail.com monsenm@students.wvu.edu alex_mckiernan@yahoo.com	Wade King Rec Ctr, WWU 1880 Bill McDonald Pkwy 516 High St Bellingham, WA 98225	7:00-9:00 pm M-Th When school is in session

Please check for the latest version of these pages at www.swimpna.org/w/PNA/places-to-swim/

The above information may change with personnel changes, seasons and pool maintenance. Please contact the Team Representatives and Coaches for up-to-date information. Send all corrections to this page to pnRegistrar@usms.org

If you do not see your team on this list, it is because it was not yet registered with USMS this year and we do not have current information. Please go to www.usms.org/reg/club/ to register your workout group online for 2015.



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 <http://www.usms.org/reg/register.php>

2015 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: _____

Primary Phone (_____) _____ Contact via text? Secondary Phone (_____) _____ Contact via text?

FIRST choose a CLUB Affiliation

- Puget Sound Masters (PSM)
- Blue Wave Aquatics (BWAQ)
- Bellingham Athletic Club Swimming (BACS)
- Vashon Island Rockfins (ROCK)
- University Place Aquatics (UPAC)
- Unattached to any Club

THEN choose a TEAM Affiliation (PSM only)

See team list on next page or www.swimpna.org for team initials _____ (TEAM)

Choose a membership level A or B below for 11/01/2014 thru 12/31/2015.

A. Regular:	\$52	
B. Need-based or Seniors (65 & over):	\$42	
<i>Optional Donations or payments:</i>		
Recognized Masters Coach designation (See usms.org for details)	\$30	
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 pnRegistrar@usms.org

Mail check & form to: Arni Litt, Registrar
PO Box 12172
Seattle, WA 98102-0172

USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

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 \$59,000 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](#), open water and pool events, and future projects. The Senior and Need-based discount is funded in part by donations.

Please consider making a tax-deductible donation.

A link to the PNA newsletter, *The WetSet*, will be sent by email 6 times/year

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.

Skill _____

Check if you are a Masters Coach? Are you a Certified Coach Yes

2015 Annual Fee: Of your membership fee \$37 is sent to USMS and \$15 remains with PNA to support our programs. There is no discount for those not wishing to receive the national publication.

You must read, sign, and return the next page for your registration to be valid!!!



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- 1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
- 2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
- 3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
- 4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
- 5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Revised 07/01/2014

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