



The WetSet

U.S. Masters Swimming in Western Washington Pacific Northwest Association of Master Swimmers
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Hello World!!!! Wha...?? No, I am not CHAPPIE...but I am the new editor! BIG this Spring are: the next slate for PNA Board Leadership, plus Coach and Inspirational Swimmer of the Year Awards to name a few... If a nerdy, boring, overworked engineer can branch out and write a cheeky news-

letter, THEN you can take the time to get involved... Pen the reason why YOUR coach or YOUR fellow teammate deserves to be recognized, volunteer for one of six open Board/ Committee positions, and attend a seminar, swim meet or open water swim...**SEE YOU THERE!!!**

— Zena Courtney, editor

President’s Report- Leading Off

by Lisa Dahl, PNA President



It is with sadness that I write my last Leading Off for *The WetSet*. As I transition out as the PNA president, I think of my four years as VP and last four years as President with a lot of satisfaction. I enjoyed the opportunity to exercise what little leadership skills I had when I joined the PNA board. I learned that I needed to learn new skills, grow my awareness of people and how I treat them. I also had to develop my own values of what I believe leadership is for me.

Originally, I was really scared and nervous about joining the board. I was intimidated by the experience and dedication of the group. I remember the first time I applied to attend convention. I did not even vote for myself to go because I was nowhere near as qualified as they were.

And they sent me anyway! They also gave me the opportunity to learn and to grow, and I finally understood that I could make a difference in a sport that I have been dedicated to most of my life. As I move onto different boards and other opportunities, I take with me the gratitude of being mentored and nurtured by this board. It wasn’t always pleasant or fun, but it is about is giving back to others. Everyone on the board wants to make swimming available for you, so you have the opportunity to be fit, healthy and to have fun in swimming.

Thank you all for giving me the gift of service where I learned to be a strong, passionate and thoughtful leader.

PNA Board Elections

Sarah Welch, PNA Club Director

It's time to elect the PNA Board for the next two years: The elected offices are President, Vice President, Secretary, Treasurer and two At-Large Representatives. Your PNA Nominating Committee, consisting of Kim Boggs, Mark Benishek and Sarah Welch, has solicited input from throughout PNA and called for nominations for these elections through *The WetSet*.

The volunteers who serve PNA at the Board level will keep PNA a vibrant and thriving organization that promotes adult fitness and healthy adult lifestyles. This past year the Board has reorganized its governance (see Bylaws posted on the PNA website for more details). The Board now has six elected officers. The slate of officers for the 2015 elections is:

President: Michael Grimm
Vice-President: TBD
Secretary: Sally Dillon
Treasurer: Arni Litt
At-Large Director: Kathy Casey
At-Large Director: Jessica Hickel

We are still looking for a Vice President to fill out the Board. If you would like give back to Masters swimming in the Northwest by serving in this or any capacity with PNA, please contact Sarah Welch or Kim Boggs on the Nominations Committee. If VP remains uncontested, per the by-laws this vacant position will be filled by a vote of the PNA Board. That appointment would be filled as soon after the elections as practical.

A number of Board positions are appointed rather than elected by the membership. Currently, the volunteers in these positions are:

Bylaws _____ **Jane Moore**
Meets _____ **Linda Chapman**
Membership Registrar _____ **TBA**
Open Water _____ **Jim Davidson**
Appointed Director _____ **Hugh Moore**
Appointed Director _____ **Steve Peterson**
Club Director _____ **Kim Boggs**
Club Director _____ **Sarah Welch**
Club and Team Development _____ **Vacant, Looking for Volunteer!**

Our updated Bylaws now allow for electronic voting. You will receive the ballot for the election through a survey link within an email from our PNA Registrar Arni Litt. Please select your preferences and complete your survey by April 1. Election results will be announced at the PNA Champs meet.

Any PNA member without an email address on file will receive a paper ballot. IF you want a paper ballot sent to you; please email pnregistrar@usms.org and include your mailing address.

Thanks!

Your PNA Nominating Committee

PSM Shines in Victoria

by Thomas Walker, Team Walker International Masters



Sixteen of our PSM swimmers, led by coaches Shannon Singer, Becca Watson, and Chris Foster, delivered another commanding performance on January 31st at the beautiful [Saanich Commonwealth Place](#) aquatic facility in Victoria, BC. It is indeed a glorious venue and a very uplifting place to swim! Built for the 1994 Commonwealth Games, it has hosted several world-class international meets in the past. The meet was very well run – kudos to the Canadians!

All of our PSM swimmers swam well, of course! There were many season best times across the board. Our PSM swimmers in attendance were Susan Brown, Gary Campen, Charlotte Davis, Tom Fritschen, Carl Haynie, Tim Justice, Mike McColly, Kerry Ness, Dave O'Hern, Dan Phillips, Coach Shannon, Jane Vilders, Julie Voss, Mary and Dan Underbrink, and yours truly, TOM WALKER!

To mention a few of the many highlights:

Charlotte Davis had just another day at the office, setting *three* world LCM records in the 65-69 age group. She demolished the existing record of 5:43.10 in the 400 Free with a time of 5:27.79! Not content to rest on her laurels, she went on to swim a WR 1:20.09 in the 100

Fly, wiping out the previous WR of 1:26.14 and a WR swim in the 100 Free with a time of 1:09.52, besting the existing previous record of 1:09.63! Three for Three seems to suit her well – we need to find out this lady's secret, or at least what breakfast cereal she's eating!

