



The WetSet

U.S. Masters Swimming in Western Washington
Volume 35, Issue 3

Pacific Northwest Association of Master Swimmers
May-June 2015

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What a Short Course Nationals it was! I thought my two bouts of the crud in March and April had done me in. Seeded first in all

three backstrokes can be intimidating even to a PNA record holder, yes it’s true! The sun, warmth and being at a major event greatly lifted my spirits and energy! Did you know that you can swim three events at any USMS Nationals without qualifying? And then there are always relays looking for more participants. Do you know that we actually have SEVEN clubs in the PNA that you swim with at Nationals; Bellingham Athletic Club Swimming, Blue Wave Aquatics, Coal Creek Family YMCA, Grays Harbor Buccaneers, Puget Sound Masters, University Place Aquatics, and Vashon Island Rockfins? I chose to swim with PSM this time and enjoyed setting two National Records on relays. Next time maybe YOU can join us???

SEE YOU THERE!!! — Zena Courtney, editor



President’s Report—Leading Off

by Michael Grimm, PNA President

April 19, 2015- G’Day Mates! You may have noticed a new name on the by-line for Leading Off this month. Well, that’s me – currently sojourning in Canberra, Australia! After four years as chair of the Pacific Northwest Association of Master Swimmers “Local Masters Swimming Committee” Lisa Dahl has finished her relay leg as chair and handed the metaphorical baton to me. While the dateline is from Australia, I live in Puget Sound and have been active as a Masters swimmer for close to twenty years, initially training with PRO Sports Club in Bellevue (PRO), competing in pool events, and more recently enjoying open water swims. For the past four years I have also volunteered with PNA.

I extend a big thank-you Lisa for leading the

PNA through a turbulent time: first, driving through a series of changes in PNA organization and governance. You can see this by the arrival of Blue Wave Aquatics (BWAQ), Puget Sound Masters (PSM), and newer clubs such as Bellingham Masters Swim Club (BMSC), Grays Harbor Buccaneers (GHB), University Place Aquatics, and the Vashon Island Rockfins (ROCK). Lisa also guided the effort to help PNA’s budget absorb increases in membership costs and open water event insurance.

Of course, Lisa did not do this on her own, so I also thank our active PNA board members, many who are continuing to volunteer and others who have chosen to pass that baton on to the next set. Along with those who organize, operate, and referee meets, PNA volunteers work in the background helping develop Masters Swimming – and swimming awareness and skills – in the Pacific Northwest. These contributions include:

“Leading Off “– continued on page 3

Dawn Musselman Inspirational Swimmer Award – 2015

PNA has presented this Inspirational Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913–1986). Dawn was a long-time PNA member. Not only was she a skilled competitor (still holding *ten* PNA records from 1983–1985 in the 70-74 age group!), Dawn was the kind of person who inspired others and encouraged them to do their best. In her early days she was an Olympics hopeful. In her last days she continued to inspire her teammates until cancer took its toll.

More information on Dawn and our 29 subsequent award winners can be found on SwimPNA.org under *Awards and Recognition* (under *About PNA*). On behalf of the Selection Committee, Steve Peterson announced the awarding of a personal plaque, the perpetual trophy, and this letter for our thirtieth Musselman award honoree at the PNA SCY Championships meet, April 12.

In addition, the Fitter and Faster Tour graciously offered a complimentary admission to their October 17 Masters Clinic at Juanita Pool, featuring Matt Biondi and current U.S. sprint star Megan Romano!

The Pacific Northwest Association Local Masters Swimming Committee proudly presents the 2015 Dawn Musselman Inspirational Swimmer Award to:

!!!Sally Dillon**!!!**

Sally, your fellow PNA board member Arni Litt summarizes your primary qualification as this year’s Inspirational Swimmer by noting how you were there at her first meet in 2000 cheering on this new competitor. “Little did I know at that time that we were in the same age group and often swam the same events; Sally, of course, several faster heats ahead. We even swam relays together one year.” By your example you are an inspiration to all PNA swimmers. You willingly share your training knowledge and experiences, offering friendly encouragement to all.

Kathy Casey notes how you demonstrate dedication “above and beyond” what most people could achieve in difficult situations. When others or life events try to deter you from the task at hand, you always continue to forge forward to completion without complaint, amazing and inspiring those of us around you.

Over the years, Arni, like the rest of us, has observed your unwavering support of Masters swimming, having “never known you to not be working for all of us even when you’re on vacation.” Your strong commitment to PNA Masters Swimming is evident in the many years you have served on the PNA board, joining soon after moving to the Pacific Northwest in 1998.

Before that, serving Southern Pacific Masters and Pacific Masters, you developed your passion for pool and open water swimming and became instrumental in the development of Masters swimming. As an active USMS member and volunteer since 1972, further proof of worthiness for our award is indicated by USMS bestowing the Ransom J. Arthur award on you in 2006!

Finally, you certainly exhibit good sportsmanship at all times through many years as a swimming official, your dedication to open water rules and safety, and passion working for recognition of others’ volunteer efforts at both the LMSC and National levels.

Sally, for your inspiration to the entire membership of the Pacific Northwest Association of Masters Swimmers by your example of good sportsmanship, encouragement and commitment, the PNA is proud to recognize you as our Dawn Musselman Inspirational Swimmer for 2015!

PNA Coach of the Year

PNA recognizes a coach annually for outstanding contributions to local Masters swimming programs. Their swimmers nominate them for improvement or enhancement of an ongoing program or establishment of a new one; sustained service over a long period of time; contributions to PNA; willingness to share coaching skills and information; coaching accomplishments; and/or inspiration to others.

This year's PNA Coach of the Year is the ultimate team player, Paul Ikeda. He became a coach for the Orca Swim Team (ORCA) fourteen years ago. With no formal training, he saw a need and stepped in. Ever since, he has been a consistent coach for ORCA, also helping out with the Green Lake Aqua Ducks (GLAD). Paul is dedicated to his swimmers and his workouts are popular and well attended. His coaching style meets the needs of the diversity of a Masters practice and his attentive manner is inspirational to his swimmers. His quiet yet extremely supportive, loving, and encouraging way is why... *****!!! Paul Ikeda !!!***is our 2015 PNA Coach of the Year!!!**

“Leading Off”:- continued from page 1

- scheduling competitions and clinics to avoid conflicts on the calendar;
- reviewing the order of events, which promote fairness; ‘sanctioning’ – that is, reviewing and approving – meet and open water race applications to ensure that swimmers have a fun and safe environment to compete and that their results will be recognized by the larger Masters Swimming community;
- keeping an eye out for records set by us Pacific Northwest swimmers;
- developing and enhancing our coaches’ skills through scholarships to workshops and attendance at local clinics;
- registering all of us as swimmers;
- creating and managing a budget;
- recording the meeting notes and developing an agenda;
- delivering on a communications platform which now spans web, email, and print.

While little of this volunteerism is visible, it is critical to sustain our PNA organization of 1500 people. If this volunteerism stopped, we would all quickly notice! So, please consider adding your talents to the pool!

Over the next few issues of *The WetSet* and “Leading Off,” I’ll continue to introduce myself, sketch out my thoughts about Masters swimming, and offer potential ideas to make Masters more educational and fun. I’m interested in hearing from you about what matters to you with Masters swimming! Please contact me at swim2@live.com.

Cheers! Mike



Say Yes!
TO LIFE SWIMS

**Open Water
Swim Adventures**

The Northwest's only small group, non-competitive
Swim Excursion business
Trained, experienced safety kayakers accompany you

Challenge yourself

Choose from twelve amazing Swim Excursions
Fully insured and super fun

Join us!

say-yes-to-life-swims.com

NEWLY Elected PNA Board as of April 2015

The PNA nominating committee is pleased to report the results of the recent PNA election. Thank you all for taking the time to vote and thank you for those who offered comments and suggestions!

Thank you officers for volunteering to serve on the Board. Thank you all for your suggestions and thank you for those who volunteered to help with PNA. Board members are contacting volunteers by phone to discuss your interests and possibilities.