Carl Haynie of TWIM set a PNA record in the 100 Back (55-59) with a time of 1:10.48. Way to go Carl!

Mike McColly turned in another one of his

[Tom Walker has registered a new workout group. Team Walker International Masters \(TWIM\) invites swimmers from around the PNA interested in competing and swimming around the world. \[Twalker@isomedia.com\]\(mailto:Twalker@isomedia.com\) 425-463-9931](#)

outstanding swims with a 5:43.67 in the 400 Free (70-74). Wow – doesn't look like his recent shoulder surgery got in the way!

It looks like we have a number of great backstrokers on our hands – PSM swept the men's 55-59 age group in the 200 distance with 1st, 2nd and 3rd places. The same three also laid down 1-2-3 in the 100 Back. Just for good measure we also went 1st and 2nd in the 50 Backstroke, 55-59 age group. The heroes in this PSM triumph are **Carl Haynie, Dan Underbrink, and Tom Fritschen**.

The swimming Underbrinks, **Dan and Mary**, delivered season best swims for us. Special kudos go out to Mary for swimming two butterfly legs on medley relays (female and mixed), her own 50 Fly, and just in case she wasn't tired enough, she swam the 50 Fly again in her 200 IM! That is one unstoppable human being!

Tim Justice, fairly new to the fold, won the 50 and 100 Free (70-74) and was second to the aquatic machine Mike McColly in the 200 and 400 Free. Nicely done Tim!

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Dan Phillips continued to rock out by winning gold in the 100 Breast, the 200 IM, and the 1500 Free. Does this guy know how to swim or what?

Not to be outdone, **Dave O'Hern** took 1st in the 100 and 200 Back (30-34) and the 400 IM. He's still alive to talk about it. Iditarod veteran (true!) **Gary Campen** pushed his way into the top three of all of his races. Don't even think about slowing this man down...

Now let's talk about bravery – the delightful sisters **Susan Brown** and **Jane Vilders** were competing in their *second swim meet ever* and rocked the house! We expect to see you back, ladies!

Julie Voss nailed it with a 1st place in the 100 Breast – congrats, Julie!

Last but not least, **Kerry Ness** and **Coach Shannon** logged in their *seventh* straight trip to this magnificent LCM meet – it can become an addiction.

If we missed any of your accomplishments in this report please forgive us – we need MIT engineers to keep this all straight ☺. The bottom line is that every one of us had great swims and that's what it's all about! All in all a fantastic day of swimming in a gorgeous aquatic setting. We had a blast! We also had fun at our team dinners.

Complete meet results are available at www.msabc.ca/results/2015/2015Victoria.pdf. Thanks again to coaches Shannon, Becca, and Chris for their awesome leadership – Join us next year! It's an unforgettable experience!!



REGISTER FOR PNA CHAMPS

April 11 and 12 at KCAC



HOSTED BY BLUE WAVE AQUATICS

Entry Deadline: Midnight (PDT), Sun, April 5, 2015

South Sound Masters Coach Mel Smith Feted: Olympia High School's Boys Swim Team Wins Academic State Championship Award

By Gail Wood for ThurstonTalk.com, February 18
[excerpted/edited from [this article](#)]



As his boys swim team prepares for state, Coach Mel Smith shares exciting news about the team's academic accomplishments.

Show **Mel Smith** a good swimmer and he'll show you a good student. In his 38 years as a swim coach [and SSMS Masters coach, competitor, and host of the annual *Beat The Clock* meet – ed.], Smith has found that the two go hand-in-hand. That was true of his Olympia High School boys' swim team this season. With a line-up of "A" students, Smith's team has won the academic state championship for 4A boys swimming. He figured his team's combined GPA was 3.842, tops in the state for their classification. All thirteen of the varsity swimmers had a GPA of 3.5 or higher.

"My experience in coaching ... is that the athletes who come out for swimming tend to have a degree of commitment that carries over to their studies because they only have so much time to do everything," Smith said.

Two of Smith's swimmers had perfect 4.0 GPAs. And four had 3.9s. "That's pretty solid," said Smith.

Besides the A grades in the classroom, Olympia graded pretty well in the pool, too. Olympia placed sixth at the recent 4A West Central District III championships with 163 points... Olympia qualified two relays and one individual for the state meet, which begins Friday at Federal Way's King County Aquatic Center. *(Editor's note – Meet was held February 20-21 and Olympia's 200 Yard Freestyle Relay placed 20th, 200 Yard Medley Relay placed 16th, and individual Andrew Wright placed 12th in both the 200 IM & 200 Breast.)*

QUESTION: Where do I go to print out my 2015 USMS Membership Card?

ANSWER: Grab your 2014 card first then go to <https://www.usms.org/reg/getcard.php>, enter your gender, birthday and last 5 characters of your 9 character USMS number, select the "Set My Card" button and Voila, your NEW 2015 USMS Membership Card appears as a .pdf file!



PNA CHAMPS - APRIL 2015
hosted by Blue Wave Aquatics



King County Aquatic Center
600 SW Campus Drive
Federal Way, WA 98023-8425

SINK OR SWIM

Pass the Ketchup, Please

by Skagit Valley Masters Swim Club member Greta Perales

With meet season in full swing, I thought I would take time to reflect on the wonderful swim coaches in our lives. Skagit Valley Masters used to have one coach, Shannon Singer. Shannon was a known entity, who could often be heard referring to us as a herd of cats. Shannon I could tune out or could look at with a cross between perplexion and constipation. As the herd grew, Shannon found she needed assistance wrangling us into our lanes. Thus, Shannon recruited Chris and Kerry as her assistant coaches and the real trouble began.

It all began quite innocently when Shannon asked Chris and Kerry to review and critique my freestyle stroke. I swam; Chris pondered. I swam; Kerry pondered. I swam; Kerry swam. Kerry indicated he could not swim that slow. I swam; they pondered. Anyway, after what felt like hours, they determined I needed to work on my "ketchup" stroke. I was told to swim nothing but the ketchup stroke for the next two weeks.

OK, do I admit that I have no idea what the hell they are talking about? Of course not! If it is ketchup they want, then that is what they will get. It was my turn to ponder. Ketchup, ketchup, ketchup? Got it, I then proceeded to swim. It was glorious. With each entry of my hands into the water, I drove my hand down in an aggressive vigorous motion. That flippin' ketchup was coming out of the bottle or I would die trying. I was in my zone. I swam. Waves undulated throughout the lanes as I attacked each stroke like it was my last.

Unfortunately, Kurt the lifeguard was once again put on high alert. I started to notice with each breath that he was inching closer and closer to the life preserver. After a few laps, life preserver was firmly in his hands. A few more laps and he was stalking my every move like a cheetah stalks a gazelle.



Kurt was on an African Safari and I was his prey. I know I should use a water animal in my reference; however, I can only think of a hippo and I am not going there. Did I mention, I swim slow and thus have a lot of time on my hands to imagine all kinds of things as I swim? Well, I do.

Suddenly, I got the dreaded tap. You all know the tap that occurs as you are turning to attack another lap. I was tapped on the shoulder with an assertive two-tap sequence. I reluctantly stopped my focused swimming and looked up at them with wide-eyed innocence. Apparently, they meant "catch-up" – not "ketchup," which makes more sense. Damn it – back to square one.

Stay tuned for my next blog, where I explain how swimming in the ocean leads to two shots in my derrière.

Sincerely,

– Greta "Hold the Ketchup" Perales



<http://www.orcaswimteam.org>

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

Announcing
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).



PNA SCM CHAMPS – NOV 21-22, 2015

A new annual tradition will start this November when PSM hosts the PNA SCM Champs at WKCAC in Federal Way. The meet, occurring in the last six weeks of the SCM season, should prove to be a local and regional draw. Mark your calendars now (it's the weekend BEFORE Thanksgiving) and watch the [PNA Pool Meets page](#) for details.



ALTS Instructor Certification

Upcoming Coach Certification Class – May 16 in Seattle

USMS has recently launched an Adult Learn-to-Swim Instructor Certification Course. The purpose of the course is to provide instruction in a “train the trainer” format for coaches and team members. Participants will be given skills that they can share with others in order to develop a “platoon” of volunteer instructors.

This innovative, one-day course begins with several hours of classroom training, which includes skills for dealing with the various types of adult non-swimmers that may be encountered in a learn-to-swim class. After talking theory in the classroom, all attendees have an opportunity to practice what they've learned in the pool. Upon completion of the class, participants will be a certified as a USMS ALTS instructor, ready to pass on their training to volunteers within their own swimming group. In the end, a “pool” of volunteers will be ready to teach non-swimming adults.

The ALTS Instructor Certification Program is being offered in Seattle on **May 16**. Up to ten PNA members will be eligible for a \$150 scholarship to help defray the cost of the class, which is \$300. To qualify for the scholarship, you will need to provide a written plan as to what you plan to do with your training.

Registration is now open for the Certification Course - see the link below.

More information about the course is [available online](#). [Registration is now open](#).

PNA Coach of the Year

CALL FOR NOMINATIONS

PNA recognizes a coach annually for outstanding contributions to local Masters swimming programs and it comes from you, the swimmers. Coaches love to know how much you love and appreciate them. Tell them by nominating them and allowing them to be acknowledged for their dedication.

To nominate a coach, submit this nomination sheet addressing any or all of the following selection criteria:

- *Improvement or enhancement of ongoing program or establishment of a new program;
- *Sustained service over a long period of time; contributions to PNA;
- *Commitment to PNA;
- *Willingness to share coaching skills and information;
- *Loyalty of team members;
- *Coaching accomplishments; and/or inspiration to others.

~~~~~NN~~~~~

**Nominator's Name:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Nominee's Name:** \_\_\_\_\_

**Team/Workout Group:** \_\_\_\_\_

**Number years coaching this team:** \_\_\_\_\_

**Nominee's coaching experience:** \_\_\_\_\_

\_\_\_\_\_  
**Nominee's coaching accomplishments:** \_\_\_\_\_

\_\_\_\_\_  
**Nominee's improvement/enhancement of program or development of a new program:**

\_\_\_\_\_  
**Nominee's contributions to PNA:** \_\_\_\_\_

\_\_\_\_\_  
**Evidence of nominee's coaching skills and knowledge:** \_\_\_\_\_

\_\_\_\_\_  
**Impact of coach's efforts on others:** \_\_\_\_\_

**Please submit your nomination by Wednesday, March 25, 2015 to Lisa Dahl**  
[ldahl@usms.org](mailto:ldahl@usms.org)



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## Dawn Musselman Inspirational Swimmer Award-2015 CALL FOR NOMINATIONS

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913-1986). As a long-time PNA member, Dawn inspired others and encouraged them to do their best. While she still holds *ten* PNA records in the 70-74 age group, competitive participation is not a criterion for this award.

Past recipients of the **Dawn Musselman Inspirational Swimmer Award** are:

|                       |                      |                              |
|-----------------------|----------------------|------------------------------|
| 1986 – Dawn Musselman | 1996 – Ian Thompson  | 2006 – Jeanne Ensign         |
| 1987 – Marlene Holmes | 1997 – Suzanne Dills | 2007 – Lee Carlson           |
| 1988 – Maxine Carlson | 1998 – Clark Pace    | 2008 – June Van Leynseele    |
| 1989 – Jim Penfield   | 1999 – Dan Frost     | 2009 – Steve LaHaie          |
| 1990 – Tom Foley      | 2000 – Joan Davis    | 2010 – Betsey Kassen         |
| 1991 – Karen Jost     | 2001 – Paul Ikeda    | 2011 – Sarah Welch           |
| 1992 – Jan Kavadas    | 2002 – Barb Gundred  | 2012 – Kiko Kimura Van Zandt |
| 1993 – Robin O’Leary  | 2003 – Chaya Amiad   | 2013 – Rick Colella          |
| 1994 – Marion Mueller | 2004 – Kathy Casey   | 2014 – Charlotte Davis       |
| 1995 – Tammi Keeler   | 2005 – Gene Crossett | 2015 – <i>nominate now!</i>  |

**Any PNA member may submit a nomination. We’re looking for the candidate who:**

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming

Show that teammate your appreciation! Compose a paragraph or two describing their qualifications. Include an anecdote for fun, too. The award, consisting of a **personal plaque** and the **perpetual trophy** with the recipient’s name added, will be presented at the PNA Champs meet at Weyerhaeuser King County Aquatic Center in Federal Way, April 11-12.

Send your nomination to:

*Steve Peterson*

[speterson@bandwagon.net](mailto:speterson@bandwagon.net)

360-692-1669

11165 Central Valley Road NW

Poulsbo WA 98370-7014

**Please submit your nomination by Wednesday, March 25, 2015.**

# PNA Board Meeting Highlights

by Sally Dillon, PNA Secretary

## December 9, 2014, Board Meeting

Keeping with tradition, the Board met at Arni Litt's home in Seattle for a holiday potluck dinner prior to convening the meeting. Arni reported that 1730 swimmers were registered for PNA, almost 100 more than our previous year's total. The nominating committee (Sarah Welch, Kim Boggs, and Mark Benishek) has been hard at work searching for nominees for the bi-annual election that takes place in the spring. Since Hugh Moore's Director position expires in December it was MSA to appoint him to another year. The bulk of the meeting involved a review of the proposed 2015 PNA Budget. Mark led the discussions, adjustments were made, and it was MSA to approve the final budget that reflects an income of \$28,024 and expenses of \$24,063.

## January 20, 2015, Board Meeting

Vice Chair Mike Grimm conducted a conference call meeting of the board. Current registrations for 2015 totaled 1148 members (577 women, 571 men). Five clubs are registered in PNA this year: Blue Wave Aquatics (BWAQ), Puget Sound Masters (PSM), Vashon Island Rockfins (ROCK), Bellingham Athletic Club (BACS), and University Place Aquatics Club (UPAC). The nominating committee reported that while the slate is not complete, the following people have committed to running for office: Mike Grimm—President, Sally Dillon—Secretary, Mark Benishek—Treasurer, Kathy Casey and Jessie Hinkel—At Large Directors. USMS will conduct an Adult Learn to Swim Training clinic on May 16 and information will be distributed to the membership. PNA approved up to 10 scholarships of \$150 for PNA participants, with the stipulation that each applicant provide a written plan as to what they will do with their training. Policies were amended regarding meet fees, Championship categories, and the duties of the Club and Team Development Coordinator.

Complete minutes for Board meetings can be found at

[www.swimpna.org/w/PNA/more/?artid=3471](http://www.swimpna.org/w/PNA/more/?artid=3471)



## USMS 1-Hour ePostal Relay Results

by Sally Dillon, PNA ePostal Event Coordinator

Just in at the deadline for *The WetSet* – preliminary results for PSM relays. Medals go to the top six teams in each age group. Bringing home the hardware are:

- 1<sup>st</sup> place – Men 18+ swam 14,045 yds (Lars Durban, Johnny Van Velthuyzen, and Jack Toland)
- 2<sup>nd</sup> place – Men 25+ swam 15,905 yds (Bruce Deakyne, Ron Belleza, and Dan Phillips)
- 3<sup>rd</sup> place – Mixed 25+ swam 19,990 yds (Deakyne, Belleza, Lianna Doherty, and Michelle McRae)
- 5<sup>th</sup> place – Women 55+ swam 11,570 yds (Elizabeth Kassen, Sally Dillon, Wanda Bolerjack)
- 6<sup>th</sup> place – Men 65+ swam 10,645 yds (Steve Peterson, Ron Hansen, and Bob Davis)
- 6<sup>th</sup> place – Mixed 45 swam 18,425 yds (Phillips, Durban, Susan Emprey, and Lucy Shaw)

# 2015 USMS Speedo 1-Hour ePostal National Championship

by Sally Dillon, PNA ePostal Event Coordinator

Preliminary results are in for the premier postal championship that takes place during the month of January. Congratulations to all PNA swimmers who accepted the challenge to swim as far as they could in one hour – and to enter their results into this very popular USMS event.

Approximately 2300 USMS members participated this year. Competition was tough but two PNA registered swimmers look to be receiving GOLD medals: Bruce Deakyne (25/PSM) and Dan Kirkland (66/unattached to a club). Medals in “other colors” are presented to the top ten finishers in each age group, so a number of other participants will receive some hardware ... but the majority of the swimmers can still enjoy that they “showed up” and did their best. For those of us who do these postal swims on a regular basis, often the goal is to compare our fitness level from year to year and set new goals for the next time around!

## Preliminary Results in order by Team/Age/Gender

|                     | <u>Age</u> | <u>Distance</u> | <u>Place</u>      |                                                                                                                                                            | <u>Age</u> | <u>Distance</u> | <u>Place</u>      |
|---------------------|------------|-----------------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|-----------------|-------------------|