ELECTED

President

Secretary

Treasurer

At-Large Director

At-Large Director

Michael Grimm

Sally Dillon

Arni Litt

Kathy Casey

Jessie Hickel



APPOINTED

Appointed Director

Appointed Director

Club Director

Club Director

Club/Team Development

Bylaws

Meets

Membership

Open Water Coordinator

Hugh Moore

Steve Peterson

Sarah Welch

Kim Boggs

Open

Jane Moore

Linda Chapman

Stephanie Hiebert

Jim Davidson



2015 PNA Coordinators/Standing Committees

Awards

Coaches

Database Support

Fitness

Historian

Officiating

Postal Swim Updates

Records/Top Ten

Safety

The WetSet Editor

Webmaster

Kerry Ness

Open

Jon Walker

Open

Open

Kathy Casey, Jan Kavadas

Sally Dillon

Doug Jelen

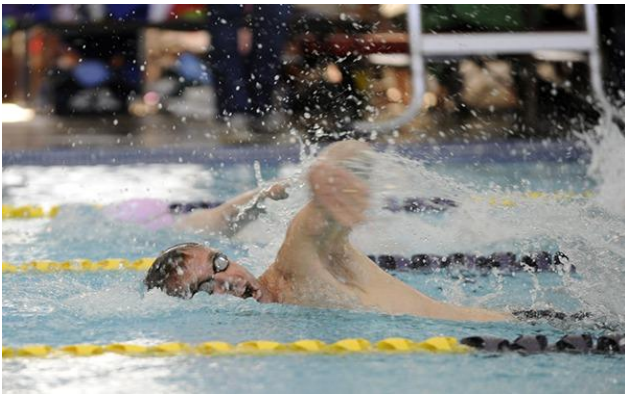
Open

Zena Courtney

Steve Peterson

SARC Hosts First Adult Swim Meet

by [MATTHEW NASH](#), Sequim Gazette Reporter



John Keller swims to a 12th place finish in the 50-yard free in SARC's Old School Masters Meet on March 8.
image credit: Sequim Gazette photo by Matthew Nash

Swim meets in Sequim aren't just for students anymore.

The Sequim Aquatic Recreation Center (SARC) hosted its first ever adult swim meet on Sunday, March 8, with about 90 people from the Olympic Peninsula to Seattle area competing in the Old School Masters Meet.

SARC aquatics manager Gail Sumpter said it was the busiest she's ever seen the pool. "A lot of the people I've spoken to told me they didn't know Sequim had a pool," Sumpter said.

Swimmers of ages 18-83 competed in the event through the Pacific Northwest Association of Masters Swimmers, which is sanctioned by the U.S. Masters Swimming.

Jan Kavadas of Edmonds, 83, was the meet's oldest competitor. "I keep active whenever I can," Kavadas said. "I go to a couple of meets a year and in April I'll go to the championships (in Federal Way). Last year I was the only official and swimmer competing."

The term "Masters" is a misnomer, meet director Jason Ridle said. Ridle coaches teams in Sequim and Port Angeles three days a week. "The cornerstone of our program is that not everyone wants to swim in a meet but we have

enough going on that you can take it as far as you want," he said.

Ridle said the first comment he usually receives is that people want to get in shape before joining. "I tell them there's no point in waiting, because that's what we try to do everyday," he said.

Herb Cook, 72, a Gardiner resident, SARC user, and Masters swimmer for 25-plus years, said everyone is welcome in the program.

The meet logistics

Cook, who helped organize the meet at SARC, at 610 N. Fifth Ave., said the idea began brewing after an outdoor meet was cancelled, leaving a gap in March with no events leading into the championships on April 11-12 in Federal Way.

Normally, the Association of Masters sponsors as many as seven indoor meets and five outdoor meets a year from Bellingham to the Tacoma area, Cook said. "I thought it went extremely well," he said. "I thought going in if we get 60-70 people it would be a great success and we had 90 — that's a real accomplishment."

One factor that helped it run smoothly was that SARC received a donation for the Masters' meet program software to record results. Cook said he feels that even though many of the swimmers at the meet don't swim in Sequim regularly, the word will travel about the meet and facility.

"How that plays into SARC's efforts down the road, who knows, but it certainly can help," he said. Sumpter said she thinks it's realistic the event could happen again next year and that any profits made from registration from the event benefits the Making Waves learning to swim program and college scholarships for lifeguards.

Meet results

SARC's team, the largest at the meet with 23 swimmers, featured 16 competitors from the Sequim area and the rest from Port Angeles and Port Townsend.

continued next page

SARC – continued from previous page

They won nine of 18 events, with Avery Koehler winning the 50-yard backstroke (28.5 seconds), 50-yard free (23.25), 50-yard breaststroke (30.50) and 50-yard butterfly (26.00).

Ridle won the 100-yard individual medley (1:02.00) and 100-yard free (53.00), and Eric Ellison won the 500-yard free (5:45.00).

The 200-yard medley relay with Koehler, Ridle, Tony Forcienl and John Keller won with a 1:55.74 time while the 200-yard freestyle men's team won with 1:42.08 and two mixed 200-yard free teams tied at 1:56.23.

In the women's 200-yard medley relay, Dani Barrow, Kelsie MacDonald, Jessica Wagner

and Caitlin Sundin took second for SARC with 2:21.52 while the 200-yard free women's relay team of Andrea Cortani, Theresa Shugart, Katrina Weller and Barrow placed second with 2:07.04. Another mixed team of Barrow, Koehler, MacDonald and Patrick Singhose took second in the 200-yard medley relay with a 2:09.84 finish.

Barrow also took second overall in the mixed 200-yard individual medley with a 2:24.47 mark. Regardless of qualifying times, all Masters swimmers can compete in up to three events in Federal Way's championships. Ridle said he anticipates SARC's team sending 10-12 swimmers.

For full results and more on Masters, visit <https://www.clubassistant.com/c/D63FBF8/file/results/2015/Results%202015%20SARC%20Pub%20Order%2c%20fixed%20relay%20age%20groups.pdf>.



Sunday, June 21st at Point Defiance, Tacoma

In 1926, the first organized competitive swim between Vashon Island and Point Defiance in Tacoma, WA was held across approximately two miles of open water, following the ferry route used today. Now we are making it possible to repeat this historic feat!

Water temp is estimated at 56-60°F.

- Check In opens at 6:45 AM
- **Mandatory Competitor Safety Meeting at 7:45AM**
- 5K swim starts at 8:05AM
- 3K swim starts at 9:00 AM after ferry ride to Vashon Island



Register at www.swimdefiance.com by Midnight (PDT), Fri, June 19, 2015 to avoid +\$15 DOR fee

16th Fat Salmon Open Water Swim



3.2 miles
Saturday, July 18, 2015
Sanctioned by PNA for USMS
Inc. #365-W002
Hosted by:
Orca Swim Team

LOCATION: Lake Washington, Seattle, WA. Check-in and finish are at [Madison Park](#).

COURSE: This is a point to point swim. See [website](#) for [map](#) and details. Water temp ranges between 60 & 70 degrees. Portable toilets are starting line; showers and toilets at the bathhouse at the city park check-in and finish location.

TIME: Check In at 6:15 AM; Mandatory Competitor Meeting at 7:20 AM; 3.2-mile event starts at 8:15 AM.

RACE DIRECTOR: Meghan Meinerz
racedirector@fatsalmonswim.com

ELIGIBILITY: Open to all 2015 registered USMS or MSC swimmers 18 and above as of 7/18/15. Swimmers not registered may sign up online for a \$22 One-Event USMS registration. Non-PNA swimmers must provide a copy of their Masters membership card at check-in.

RULES: Current USMS rules will govern this event. Neoprene wetsuits are allowed. 2-hour time limit.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking required on both hands. Competitors must wear color-coded race caps to distinguish groups (provided).

AWARDS: T-shirts and caps to all competitors; special awards in each division; ribbons available for top 3 in each age group. See website and registration for more information.

ENTRY FEES: May: \$65, June: \$75, July: \$85. Online entries only! No race day OR paper entries accepted. No refunds will be given for any reason.