| <b>BWAQ</b>         |            |                 |                   | <b>PSM</b>                                                                                                                                                 |            |                 |                   |
| <b>Female</b>       |            |                 |                   | <b>Male</b>                                                                                                                                                |            |                 |                   |
| Zena Courtney       | 55         | 4550 yds        | 4 <sup>th</sup>   | Jack Toland                                                                                                                                                | 18         | 4630 yds        | 5 <sup>th</sup>   |
| Judy Williams       | 66         | 3265 yds        | 22 <sup>nd</sup>  | Bruce Deakyne                                                                                                                                              | 25         | 5735 yds        | 1 <sup>st</sup>   |
| Kathleen Oliver     | 55         | 2400 yds        | 187 <sup>th</sup> | Christopher Tanimoto                                                                                                                                       | 28         | 4410 yds        | 18 <sup>th</sup>  |
| <b>Male</b>         |            |                 |                   | Michael Scott                                                                                                                                              | 28         | 4320 yds        | 21 <sup>st</sup>  |
| Christopher Souder  | 48         | 3400 yds        | 122 <sup>nd</sup> | Andres Hernandez                                                                                                                                           | 29         | 2450 yds        | 40 <sup>th</sup>  |
| Daniel Smith        | 52         | 4785 yds        | 19 <sup>th</sup>  | Johnny Van Velthuyzen                                                                                                                                      | 35         | 4640 yds        | 13 <sup>th</sup>  |
| Dung Nguyen         | 51         | 3250 yds        | 148 <sup>th</sup> | Ron Belleza                                                                                                                                                | 40         | 5100 yds        | 2 <sup>nd</sup>   |
| Eric Durban         | 59         | 4400 yds        | 24 <sup>th</sup>  | Jason Sowers                                                                                                                                               | 46         | 4600 yds        | 27 <sup>th</sup>  |
| <b>PSM</b>          |            |                 |                   | Dan Larson                                                                                                                                                 | 47         | 4600 yds        | 27 <sup>th</sup>  |
| <b>Female</b>       |            |                 |                   | Kerry Ness                                                                                                                                                 | 45         | 4030 yds        | 72 <sup>nd</sup>  |
| Michelle McRae      | 39         | 4455 yds        | 9 <sup>th</sup>   | Daniel Phillips                                                                                                                                            | 51         | 5070 yds        | 6 <sup>th</sup>   |
| Christine Stickley- |            |                 |                   | Dave Martin                                                                                                                                                | 50         | 4335 yds        | 46 <sup>th</sup>  |
| DeLadurantey        | 36         | 3600 yds        | 53 <sup>rd</sup>  | Lars Durban                                                                                                                                                | 57         | 4775 yds        | 5 <sup>th</sup>   |
| Lianna Doherty      | 40         | 4700 yds        | 3 <sup>rd</sup>   | Shane Erickson                                                                                                                                             | 58         | 3335 yds        | 123 <sup>rd</sup> |
| Jennifer Dailey     | 43         | 4305 yds        | 19 <sup>th</sup>  | Erie Stone                                                                                                                                                 | 62         | 2885 yds        | 108 <sup>th</sup> |
| Susan Empey         | 46         | 4560 yds        | 7 <sup>th</sup>   | Ron Hansen                                                                                                                                                 | 65         | 3400 yds        | 32 <sup>nd</sup>  |
| Susan Pappalardo    | 48         | 4015 yds        | 37 <sup>th</sup>  | Al Miller                                                                                                                                                  | 66         | 2300 yds        | 60 <sup>th</sup>  |
| Robin Johnson       | 49         | 3625 yds        | 63 <sup>rd</sup>  | Steve Peterson                                                                                                                                             | 68         | 4225 yds        | 9 <sup>th</sup>   |
| Renee Quistorf      | 50         | 3700 yds        | 85 <sup>th</sup>  | Bob Davis                                                                                                                                                  | 73         | 3020 yds        | 30 <sup>th</sup>  |
| Lucy Shaw           | 56         | 4020 yds        | 23 <sup>rd</sup>  | <b>UC 36</b>                                                                                                                                               |            |                 |                   |
| Wanda Bolerjack     | 57         | 3725 yds        | 50 <sup>th</sup>  | Dan Kirkland                                                                                                                                               | 66         | 4895 yds        | 1 <sup>st</sup>   |
| Rose Mayfield       | 59         | 2635 yds        | 171 <sup>st</sup> | <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>See previous page for<br/>USMS 1-Hour ePostal Relay Results</b></p> </div> |            |                 |                   |
| Lee-Lee Miao        | 58         | 2580 yds        | 176 <sup>th</sup> |                                                                                                                                                            |            |                 |                   |
| Elizabeth Kassen    | 62         | 4005 yds        | 10 <sup>th</sup>  |                                                                                                                                                            |            |                 |                   |
| Sally Dillon        | 68         | 3840 yds        | 9 <sup>th</sup>   |                                                                                                                                                            |            |                 |                   |
| Janette Mayes       | 65         | 2305 yds        | 54 <sup>th</sup>  |                                                                                                                                                            |            |                 |                   |
| Janet Kavadas       | 83         | 1595 yds        | 8 <sup>th</sup>   |                                                                                                                                                            |            |                 |                   |

# Open Water Events for 2015

by Jim Davidson, Open Water Coordinator

The Open Water Season is set for 2015. There are four events scheduled, running from the end of June to late September. Here are the events with a brief description for each. The event information will be posted on the PNA web site under [Events/Open Water and Postal](#) and updated as more becomes available. So make your plans for a great Open Water season.

## **Swim Defiance, Sunday, June 21**

The Swim Defiance event will be swum between the Vashon Island Tahlequah Ferry beach and Owen Beach in Point Defiance Park. Race distances are 3K and 5K. The 5K starts from Owen Beach to a turn-around buoy near Vashon Island beach (west of Tahlequah Ferry dock) and back. The 3K starts at Vashon Island Tahlequah Ferry beach (after a quick ferry ride across) and finishes at Owen Beach.

## **Fat Salmon, Saturday, July 18**

The Fat Salmon Open Water Swim is a 3.2-mile race along the Seattle shoreline of Lake Washington. The course runs South-to-North, generally between the I-90 and Hwy 520 floating bridges. Following the 7:30 am safety briefing in Madison Park, the race starts at the Day Street Boat Ramp directly beneath I-90 at 8:15 am, ending back at Madison Park.

## **Whidbey Island Adventure Swim, Saturday, August 22**

The swim is held along the shore of Langley in the waters of Saratoga Passage in Puget Sound. Race distances are 1.2 and 2.4 miles. The swim follows a rectangular course beginning and ending at Seawall Park. The 1.2 milers swim one lap and 2.4 milers swim two. Estimated water temperature will be 60 degrees or below.

## **Last Gasp of Summer, Saturday, September 19**

The Last Gasp of Summer event includes a 1 mile and 2 mile race on a rectangular course at Angle Lake in Seatac, Washington. The 2 mile race will start at 10:00 am and the 1 mile race will start at 10:30 am. A picnic lunch will follow in the park pavilion.

### **\*\*\*\* Open Water Series High Point Awards \*\*\*\***

We will be tracking finishes again this year for the Open Water High Point awards. The awards honor the top two male and female swimmers in each age group. To be eligible, each swimmer must swim at least two of the PNA sanctioned events. The more events swum, the more points accumulated. Points will be awarded to the top ten PNA registered finishers in each event swum. One Event registrants are not eligible. Wetsuit swimmers score points separately from those not wearing wetsuits. At the end of the season, points will be tallied and awards will be sent to the winners.



Whidbey Adventure Swim



# Welcome, New Swimmers! (Registered as of 2/24/2015)

## **Blue Wave Aquatic Masters** **/BWAQ-CLUB**

Scott Brantlund  
Eric Comeau  
Aleece Faivre  
Kym Knudson  
Ashley Newman  
Amy Novotny  
Katelyn Rysemus  
Norman Seidel  
Paul Seo  
Melissa Westberg  
Kimberly Wood  
GangHong Wu

## **Grays Harbor Buccaneers** **/GHB-CLUB**

Jamie Ancich  
Jacob Broady  
Mandy Broady

## **Puget Sound Masters** **/PSM-CLUB**

### **Aquatic Fanatics (AQUA)**

Alban Dennis

### **Bainbridge Aquatic Masters (BAM)**

Tim Bartlett  
Lynn Brunelle  
Stephen Chupik  
Katherine Jennings  
Ximena McIntosh  
Debra Reltien  
Kate Ruffing

### **Central Area Aquatics Team (CAAT)**

Edward Allison

### **Downtown / Bellevue Swim Team (DBST)**

Jordan Butler  
Lance Ho  
Hailey Petway

### **Greenlake Aquaducks (GLAD)**

Nicholas Shulman  
Kenneth Walkky

## **Husky Masters (HMST)**

Zsolt Argenyi  
Victoria Kassabaum  
Jasmine Lopez  
Vanessa Munro  
Rafael Nafikov  
Benjamin Palacios  
Emma Parks  
Chris Rodde  
Lisa Weigle

## **Lake Washington Masters (LWM)**

Rafael Ceara  
Mollyanne Rhodes  
Andy Schneider  
Jack Toland

## **North End Otters (NEO)**

Sabine Arnold  
Liese Rajesh  
Tori Viera

## **ORCA Swim Team (ORCA)**

Amanda Bryan  
Nicholas Culores  
Patrick Doherty  
Ian Kirkman  
Chandra Moore  
Meghan Morales  
Jordan Pierre-Davis  
Joshua Stevenson  
Stephanie Zero

## **Port Townsend Masters (PTSM)**

Kristina De La Torre

## **Queen Anne Swim Club (QASC)**

Elisabeth Woare

## **Samena Masters (SAM)**

MarySue Balazic  
Wanda Bolerjack  
Faye Britt  
Gene Lohrmeyer  
Brett Norton  
Robert Thompson  
Lisa Worthington

## **Sequim Aquatic Recreation Center (SARC)**

Danielle Barrow  
Anthony Forcinel  
Elizabeth Hogan  
Avery Koehler  
Tamara Senz  
Theresa Shugart  
Patrick Singhose  
Katrina Weller  
Jeffrey Weller

## **South Sound Masters Swimming (SSMS)**

Julia Iyall  
Valerie Thompson

## **Skagit Valley Masters Swimming (SVMS)**

Bruce Bowser  
Scott Mennella

## **South Whidbey Island Masters (SWIM)**

George Henny

## **Thunderbird Aquatic Masters (TACM)**

Kevin Anderson

## **VO2 Multisport Swim Team (VO2)**

Alan Miller

## **Washington Athletic Club (WAC)**

Thomas Newell  
Chris Pfaff  
Brandon Vaughan

## **PSM Unattached**

Bernard Boglioli  
Kate Curtis  
Stephen Darcy  
Tyler Farmer  
Jim Gooding  
Craig Hatton  
James Innelli  
Victor King  
Jakub Kotynia  
Patrick Monson  
Karen Oppenheimer  
James Poier  
Brittainy Pond  
Leah Rodenbeck  
Tyler Sanderson  
Elisha Scheiblauber

Fran Sharp  
Christine Swanson  
Katie Uberti

## **Western Washington University Masters Swimming (WWUS)**

Caroline Baber  
Austin Clark  
Nicholas Kelly  
Ian McCallum  
Kaitlin McGrew  
Josh Pehrson  
Cara Prange  
Jordan Reid  
Jenna Whitney  
Jonathan Wrigley  
Brenna Younie

## **UC36**

Robert DeWard

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



## Former PNA Member Donna Phelan Passes

10/5/1937 – 2/11/2015 (78)

Donna Phelan grew up in the Okanogan Valley in a close family of seven siblings. She married Robert Phelan a year after graduating from Tonasket High. They settled in Lake Tapps in 1961, living there for 52 years. While her six children were growing up, she was enthusiastically involved in the PTA, served as director of the Dieringer High swim program, took pride in helping the children in the community stay safe in the water, and was Sumner High's swim coach for many years. She also aided the sick and elderly as a pastoral minister in the Holy Family Parish.

Donna swam competitively with PNA and was a PNA Board member in the mid-80s, representing the Sumner Tritons. Hugh Moore recalls that she was on the board for around ten years. (A cover note on the September 1985 issue of *The WetSet* says "Roses, roses to Donna Phelan for outstanding job as Awards Chair.")

Donna earned 29 Top Ten USMS swims from 1984 to 1988 in the 45-49 and 50-54 age groups. Her events included the 1000 and 1650 Free; the 400, 800, and 1500m Free; and all three distances in Breaststroke in all three courses. (See [www.usms.org/comp/tt/toptenind.php?SwimmerID=0081H](http://www.usms.org/comp/tt/toptenind.php?SwimmerID=0081H) for the details.)

Here is a link to her obituary ([www.legacy.com/obituaries/tribnet/obituary.aspx?n=donna-phelan&pid=174150812](http://www.legacy.com/obituaries/tribnet/obituary.aspx?n=donna-phelan&pid=174150812)).

The PNA extends our sincere condolences to Donna's family on their loss of this wonderful person.