ENTRY DEADLINE: Online registration opens May 1st and closes July 12th at 11:59 pm, however the race may fill up ahead of close date.

ONLINE ENTRY: Click the "Register" link on our website: www.fatsalmonswim.com

RESULTS: Preliminary results available on race day and final results posted on website ASAP after the event.

DIRECTIONS: See [Fat Salmon](#) website.

LODGING: Dozens of options downtown Seattle, within 3 miles of Madison Park, which is on a direct bus line from downtown Seattle.

ADDITIONAL INFORMATION: See [Fat Salmon](#) website or jump straight to the [FAQ page](#).

SINK or SWIM at the PNA Champs Meet

by Greta Perales, Skagit Valley Masters Swim Club

Once again I find myself reflecting on all the special moments of the PNA Champs held on April 11th and 12th. This was my third year volunteering, so I did not expect to learn anything new or to be surprised by anything in particular. I was wrong. Oh, so wrong.



One thing learned was that whoever invented the practice of whistling every time a swimmer took a breath during the breaststroke should be locked in a room with a chorus of continuous cowbells for 24 hours straight. The sound of a piercing whistle every few seconds is enough to make me want to not so casually shove them in the pool. I promise you, with my beloved pull buoy as my witness, that the incessant whistling will not make anyone go faster and could result in some poolside injuries. I know some may not appreciate my views on the whistling, but a lot more of you can totally relate. Just say no to whistling! It is the right choice. If you are the one whistling, please forget that I wrote this prior to the next PNA Championships.

Also, never tell the people you are riding with to the meet that you have a space issue. When my carpool realized my personal bubble was the size of a small house, they decided to point out all the landmarks or notable sites (allowing them to deliberately touch me while they pointed) the entire trip home. By the time we made it back to Mount Vernon, I was huddled in the corner of my seat in Mike's van, nicknamed the Silver Bullet, sobbing softly to myself and wishing I had a blanket and a teddy bear. I am currently plotting their downfall. Thus far my plan involves a hornet's nest, a small portable generator, and Tabasco sauce. I will keep you posted.

Final observation, all the swimmers were amazing. From those in the 80-plus category to the first-time meet participants, I was amazed. A special shout out to Barb for her fantastic job in her very first meet. Well done Barb and all the other fishies.

Sincerely, Greta "Hold the Whistling" Perales



PNA Championship Meet Recap

by Steve Freeborn, Meet Director, Blue Wave Aquatics

PNA Champs was held once again at the Weyerhaeuser King County Aquatic Center on April 12-13 with 348 swimmers and 48 teams. We generated 1564 splashes and had 144 relays! The PNA graciously thanks returning Meet Director Steve Freeborn and all our officials for a job well done. On behalf of the PNA, Blue Wave Aquatics hopes everyone enjoyed swimming at the meet - we definitely had some great swims!

Meet results are available with and without splits:

[Meet Results](#)

[Meet Results with Splits](#)

[Team Scores](#)

Congratulations to our first place teams!

Large Division - Lake Washington Masters, 2090 points

Medium Division - Bainbridge Aquatics Masters, 697.50 points

Small Division - Team Walker International Masters, 395 points



Thank you for swimming 2015 PNA Champs! We would love to receive feedback about your experience at this meet. You may either send Steve an email or leave feedback on our website at [2015 PNA Champs Results](#).

Thanks, see you next year!



2015 Tampa Bay Marathon Swim

by Chad Hagedorn, YPKC Coach



After months of tormenting each other with pictures of sharks eating people and random shark toys left at workplaces and on porches, the 'Northwest 2-5-3 Way' relay team consisting of PSM members Patrick Carlisle, Chad Hagedorn, and Katy Smith successfully completed the 18th Annual Tampa Bay Marathon Swim on April 25 in matching SHARK swim attire!!!

The team finished third overall, swimming 24 miles total from the starting line at the Magnuson Hotel Marine Cove Resort in St. Petersburg, Florida, to the finish line at Ben T. Davis Beach in Tampa, Florida, in 11 hours, 4 minutes. **The relay team's worst fears were confirmed when dorsal fins were spotted**, only to be relieved to find they were swimming amongst a pod of dolphins. Whew!

The Tampa Bay Marathon Swim (www.distancematters.com), organized by race director Ron Collins, has been named one of America's Top 100 Open Water Swims and has been listed as one of the 30 World Swimming Majors by the World Open Water Swimming Association. 2015 marks the first time all entries—11 individuals and 3 relay teams—completed the race.

FACT: Two days prior to the Tampa Bay Marathon Swim, Chad Hagedorn finished Top 10 in his age group in both the 1650 AND the 1000 at the USMS Spring Nationals in San Antonio, Texas!!!

PNA ROCKS IT in San Antonio!!

by Tom Walker and Zena Courtney, PNA attendees



The Pacific Northwest Association of Master Swimmers (PNA), represented by two clubs (BWAQ & PSM) delivered another spectacular performance at the Nationwide USMS Spring Nationals in beautiful San Antonio Texas with four days of superlative swimming from April 23 through April 26! There were 1888 total swimmers at the meet this year from across the country.

Under the leadership of our stellar coaching staff, headed by the incomparable April Cheadle/Bainbridge Aquatic Masters, and complemented by the awesome efforts of Chris Monson/Husky Masters and Cal Milbach/Thunderbird Aquatic Club, 81 PSM swimmers rocked their way to aquatic glory as they powered to a 2nd place finish in the Regional Club division! Congratulations to everyone!!! Up with the PNA!

The Northside Independent School District Swim Center is indeed a glorious venue with two 10-lane 25-yard competition courses and 30 additional warm-up lanes. The meet ran like clockwork – kudos to the Texans! We had a generous helping of that famous Texas hospitality under a huge Texan sky. Speaking of sky...the weather handed us some excitement – middle of the night thunderous thunderstorms, frightening lightning, torrential downpours, and flash flooding on the way to the pool were some of the highlights. It was almost like the weather in the Puget Sound! The meet went on without a hitch in the true USMS spirit. In the words of Lt. Colonel William Barret Travis, who commanded the garrison at the Alamo, “I shall never surrender or retreat...” It did turn sunny and hot on the last two days.

Yes, there were awesome swims by PNA on every level – national records and Top Ten awards galore. The most impressive of our accomplishments is that all of us gave it our all – with passion, dedication and a desire to do our best – every race, every relay and every stroke. That comes from the heart and a lot of hard work. Tom Walker would like everyone to know that, “It’s an honor and an inspiration to be in the company of these swimmers and coaches.”

Tom (a faithful attendee who is working on qualifying times but enters his three events every time) reflects on the reasons to go! “The Nationals experience is a tremendous high! You’re surrounded by people who share your passion for swimming and who have come to do their best. It’s such a wonderful feeling to cheer your teammates on and celebrate their success. It’s also a great chance to meet swimmers from all over this fantastic land of ours! Join us next time...It will be one of the highlights of *your life*! It’s all about the joy of swimming! Come celebrate with us!

Full meet results can be found at <http://www.usms.org/comp/scnats15/>

Stella P. told me that relays were really fun when she talked me into racing again. She was right. I didn't know two of my teammates until minutes before the first relay. We had a great time and spurred each other on. In this meet, I think the relay swims brought out the best for Puget Sound as well as scoring lots of points. If a swimmer hasn't gone to Nationals and is thinking about the pros and cons of a trip I would put "fun relays" on the pro side of the decision. - Dan P.



Here are some comments about Nationals

I came to these Nationals with no expectations. I missed last year's because of health issues, the passing of my mom and a ton of anxiety. So being healthy to compete again was a true gift. I just wanted to swim for the pure joy of it. I just moved up an age group. I never thought that this would end up being the best meet of my adult life. I am so deeply grateful for the five individual wins and one 2nd place plus the three relay wins, two of which we women broke National records. And the sweetest of gifts a personal national record in the 100 free. My spirit is soaring with gratitude and feeling very blessed. So many teammates were so encouraging and supportive. They made my nationals a beautiful experience with memories that have touched my heart. Also I was just amazed at how efficiently the meet was run. It was the best Nationals in that respect, and doing all best times was a dream come true. THANKS TO ALL! -Stella P.