~~~~~DP~~~~~

PNA Board as of Jan 2015

ELECTED

| | |
|---------------------------------|----------------|
| President | Lisa Dahl |
| Vice President | Michael Grimm |
| Secretary | Sally Dillon |
| Treasurer | Mark Benishek |
| At-Large Director | Kathy Casey |
| At-Large Director | Open |
| Immediate Past President | Steve Peterson |

APPOINTED

| | |
|-------------------------------|---------------|
| Appointed Director | Hugh Moore |
| Appointed Director | Open |
| Club Director | Sarah Welch |
| Club Director | Kim Boggs |
| Club/Team Development | Open |
| Bylaws | Jane Moore |
| Meets | Linda Chapman |
| Membership Registrar | Arni Litt |
| Open Water Coordinator | Jim Davidson |

2014 PNA Coordinators/Standing Committees:

APPOINTED

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

MASTERS CALENDAR

LOCAL POOL EVENTS

March 8

Entry Deadline: 2 Mar

MEET:

[SARC Masters Meet](#)

Sequim, WA

[More Info: Herb Cook](#)

April 11-12

Entry Deadline: 5 Apr

MEET:

[PNA Champs](#)

Federal Way, WA

[More Info: Steve Freeborn](#)

May 16

MEET:

[ORCA Emerald City Pentathlon](#)

Seattle, WA

More Info: Brock Jones

October 3

MEET:

[BAMFest](#)

Bainbridge Island, WA

November 21-22

MEET:

[PNA & NW Zone SCM Champs](#)

Federal Way, WA

REGIONAL POOL EVENTS

*****NEW*****

LOCAL/REGIONAL OPEN WATER

June 21

OPEN SALTWATER:

[Swim Defiance](#)

3K/5K; Owen Beach/
Commencement Bay

Tacoma, WA

Tacoma, WA

[More Info: Zena Courtney](#)

July 18

OPEN FRESH WATER:

[Fat Salmon](#)

3.2 mi; Madison Park/Lake

Washington, Seattle, WA

August 22

OPEN SALTWATER:

[Whidbey Island Adventure Swim](#)

1.2mi/2.4 mi; Seawall Park,

Langlely, WA

September 19

OPEN FRESH WATER:

[Last Gasp of Summer](#)

1 mi/2 mi; Angle Lake

Seatac, WA

INTERNATIONAL

June 17-27

MEET:

[2015 Pan-American Masters
Championship](#)

Medellin, Colombia

August 5-16

MEET:

FINA World Masters

Championship

Kazan, Russia

NATIONAL EVENTS

April 23-26

Entry Deadline: 23 Mar

MEET:

[USMS SCY Nat'l Champs](#)

San Antonio, TX

August 6-9

MEET:

USMS LCM Nat'l Champs

[Spire Institute, Geneva, Ohio](#)

PNA BOARD MEETINGS

Sat, March 21

[Issaquah/Sally Dillon](#)

9 am - 12 pm

Tues, May 19

[Conference Call](#)

6:45 pm - 9 pm

USMS CALENDAR OF EVENTS

Pool, OW, Postal:

[Basic Search](#)

[Advanced Search](#)

POSTAL EVENTS

All Year

[USMS Go
the Distance](#)



2015 PNA Championship Meets

Saturday April 11 and Sunday April 12, 2015

Hosted by Blue Wave Aquatics

Sanctioned by PNA for USMS Inc. #365-S005

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

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

TIMES: Saturday, Apr 11: Warm-up 9:00-9:50 am, meet starts 10 am
 Sunday, Apr 12: Warm-up 9:00-9:50 am, meet starts 10 am
MEET DIRECTOR: Steve Freeborn, 206-940-7442,
pnachamps@bluewave-aquatics.com

CONCESSIONS: Vendor contracted with KCAC, available in lobby.

RULES: Current USMS rules will govern the meet. Strictly forbidden: using hand paddles, fins or kick boards in warm-up areas; diving in warm-up areas except in designated sprint lanes.

ELIGIBILITY: Open to all 2015 USMS or foreign registered swimmers 18 and above as of 04/12/2015. Age groups based on the swimmer's age as of 04/12/2015.

ENTRIES: Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be **received** by Sunday, April 5, 2015, 11:59 PM (Pacific Time).

NO ENTRIES ACCEPTED AFTER SUNDAY APRIL 5 11:59 PM (PACIFIC TIME)

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

CHECK-IN: Saturday: 1000 Free – end of Event #6; Sunday: 500 Free – 9:30am, 1650 Free – end of Event #18. Swimmers missing the check-in deadline will be scratched from the event.

RELAYS: 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group. Mixed relays require two men and two women. Relay entries due by noon each day of the meet.

AWARDS: Ribbons for individual places 1 – 6. Medals may be purchased at meet. Plaques will be awarded for PNA team awards.

SCORING: Scoring will be 9-7-6-5-4-3-2-1 for Individual Events and 18-14-12-10-8-6-4-2 for Relay Events

ORDER OF EVENTS:

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

ENTRY FEES: \$35.00 (US or Canadian) includes LMSC surcharges. **PLUS** \$3 per individual event (optional for seniors and needs-based swimmers). No charge for relays. Fees include WA state sales tax.

ONLINE ENTRIES: Enter online at:
www.clubassistant.com/club/meet_information.cfm?c=1449&smid=6245

DIRECTIONS: From North or South Bound I-5 take exit 142 B. Proceed west on South 348th St for 2 miles. South 348th changes to SW Campus Dr. at 1st Ave. The pool is on the right.

PAPER ENTRIES: Complete this form for a paper entry.

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

Include a copy of your USMS Registration if not a PNA member

| | |
|---------------------------------------|--|
| LMSC: (PNA, , Inland NW, etc.) | PNA Club: (PSM, BWAQ, BACS, ROCK, UPAC, UC36) |
| PSM Team: | |

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

| Event # | Event Name | Entry Time |
|---------|------------|------------|
| | | |
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| | | |

ENTRY FEE: Fees include WA State Sales Tax

| | | | | | | |
|-------------------------------------|----------------|--|-------|-------|----|----|
| SURCHARGE | \$35.00 | | | | | |
| INDIVIDUAL EVENTS | + | \$3 Per Event. No charge for relays. No charge for seniors (65+) or need-basis | | | | |
| T-SHIRTS@ \$20 UNISEX SIZING | + | X Small | Small | Med | Lg | XL |
| T-SHIRTS@ \$22 UNISEX SIZING | + | XXL | XXXL | XXXXL | | |
| TOTAL | \$ | Make checks payable to BWAQ . Mail to: Blue Wave Aquatics, PO Box 24083 Federal Way, WA 98093 | | | | |

Questions? Email Steve Freeborn at pnachamps@bluewave-aquatics.com

Paper entries must be **received** by Sunday April 5, 2015. Online entries are due by Midnight (PDT) Sunday April 5, 2015. All swimmers must have a valid 2015 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry.

NO ENTRIES ACCEPTED AFTER SUNDAY APRIL 5, 2015 11:59 PM (PACIFIC 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.

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