April, Chris and Cal were an incredible addition to the entire Puget Sound Master's Team. I went up to each of them with anxiety issues about my races, and each one of them took the time to make me feel better. Chris was kind enough to video my 50 Breast and provided me with instant feedback. Cal was right there when we broke the national records in the 65-69 age group 200 Free Relay and 200 Medley Relay. He even took the time to take our photos! We are so very blessed to have such wonderful, dedicated coaches who really care and made us feel we were special. Thank you for a wonderful job. -Toni L.

I liked when Anthony Sullivan (the Oxiclean dude) made a shout out to our team (Western Wash. Univ Swim Club) for lathering up on the sunscreen because we were tanning. So funny, because it was true! It was also awesome to get to swim alongside Olympians at the meet! - Emily M.

This was my first Masters Nationals. Best memory for me was meeting three other PSM guys who kicked ass on the relays and setting the PNA record in the medley. It reminded me of when I was 14, when Seattle Swim Club (which I was on) dissolved and merged with Cascade Swim Club and I met three other guys who kicked ass on the relays and together we started setting records in the 13-14 age group. Here's to lots more fast years! - Jim G.



This was one of the best run National events I have attended, especially considering the week-end's weather events which luckily took place at night. Congrats to the home town swimmers. Just glad I don't have to drive in San Antonio on a regular basis! Confusing! The most inspirational performance that I saw was of a swimmer who was paralyzed on one side of his body, but completed a 200 Butterfly! Amazing. - Dennis S

Nationals provided me an opportunity to challenge myself to swim faster and an opportunity to watch great swims by the young AND old. Watching a 98 year old woman swim a 100 Free totally put my 60+ worries into perspective. Swimming in a facility where a School District cooperates with a City to build a fabulous venue was spectacular. Southern hospitality was great and the wild night time weather thunderstorms, complete with phone alerts at 3AM, surprisingly produced fast swims which made for a great 4 days! - Jean B.

If you come to Nationals you will get correspondence from the National coaches...

Email #1 - Subject: **PSM Nationals Update-Meeting highlights**, April 23, 2012

Hello all Puget Sound Masters Swimmers!

With anticipation, Thursday comes and the distance swimmers kick off our 2015 SCY Spring Nationals in San Antonio, Texas! After meeting at the pool today to familiarize, check-in, and attend the meeting, I wanted to update you on a few of the highlights from that meeting.

First off, the weather might be a little wild! Thunderstorms are scheduled to move through the area in the next few days. If you hear alarms while you are swimming, keep swimming! Alarms are designed to sound an alert if there has been a lightning strike within 15 miles of the pool, but they do not mean to stop. However, if the storm comes closer, the officials will stop and delay the meet until 30 minutes have passed since the last recorded lightning. Officials will stop the meet and swimmers by **repeatedly blowing whistles and waving the red guard buoys**. Swimmers and spectators are encouraged to get off the deck and into the numerous locker rooms, or take shelter in the indoor 50 meter pool. The rain that came with the storm today was pretty intense as well!

Next, Meetbop. Meetbop is an app for Iphone or Android users that runs in live time to help swimmers keep track of which event is being swum. You are encouraged to use this as a way to help you to stay apprised of the meet timeline.

A few reminders from the meeting:

-Make sure you use the computers on site to **positive check-in** for events of 200 yards or more. There are deadlines to check-in by listed in your meet program/heat sheet. The newly seeded heats will be posted on all 4 walls around the pool.

-No flyover starts. When you finish your race, you will be given time to get out of the pool before the next heat goes off. The pool edge is flush with the gutter and water line, so this is an easier pool to get out of! You are also welcome to use the ladders as long as you are aware that you are not crossing the lane of an incoming athlete.

-The scoreboard end is the "EVEN" end of the pool(facing North), and the "ODD" heats while be run out of the south end of the pool. Pay attention to which heat you're racing in. Look in the heat sheet and start planning now for your shorter races so you can familiarize yourself with the flags, walls, shadows and sun on each end of the pool!

-Are you in compliance? If you have any questions about the legality of your suit, or if you can bandage a finger, check with the meet officials first.

A few PSM specifics:

-We have rented 3 sunshade/tents on the West side of the facility for all members to use. Look for **tent numbers 28, 29, and 30**.

-Stay updated with our [PSM Facebook page](#). Take a moment to "like" it so you can catch news, photos and updates there in real time.

- In addition to the three sunshades, we will also be staking out a team seating area in the covered stands on the **west side of the pool overlooking the "even" heats course**. There is an elevator at the back of the stands to save the legs!

Stay hydrated, come prepared for all weather, be flexible, and have fun racing in this very fast pool!

Let's go distance squad! Start us off well!

Your PSM coaching staff is looking forward to seeing you all at the pool! On behalf of coaches Chris and Calvin, we're glad you're here!

Email #2 - Subject: **PSM Distance Day Recap**, April 24, 2012

Here is the impressive recap from Thursday. Our Top 10 Placings:

1650 Free

Men Chad Hagedorn (40-44)
Doug Winter (45-49)
Geoff Wilwerding (50-54)

Women Sydney Anderson (18-24)- National Champion! Congratulations
Angela Barnick (18-24) on your win in the mile!
Kathy Casey (65-69)

1000 Free

Men Ian McCallum (18-24)
Chad Hagedorn (40-44)
Mats Nygren (45-59) -National Champion! Congratulations
Dan Phillips (50-54) on your win in the thousand!
Alan Bell (65-69)

Women Sydney Anderson (18-24)
April Cheadle (30-34)



P.S. Did you see that Sydney and Chad swam *both* the distance events today?!

Record breaking! Both Mats and Sydney broke PNA age group records in their 1000 free swims today! Way to go!

Looking forward to Friday:

Remember, if you are swimming the 400IM, you need to **positive check-in** by 7:00am.

If you are swimming the 200 free, you need to **positive check-in** by 9:00am.

Relays: The men's medley, women's medley, and mixed free relay are at the end of the meet tomorrow, and Friday relays are posted out by our tents and in the bleachers with the racing order as listed. At the time of this writing, there are no team scores available yet. We will find out scores tomorrow and build on what we have from today! Congratulations to all who put themselves out there to race the distance today! Looking forward to seeing you all tomorrow!

Pg 2 - Correspondence from the National coaches...



Email #3, Subject: PSM Nationals Day 2 Recap, April 25, 2015

Hello PSM!

We started this morning off with a shocking storm, alarms, thunder, lightning, and flooding, and ended the day with shocking swims and lightning fast relays! What a day this Friday has been at Spring Nationals!

TEAM PHOTO

We need a team photo to commemorate this great squad in San Antonio! Like Coach Cal sent out in e-mail, we'll meet on the bleachers in the indoor pool after Dan Phillips swims his 200 fly, Event #29, 50-54 age group, Saturday. I'll also pass out relay cards at that point for the men's and women's 200 free relays, too!

PSM Team Event

We are such a large squad, that meeting for dinner is a challenge, and being able to coordinate meeting before Nationals was a little tricky this year. I want to encourage you to meet your fellow teammates, make new friends, and experience the joy of participating at Nationals! To promote that, your coaches have created a type of scavenger hunt! You can team up with another friend and try to gather/accomplish as many items as you want/can throughout the day tomorrow. Don't worry. It's nothing hard or taxing. There are prizes for the team with the most points! Just a fun way to interact with your teammates. Pick up your bright green scavenger hunt list after warm-ups in the stands!

Nationals Records!

We saw 4 new National Records made by our PSM athletes today!

Congratulations to *Rick Colella* on breaking and resetting his own records in BOTH the 200 free and the 50 Br!

Congratulations to

55+ Women's Medley Relay: *Zena Courtney, Linda Chapman, Charlotte Davis, and Mary Lippold* which set National Record of 2:04.50!

65+ Women's Medley Relay: *Stella Preissler, Kate Carruthers, Toni LeClercq, and Sarah Welch* which set National Record of 2:29.06!

While I wish I could highlight all the remarkable swims, the emotional highs, the goals met, the fears conquered, and the memories made, I know I don't have all night to write, so I will give you the amazing list of athletes who achieved a **Top 10 placement** in their races today!

Alan Bell-100 fly, 200 free

Gloria Dillan-100 fly, 50 Br

Steve Peterson-50Br

18+ A Women's Medley Relay

Tonya Berg-50 Br

Jenny Ferries-400IM, 50 Br

Dan Phillips-400IM, 50 Br

45+A Women's Medley Relay

Kate Carruthers-200 free, 50 Br

Jim Gooding-100 bk

Stella Pressler-200 free, 100bk

45+B Women's Medley Relay

Kathy Casey-100 bk

Don Graham-100fly, 100bk

Walt Reid-50Br, 100bk

55+A Women's Medley Relay

Linda Chapman-50 Br

Carl Haynie-100bk

Shelley Reimer 200 free

55+B Women's Medley Relay

Rick Colella-200 free, 50 Br

Dawn Jaeger-100fly

Dennis Sawyer-400IM, 50Br

65+A Women's Medley Relay

Steve Colella-100 fly

Janie Layman-100bk

Dominique Truong-50Br

18+A Men's Medley Relay

Cathy Cooley-50 Br

Toni LeClercq-50Br

Tom Walker-400IM

45+A Men's Medley Relay

Zena Courtney-200 free, 100 bk

Mary Lippold-100 fly

Frank Warner-100bk

55+A Men's Medley Relay

Kim Crouch-50Br

Amy Moorhead-200 free

Sarah Welch-100fly

65+A Men's Medley Relay

Lisa Dahl-50Br

Mats Nygren-200 free

Jenna Whitney-50Br, 100bk

18+A Mixed Free Relay

Charlotte Davis-400IM

Dick Peterson-400IM

Larry Wright-100fly, 100bk

35+A Mixed Free Relay

What a list!! The following athletes are National Champions in winning their events!

Rick Colella (200free, 50Br)

Kim Crouch (50 Br)

Charlotte Davis (400IM)

Don Graham (100fly)

Stella Preissler (100bk)

And these are our 1st place relays:

65+A Mixed 200 Free

55+A Women's 200 Medley

65+A Women's 200 Medley

45+A Mixed Free Relay

55+A Mixed Free Relay

55+B Mixed Free Relay

65+A Mixed Free Relay

65+B Mixed Free Relay

If you've read this far, good job! Team scores are running a day behind, but after our Distance Day, PSM sat in 3rd place with 96 points. Only 1 point ahead in 2nd is New England Masters with 97 points, and sitting in first after the Distance events, is Colorado Masters with 223. Right behind us in 4th is Arizona with 68 points. Like you, I will wait anxiously for updated team scores to see where we are in the Top 3!

Remember to positively check-in for the 200 back and 200 fly events tomorrow!

Remember we have one relay for the men, and one for the women tomorrow with the 200 Free Relay .

Now get some sleep and we'll see you on the deck tomorrow

Women 65+ National Record Medley Relay



Pg 3 - Correspondence from the National coaches...

Email #4, Subject: PSM Nationals Day Recap, April 26, 2015

Hello PSM athletes!

Mariachi Band on the pool deck!



Another eventful day that started with power outages, and ended with lights out swimming!

We also got to experience the Texan sun and 96 degrees plus some great humidity! Even with these wild conditions, we had some incredible swims!

We got an update on our team scores! Through Event #17, from Friday night, Puget Sound moved into second place in the combined team scores of men and women! The Top 5 as follows:

1. Colorado 815
2. PSM 647
3. Arizona 427
4. Illinois 369
5. WMAC 369

Puget Sound Masters all had a great time at the Spring Nationals in San Antonio. Was a great time to swim hard and catch up with friends some of us have not seen for a year or more, and make new ones at the same time. Coaching was also great, upbeat and for me and made a difference. - Bill R

It was certainly a team effort to start closing the gap in the top 3 placings! Part of that team effort included a **new National Record!** Congratulations to the Women of the 65+ 200 free Relay for your new (unofficial) National Record time of 2:09.98, breaking the old record by over a second! This new record was made by the power team of *Stella Preissler, Toni LeClercq, Kate Carruthers, and Sarah Welch!* Also claiming a National Championship win, and just missing the record by 4 tenths, was the women's 55+ relay team of *Zena Courtney, Charlotte Davis, Gloria Dillan, and Mary Lippold.*

Congratulations also to those athletes who claimed **National titles** in their individual events!

Rick Colella (100IM, 100Br)

Kim Crouch (100IM, 100 Br)

Charlotte Davis (100IM, 50 free)

Stella Preissler (200bk, 50 free)



The Alamo

Allow me to highlight the wonderful accomplishments of athletes who have made the **Top 10!** I'm also aware that we have had many more PNA records unofficially broken as well! I'll save those for another e-mail, but congratulations!! The other Top 10 swims:

Alan Bell (500free, 200bk, 200fly) Carl Haynie (200bk)

Tonya Berg (100Br)

Karen Bryce (50 free)

Kate Carruthers (100Br)

Kathy Casey (200bk)

Linda Chapman (100Br)

Cathy Cooley (100IM)

Zena Courtney (200bk, 50 free)

Lisa Dahl (50 free)

Gloria Dillan (200fly)

Jenny Ferries (100Br)

Dawn Jaeger (100IM, 100Br)

Toni LeClercq (100IM, 100Br)

Mary Lippold (100IM, 50 free)

Ian McCallum (500 free)

Amy Moorhead (100IM, 50 free)

Mats Nygren (500free, 200bk)

Dick Peterson (100IM, 200bk, 100Br)

Steve Peterson (100Br)

Dan Phillips (100IM, 200fly)

Jordan Reid (50 free)

Walt Reid (100Br)

Shelley Reimer (50 free)

Dennis Sawyer (100IM, 100Br)

Jim Stretch (200bk)

Dominique Truong (100Br)

Lisa van Loben Sels (50 free)

Julie Voss (100Br)

Frank Warner (200bk)

Sarah Welch (100IM, 50 free)

Jenna Whitney (100Br)

Larry Wright (100IM, 50 free)

45+A Men's 200 Free Relay

55+A Men's 200 Free Relay

65+A Men's 200 Free Relay

35+A Women's 200 Free Relay

45+A Women's 200 Free Relay

55+A Women's 200 Free Relay

55+B Women's 200 Free Relay

65+A Women's 200 Free Relay

It's exciting to see so many teammates in the Top 10! Don't forget to visit the **awards tent** and pick up your medals! Your coaches will collect whichever medals are left, but we'd rather you have the honor of picking up your hard-earned medals!

Let me also take a moment to thank the coaches! This is the first National experience for both Coach Chris and Coach Cal, and they have been working hard! The time they've put in behind the scenes to help prepare for a smooth and successful Nationals is impressive. They've helped calculate all varieties of relay combinations, they've proactively taken on projects and organized timelines. I appreciate their coaching philosophies, styles, knowledge, and approachability, and how they love helping others enjoy the sport they've invested in. I treasure having coaches I can depend on, and am so proud of how these coaches are self-motivated and reliable! Thank you Chris and Cal!

Let's all finish well as we take on the Sunday events! Stay hydrated! Work on smart recovery. And enjoy the time you have to race! Thank you for the honor of being able to coordinate and coach for you this weekend! What a wonderful group of athletes! Sleep well!

Your PSM Spring National Coaches,

April Cheadle, Chris Monson, Cal Milbach

My funny recollection is: swimming may be the only sport where when putting on our uniform, random strangers need to help us by putting their hands down our pants/suits! - Lisa D.



Women 55+ National Record Medley Relay

Pg 4 - Correspondence from the National coaches...

Email #5, Subject: PSM Nationals Day 2 Recap, April 27, 2015

We have come to the end of another amazing USMS Spring Nationals! I hope everyone takes home memories of swimming, friends, sun, and shared experiences. Thank you for allowing Cal, Chris and me to coordinate and coach you through this weekend. I, personally, cherish the relationships, respect, and inspiration you all provide!

Here is our Sunday recap of San Antonio Spring Nationals! Just the fact that we travelled 81 athletes halfway across the country to compete at these Nationals is a huge accomplishment! Sitting solidly in 2nd place after Saturday night, we tackled Sunday's events trying to maintain our Top 3 placing, and perhaps chip away at the lead Colorado had taken.

Along the way, **National Records** were broken! Congratulations to the 55+ 200 Mixed Medley Relay squad of Zena Courtney, Rick Colella, Donald Graham, and Charlotte Davis on your record setting time of 1:52.96!

Congratulations to Stella Preissler for your National Record-setting time of 1:05.01 in the 65+ women's 100 free!

We also saw the following athletes achieve a **National Championship** by winning the following events!

Karen Bryce (50 back)
Rick Colella (200Br, 200IM)
Kim Crouch (200Br)
Charlotte Davis (50 fly)
Stella Preissler (50fly, 100free)
Impressive! Congratulations!



Josh Pehrson (200Br)
Dick Peterson (200Br,200IM)
Steve Peterson (200Br,200IM)
Dan Phillips (200Br)
Jordon Reid (50 fly)
Walt Reid (50back)
Shelley Reimer (500free,100free)
Dennis Sawyer (200Br, 200IM)
Clinton Stipek (100free)

Julie Voss (200IM)
Frank Warner (50 back)
Sarah Welch (50fly,100free,200IM)
Jenna Whitney (200Br, 50 back)
Larry Wright (50fly, 100free)
35+A Mixed Medley Relay
45+A Mixed Medley Relay
55+A Mixed Medley Relay
55+B Mixed Medley Relay
65+A Mixed Medley Relay

The following athletes achieved **Top 10 standing!**

Sydney Anderson (500free,100free) Jackie DeLong (200IM)
Tonya Berg(200Br) Jenny Ferries (200Br, 200IM)
Kate Carruthers(500free,200Br) Donald Graham (50 fly&back,200IM)
Kathy Casey(50 back) Carl Haynie (50back)
Linda Chapman(200Br,200IM) Dawn Jaeger (50 fly, 200IM)
Zena Courtney(50back,100free) Janie Layman (50 back)
Kim Crouch(100free) Toni LeClercq (50 fly, 200IM)
Lisa Dahl(50 fly) Mary Lippold (50 fly, 100free)
Charlotte Davis(100free,200IM) Amy Moorhead (50 fly, 100free)

In total, our men scored 601 points, placing third. Our women scored 812.5 points, leading the women's division. The combined total with relays was 1,595.50 points, giving **Puget Sound Masters a resounding 2nd place finish in the**

Regional Teams!!

The Top 3 Regional teams were:

1. Colorado Masters 1,856
2. Puget Sound Masters 1,595.50
3. Arizona Masters 1,116.50

Great job team!



San Antonio Riverwalk



Awards: For those of you who left before obtaining your awards, we collected them, and I will bring them to Fat Salmon, BAMFest swim meet, and perhaps some others, in hopes of getting those awards to you!! You earned them!

Thank you for sharing your weekend, your talents, your efforts, and your great attitudes! See you at the next event!

We wish you a wonderful week and happy swimming!

Thank you from your PSM Spring National Coaches,
April Cheadle, Chris Monson, Cal Milbach

*I thought the facilities were fantastic and the meet was extremely well run. The highlight for me was being almost 82, I won my FIRST National Championship Event - the 50 Back. It was a complete surprise because I used to be a breaststroker but due to knee problems I had to switch to backstroke a few years ago and am just now starting to feel comfortable with backstroke!
-Karen B.*



Clinics Coming This Spring and Fall!

TEACH ADULTS TO SWIM CLINIC

by Sarah Welch, PNA Club Director

PNA still has openings for the Adult Learn to Swim Training program to be held May 16th. We still have some PNA scholarships available for registered PNA swimmers. The course is limited to 25 people, so register now if you are interested. The purpose of the course is to provide instruction in a 'train the trainer' format for your coaches at team members so they can encourage volunteerism locally to invite your Masters group to offer a local learn to swim program. Registrations are on line through the USMS website: [Adult Learn To Swim Clinic](#). Scholarship applications are available on line in the article about the clinic on the PNA website ALTS Scholarship Application. [Sign Up Here: PNA Clinics-Adult Learn to Swim](#)

FREESTYLE STROKE CLINIC AND MASTERS 101 CLINIC

Freestyle Stroke Clinic, Sunday, May 17th, Tukwila Pool 8:30-10:30 am. This two hour freestyle stroke clinic is offered by Lisa Dahl, US Masters and USA swimming coach. This freestyle technique clinic will improve your stroke whether you are a fitness swimmer, a triathlete or a competitive swimmer. The clinic will stress freestyle technique. The clinic will cover: freestyle stroke analysis with video and evaluation and technical tips, drills, the 'mental game' and some nutrition information. The class is limited to 12 participants to maximize individual feedback.

Sign Up Here: [PNA Clinics Freestyle Clinic and Masters 101 class](#)

Masters 101 Clinic, May 17th, Tukwila Pool 9-10 am. This introduction to Masters swimming will offer basic vocabulary and skills to fitness and lap swimmers who are considering joining a Masters group. Are you a swimmer who interested in joining a swimming group? Do you know a friend who is thinking about Masters Swimming? Did you know that Masters Swimming is fitness swimming for adults? Do you want to learn about what Masters could offer you? This new clinic series is offered to swimmers who want to 'learn the ropes' of Masters Swimming. This introduction to Masters Swimming is also for any fitness swimmer or lap swimmer who wants to learn about what a group swim program would be like and want to master the vocabulary and basic techniques for success. The clinic will offer basic swimming stroke technique, 'reading a clock', turns, vocabulary of group workouts and an introduction to equipment used for working out. Taught by USMS Level 1 and 2 coach and Masters coach Katie Dahl Lomatewama.

SWIM SPEED SECRETS CLINICS for Triathletes and Swimmers

Best-Selling Author and Olympian **Sheila Taormina** will conduct detailed analysis of your freestyle stroke on **May 22 – 24** in Seattle. Earlier dates in four other cities available. Click [Sheila's website](#) for details!

COACHES - Save the Date

US Masters Coach Certification—Level 3 will be held in the Seattle Area PNA is hosting the **USMS Level 3 Coach Certification Clinic October 31, 2015** -- all day session. Prerequisite: Level 1 and 2 course (a one day course for both levels).

Two of my fondest memories from the meet were teaming up and swimming with my PSM friends and going sub one minute (59.41) in the 100 Back. Couldn't help but get a little misty eyed after getting out of the water following that race. I've been hunting that white whale (sub-one) for some time now. I am grateful for the excellent coaching and support we received at the meet from April, Chris, and Cal. - Carl H.

PNA Board Meeting Highlights

by Sally Dillon, PNA Secretary

February 24, 2015 Board Meeting

Chair Lisa Dahl conducted a conference call meeting of the Board. Current registrations for PNA are 1344 members (690 men, 654 women). A new PSM workout group has been formed: Team Walker International Masters (TWIM). Treasurer Mark Benishek resigned. Arni Litt and Sarah Welch stepped in and will reconcile the bank accounts and pay bills until a new Treasurer is elected. Arni, PNA's long-time Membership Coordinator, indicated her interest in serving as PNA's Treasurer if a replacement for her current position can be found. Sarah and Kim Boggs reported on the efforts to provide a slate of officers for the upcoming election. A candidate for Vice President has not been found but the

other officer candidates are: President – Mike Grimm, Secretary – Sally Dillon, Treasurer – Arni Litt, and At Large Directors – Kathy Casey and Jessie Hinkle. Ballots will be distributed to all PNA members in March via Survey Monkey (and hard copy for those without email). Zena Courtney volunteered to be the editor of *The WetSet*, PNA's bi-monthly newsletter. She succeeds Jessica Dubey, who stepped in to serve as editor for the previous few issues. The board approved the addition of a SCY Pentathlon to the competition schedule. It will be held on May 16 and hosted by ORCA. The board also approved a SCM meet that will be held at KCAC on November 21 and 22, hosted by PSM.

Complete minutes for Board meetings can be found at

www.swimpna.org/w/PNA/more/?artid=3471

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2015 PNA OPEN WATER SERIES

Four Great Races



June 21st. The series starts off with the Swim Defiance which re-enacts the 1926 Dalco Passage crossing. The race location is Owen Beach in Point Defiance Park on Commencement Bay in Tacoma, Washington. There is a clockwise 5k triangular course swim beginning and ending at Owens Beach and one-way 3k linear course swim from Vashon Is to Owens Beach. <http://www.swimdefiance.com>



July 18th. Next is the Fat Salmon Open Water Swim. It's a 3.2-mile race along the Seattle shoreline of Lake Washington. The course runs South-to-North, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 and finishes at Madison Park.

<http://www.fatsalmonswim.org/>



August 22nd. The third event is the Whidbey Island Adventure Swim. The swim includes 1.2 and 2.4 mile races off the shore of Langley, Washington. The course follows a rectangular path beginning and ending at the Seawall Park. Both distances follow the same course, with the 1.2-milers swimming one lap and the 2.4-milers swimming two laps. <http://ow.swhidbey.org>



September 19th. The series finishes with the Last Gasp of Summer. The race takes place at Angle Lake in Seatac, Washington and includes a 1.0 mile and 2.0 mile race on a rectangular course. One milers swim one lap, two milers swim two laps. <http://www.lastgaspofsummer.com/>

**** 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.

Receive ONE Entry for EACH race entry for a drawing for ONE FREE Blue Seventy Reaction wetsuit (either full or sleeveless depending on the winner's preference)

Welcome, New Swimmers!

(Registered as of 4/19/2015)

Blue Wave Aquatic

Masters /BWAQ-CLUB

Chelsey Barrett
Christine Krage
Hannah Glazko
Nina Garofalo
Uyen Nguyen
Ken Deem
Khaila Courtney
Phillip Pardi
Brendan Fejarang

Puget Sound Masters / PSM-CLUB

Bainbridge Aquatic Masters (BAM)

Jacqueline Chipman
Janette Dodge
Cody Jenkins
Don L Myrick

Bellevue Club

Marisa Chang
Lisa van Loben Sels

Central Area Aquatics Team (CAAT)

Alexander Blood
Meghan Greenfield
Leah Gustitus
Julie M Pendleton
Margit Rankin
Julie Sommer

Downtown / Bellevue Swim Team (DBST)

Kirsten Hardisty
Janet Zeaiter

Greenlake Aquaducks (GLAD)

Scott Campea
Meredith Childers

GLAD-cont'd

Angela Nepa
Joshua Newman
Mark Rowe
Tonio Tello

Husky Masters (HMST)

Josh Grega
Kirsi Hall
Jackson Ludwig
Samantha Van Zanten
Scott Vandever

Lake Washington Masters (LWM)

Andy Chapman
Steve Colella
Justin Fleming
Jordan King
Stein Larsen
Shannon McIntyre
Tomas Mendez-Beck

Jay Pearson
Roxanne Raubacher

Mukilteo Y (MY)

Michael S Gilson

ORCA Swim Team (ORCA)

Michael Barnes
Teddy Basladynski
Thomas Bierlein
Baron Cato
Katherine Ciurej
Nicole Durkee
Jeffrey Meehan
Gina Tran

Ohana Swim Team (OST)

Moranda Marple
Christine Strong

Samena Masters (SAM)

Donna Conner

Skagit Valley Masters Swimming (SVMS)

Jeffrey Choffel
Susan Cordsen
Jeanne Gross
Kara McAdams
Neil Myers
Carrie Myers
Sandra Smith

Thunderbird Aquatic Masters (TACM)

Kate McMullen

Thomas Walker International Masters (TWIM)

Maoz Alsberg
Brian Guillen
Noel Perkins
Tammy Koppelberger

PSM Unattached

Chris Bolla
Molly Forry
Brett Franceschina
Erin Gehlhausen
David Gray
Jasinder Kaur
Christopher Morales
Laura Mott

UC36

Andy Bernard
Nicole Kim
Spencer McCulloh
Elizabeth Putnam
Sarah Turner
Jim Staley
Felicia Warlick

YMCA PKC Sound Aquatic Swimmers (YPKC)

Michael J Fitzgerald

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

2015 PNA MASTERS CALENDAR

PNA Sanctioned Events

*PNA sanction in process

LOCAL POOL EVENTS

May 16, 2015

MEET: [ORCA Pentathlon](#)

Seattle (details next page)

More Info: [Brock Jones](#)

October 3, 2015

MEET: [BAMFest](#)

Bainbridge Island, WA

More Info: [Andrea Shupe](#)

November 21-22, 2015

MEET: [PNA & NW Zone SCM Champs](#)

Federal Way, WA

More Info: [TBD](#)

LOCAL OPEN WATER EVENTS

June 21, 2015

[Swim Defiance](#)

Tacoma (details last page)

July 18, 2015

[Fat Salmon](#)

Seattle, WA

August 22, 2015

[Whidbey Island Adventure Swim](#)

Langley, WA

September 19, 2015

[Last Gasp of Summer](#)

SeaTac, WA

OTHER MISC. OPEN WATER EVENTS

May 16, 2015

[Wild and Wonderful](#)

Seattle, WA

May 30, 2015

[Open Water Swim Clinic and Wet Suit "Try-athlon"](#)

Seattle, WA

June 12, 2015

[Friday Night Swim Races #1](#)

Lake Meridian Park, Kent, WA

June 28, 2015

[Tubby Trout 3.2 Mile](#)

Seattle, WA

June 28, 2015

[11th Annual Green Lake OW](#)

Greenlake Park, Seattle, WA

July 10, 2015

[Friday Night Swim Races #2](#)

Lake Meridian Park, Kent, WA

August 15, 2015

*Aly Fell Open Water Invitational, Bellingham, WA

August 15, 2015

[31st Annual Emerald City](#)

Andrews Bay, Seward Park,

Seattle, WA

August 23, 2015

[Park to Park Swim](#), Matthew's

Beach to O.O. Denny Park in

Kirkland, WA

September 12, 2015

[Swim Across America](#)

Luther Burbank, Mercer Island, WA

September 20, 2015

[AquaRun For A Child](#)

Owen Beach, Pt. Defiance Park

Tacoma, WA

Links to nearby LMSCs ([Oregon](#) and [Idaho](#)) for their pool and OW swims.

INTERNATIONAL EVENTS

August 5-16, 2015

MEET: [16th FINA World Masters Championship](#)

Kazan, Russia

NATIONAL EVENTS

August 6-9, 2015

MEET: USMS LCM Nat'l Champs, [Spire Institute, Geneva, Ohio](#)

SAVE THE DATE:

August 18-21, 2016 (tent.)

USMS Summer National Championship

[Mount Hood Community College, Gresham, Oregon](#)

POSTAL EVENTS

All Year

[USMS Go the Distance](#)



USMS Calendar of Events

Pool, OW, Postal:

[Basic Search](#)

[Advanced Search](#)

PNA BOARD MEETINGS

May 19, 2015

PNA Board Meeting

[Conference Call](#)

6:45 pm - 9 pm

July 14, 2015

PNA Board Meeting

[Lisa Dahl's, Shoreline](#)

6:45 pm - 9 pm

September 15, 2015

PNA Board Meeting

[Kim Boggs', Federal Way](#)

6:45 pm - 9 pm

Orca Swim Team
 2015 Emerald City SCY Pentathlon
 May 16, 2015
 Warm-up: 10:00 AM
 Meet start: 11:00 AM
 Sanctioned by PNA for USMS Inc.
 #365-S006



PENTATHLON RULES:

Short pentathlon events include 50 fly, 50 back, 50 breast, 50 free & 100 IM (marked * above).

Medium Pentathlon events include 100s of each stroke & 200 IM (marked ** above).

Long Pentathlon events include 200s of each stroke & 400 IM (marked *** above).

Swimmers do not have to participate in the pentathlon to compete in the meet. Swimmers may register for a maximum of any 5 events, but must register for corresponding events to participate in the pentathlon.

Disqualifications in individual events will normally not disqualify a swimmer from the pentathlon. An additional 10 seconds will be added to the swimmers time for each 50 yards of the race and that time will be used in the pentathlon portion of the meet. The meet referee may suspend this at his/her discretion if it is believed the swimmer did not attempt the proper stroke. The event will still be recorded as a DQ in official meet results.

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=6390

ENTRY FEES: \$16 meet surcharge PLUS \$2 per individual event (US or Canadian; includes LMSC and timing surcharges) (optional \$16 fee for seniors and needs-based swimmers). Entry fees include WA State sales tax.

PAPER ENTRIES: Use the PNA Generic Entry Form available on the PNA Website or in the WetSet. Make checks payable to Orca Swim Team and mail to: Orca Swim Team, PMB 869, 1122 E Pike St, Seattle WA 98122

DIRECTIONS: From northbound I-5, take exit 164A and follow signs to James St Exit. Turn right on James St and proceed for 0.7 miles. Turn right on 14th Ave (pool is located on the left side of the 14th Ave on this block). From southbound I-5, take exit 165A and follow signs to James St. Turn left at the signal at James St. Continue on James St for 0.7 miles. Turn right on 14th Ave. (pool is located on the left side of the 14th Ave on this block)

ENTRY QUESTIONS/CHANGES:

Paul Ikeda, gladorca@aol.com, 206-604-8725

ADDITIONAL INFO: The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport of swimming and to educating the public about the value of sports in fitness and community-building. The team is comprised of gay/lesbian and gay/lesbian-friendly swimmers and welcomes all Masters Swimmers to its swim meets. ORCA SWIM TEAM is a member of Pacific Northwest Aquatics (PNA), International Gay and Lesbian Aquatics (IGLA) and Team Seattle.

LOCATION: Seattle University Connolly Center, 550 14th Ave, Seattle WA 98122

FACILITY: 25yd 6 lane pool, 82 degree water, with additional 6 lane x 25 yard warm up pool available throughout the meet.

MEET DIRECTOR: Brock Jones, brockhj@gmail.com, 503-939-4257

MEET REFEREE: Jim Davidson
jedavidson98001@yahoo.com 253-569-8047

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 5/16/2015
 Age groups based on the swimmer's age as of 5/16/2015.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Friday, May 8, 2015 or online by 11:59 PM (Pacific) Wednesday, May 13, 2015. NO race day entries accepted.

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

CHECK-IN: Positive check-in required for the 400 IM by the conclusion of event #6. Swimmers missing the check-in deadline may be scratched from the event.

AWARDS: Ribbons for places 1-3 in individual events. Medals may be purchased at meet. Special pentathlon awards for first place in for each age group and pentathlon length.

ORDER OF EVENTS:

1	200 Fly***	9	50 Breast*
2	100 Fly**	10	200 Free***
3	50 Fly*	11	100 Free**
4	200 Back***	12	50 Free*
5	100 Back**	<i>10 Minute Break</i>	
6	50 Back*	13	400 IM***
<i>10 Minute Break</i>		14	200 IM**
7	200 Breast***	15	100 IM*
8	100 Breast**		

Blue Wave Aquatics
Swim Defiance
3K and 5K open water swims
Sunday, June 21, 2015
Sanctioned by PNA for USMS Inc. #365-W001

LOCATION: Owen Beach, Point Defiance Park, Commencement Bay, Tacoma, WA

EVENTS: 3K swim OR 5K swim

COURSE: Re-enacts the 1926 Dalco Passage crossing. Choose round trip 3-mi triangular course swim or one-way 1.5-mi linear course. Water temp is est. at 56-60 °F. Water jugs provided for rinsing at finish. Metro Parks restrooms at start/finish area.

TIME: Check-in opens at 6:45 AM; **Mandatory Competitor Safety Meeting at 7:45 AM**; 5K swim starts at 8:05AM. 3K swim starts at 9:00AM after ferry ride to Vashon Island

RACE DIRECTOR: Zena Courtney, cell 206-651-0823, home 253-927-3695, zenacourtney@hotmail.com

ELIGIBILITY: Open to all 2015 registered Masters swimmers (USMS or MSC) 18 and older as of Jun 14, 2015. Competitors not registered may sign up for a \$22 One-Event USMS registration. Non-PNA USMS registered swimmers **must** submit a copy of their 2015 registration card to the race registrar at angeluajtu@comcast.net.

RULES: Current USMS rules will govern this event. Neoprene wetsuits and race provided caps are required, unless swimmer has pre-approval from by safety/race directors. Time limits are enforced as follows: 3k – 2 hour limit, 5k – 2:45 limit.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking required on hands. Competitors must wear the color-coded race caps and race chip provided by the host. \$20 charge for chips that are lost.

AWARDS: T-shirts in male/female styling and caps to all competitors. Custom vintage inspired awards for male and female in each event. 1st-3rd place will be presented to men and women in age groups 18-24, 25-29 . . . 80+. Post race refreshments will be available.

ENTRY FEES: \$73, short course swim, \$83 long course swim includes 9.5% sales tax). Add \$15 for day of race entries

ONLINE ENTRIES ONLY: At

https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=6587, Online registration is open and closes at 11:59 pm PDT on 6/19/15

RESULTS: Preliminary results available on race day and final results posted at <http://www.swimdefiance.com> the next day.

DIRECTIONS: FROM SEATTLE: Take I-5 SOUTH to Tacoma Take exit 132B for WA-16 west toward Bremerton. Stay on WA-16 for approximately 3 miles to Exit 3 for 6th Ave toward WA-163 N/Ruston. Turn left onto 6th Ave. Take the 1st right onto N Pearl St. Go 3.2 miles on N Pearl Street to stop sign at Pt. Defiance Park entrance. Continue straight through intersection onto N Waterfront Dr. As it curves past Pagoda, stay in right lane and follow directions to the Zoo. Pass the Zoo turn off and the road becomes Five Mile Rd. Continue straight past Rhododendron Gardens. Turn right onto Owens Beach Rd. and follow down windy hill. Destination is at bottom. Park in the lot. EXCEPT in spot reserved for BUS/ EMERGENCY VEHICLE.

FROM OLYMPIA: Take I-5 NORTH to Tacoma (about 26 miles). Take exit 132 for S 38th St. Keep left at the fork, follow signs for Washington 16W (WA-16)/Gig Harbor/Bremerton for 1.0 mi. Keep left to continue on WA-16 west for about 3.0 mi to Exit 3/6th Ave toward WA-163 N/Ruston. Continue using directions from Seattle (red text).

LODGING: Silver Cloud Inn, Tacoma Waterfront, 2317 Ruston Way, Tacoma, WA; (253) 272-1300;

www.silvercloud.com, 5mi

Hotel Murano, 1320 Broadway, Tacoma, WA; (253) 238-8000; www.hotelmuranotacoma.com, 7mi; Best Western Plus, Tacoma Dome Hotel, 2611 East E Street, Tacoma, WA; (800)780-7234; www.book.bestwestern.com; 8-mile

ADDITIONAL INFORMATION: The 5K electronic chipped swim starts at 8:05AM and is on a triangular course that starts in the water at Owen Beach between two orange triangular buoys and proceeds north toward Vashon Island and makes two right hand turns around the outside of a two tall yellow cylindrical buoys at 1.55-miles and then heads south back to Owen Beach. The 3K swimmers will take a bus from the finish to the 9:25AM Tahlequah State Ferry, walk on and enjoy a 15 minute ride to Vashon Island. Once arrived, they will walk to the beach just west of the Ferry terminal and start in the water at the beach at approximate 9:00AM. All swimmers will finish with a short run up the beach across a timing mat. More details and registration link at www.swimdefiance.com

Swim Defiance, Tacoma, WA / Sunday, June 21, 2015

8:05AM Start Time/Owens Beach Long Course: 5K Swim (both ways)

8:15AM Board bus to walk-on ferry

8:25AM Ferry leaves (15 min crossing)

9:00AM Start Time/Vashon Island Short Course: 3K Swim (one way)

