



The WetSet

U.S. Masters Swimming in Western Washington
Volume 35, Issue 5

Pacific Northwest Association of Master Swimmers

Sept-Oct 2015

**Summertime, Summertime,
Sum-Sum-Summertime!!!**

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Kazan medal (front /back)



WOW – PNA swimmers have been **VERY BUSY** with pool and open water events this summer! The events, some of which you'll be able to read about inside, continued in July with the Fat Salmon open water in Lake Washington (7/8), the Washington State Senior Games in Olympia, (7/26) and the open water Cascade Lakes Swim Series in Bend, OR (7/31 – 8/2). August was extremely

busy with 7+ events: the 16th FINA World Masters Champs in Kazan, Russia (8/5 – 16); USMS Summer Nationals in Geneva, Ohio (8/6 – 8/9); the Aly Fell Open Water Invitational in Bellingham (8/15); the Emerald City Swim at Seward Park (8/15); a "Whidbey Island (open water) Adventure" (8/22); the Gil Young Memorial Long Course Meters (LCM) Zone event held at Mt. Hood Community College in Gresham, OR (8/21 – 23); and an opportunity to swim the 5K & 10K Postal National Championships at the Colman Pool in West Seattle (8/29) and others not mentioned. Phew!

This summer I tried 3 competitions (Elk Lake, LCM Summer Nationals and Long Course Zones) in 4 weeks. Someone emailed "Good Lord! Did you breathe, eat, or sleep at all between them? I actually had to check the results for Worlds & Aly Fell to convince myself you are NOT a clone!"...funny. Elk Lake offered five surreal clear mountain lake swims followed by Geneva, where I swam against my childhood swim team fellow backstroker and my USMS 50 Back age-group nemesis. We shared like grown-ups and each won one of the backstroke events! Gil Young LC Zones was the weekend of the smoke from the massive PNW wildfires, read about that inside too. But summer is not yet over! Still remaining, until the first official day of Fall (9/23/15), is one final swimmer-friendly PNA open water swim: Last Gasp of Summer, Sat., Sept. 19. More at www.lastgaspofsummer.com

JOIN IN, YOU CAN DO IT!!!!

DEFINITELY WILL SEE YOU THERE!!!

— Zena Courtney, editor



OPEN WATER UPDATE

By Jim Davidson, PNA Open Water Chair

July 19th marked the 16th renewal of the Fat Salmon swim. This race has become a classic and draws competitors from throughout the Northwest and all over the country. There were swimmers from Alaska, Colorado, Georgia, Maryland, New York, Oklahoma,

Tennessee, Virginia, and Wisconsin. In all, 319 swimmers challenged the 3.2 mile course in Lake Washington. Race day was beautiful with warm air and water temperatures and light winds. 21 year old Steve Sholdra was top

Update– continued on page 2



overall finisher and posted a time of 1:02:59 without a wetsuit! He was followed by Matthew Dixon (52) 1:06:41 and Haleigh Werner (46) 1:07:06 both in wetsuits. Steve Sholdra and Sarah Grundman (20) 1:11:06 were first in the non-wetsuit divisions, and Haleigh and Matt claimed the first place honors in their wetsuit divisions.

Rounding out the wetsuit division:

- Men: 2nd- David Thomson (55) 1:07:43
- 3rd-Bob Schlemmer (55) 1:07:44
- Women: 2nd-Sydney Anderson (23) 1:10:54
- 3rd- Maura Carroll (38) 1:16:59

Rounding out the non-wetsuit division:

- Men: 2nd- Galen Sollom-Brotherton (24) 1:08:40
- 3rd-Brian Wisniewski (37) 1:09:11
- Women: 2nd- Shannon McIntyre (50) 1:11:49
- 3rd- Pamela Kalas (39) 1:12:17

The ORCA Swim Team hosted this year's event taking over from past sponsor Green Lake Aqua Ducks (GLAD). Holding a race with this many competitors stretching over a 3.2 mile point to point course in a busy lake presents some daunting logistical and safety challenges. ORCA, with lots of support from GLAD, did an excellent job of continuing the outstanding Fat Salmon tradition. To Meghan Meinerz, Meet Director, and Steve Potokar, Safety Director, and all of the volunteers from ORCA and GLAD, thanks for another successful race. See results at <http://www.fatsalmonswim.com>

The third annual Aly Fell Memorial Open Water Invitational was held Saturday, August 15th. It was a combined USA/USMS

swim sponsored by the Bellingham Bay Swim Team (BBST) of USA Swimming. The venue was Lake Padden and events included 2.5K, 5K, and 10K races for USA and USMS swimmers and an 800M swim for younger USA swimmers. There were wetsuit and non-wetsuit divisions, although USA swimmers were non-wetsuit only. Race conditions were good - overcast skies and a light wind, slight water surface disturbance and a water temperature of 71 degrees. Lake Padden is an ideal setting for an open water swim. There is no boat traffic and the lake is sheltered by trees on all sides. There were 58 competitors, 18 USMS and 40 USA. The Masters swimmers held up well against the younger USA swimmers winning 2 of the 3 events in which they competed together. Annelle Harmer won the 10K wetsuit division. Steve Sholdra backed up his win at Fat Salmon with a first place in the 10K non-wetsuit division. Brock Jones was first in the 5K non-wetsuit (there were no wetsuit swimmers in the 5K). In the 2.5K races Jim Littlefield topped the wetsuit competitors, and Patrick Gray finished second overall (winner was Nathan Rubie of BBST) and first Masters swimmer in the non-wetsuit Division. Many thanks to Sean Muncie, Meet Director and Steve Booth, Safety Director, as well as all the BBST volunteers for making this a truly enjoyable event. Results at

<http://alyfellmemorialopenwaterswim.com>



On August 22nd South Whidbey Island Masters (SWIM) held the Whidbey Island Adventure Swim. The swim took place at Seawall Park in Langley and featured 1.2 and 2.4 mile races. Thirty-four swimmers braved the chilly waters (water temperature was 59 degrees) of Saratoga Passage. The weather was sunny and winds were light making for excellent racing conditions. Lars Durban outpaced the other 2.4 milers with a 54:09 to take that race with only .19 seconds separating the top 4 finishers. Jim Littlefield was the fastest competitor over the 1.2 mile course with a 28:23. There was no recognized non-wetsuit division although one swimmer, Wendy Van De Sompele, did swim the 1.2 mile course in 31:00 without a wetsuit and ended up second overall!

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 Owens 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 Vasquez Is. to Owens Beach. <http://www.wimdefiance.com>



July 18th. Next is the Fat Salmon Open Water swim which 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 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath the I-90 and finishes at Madison Park.

<http://www.fatsalmonswim.org> **JULY 12th LAST DAY TO REGISTER**



August 15th. The third event is the Al Fellner Memorial Open Water Invitational held at Lake Padden in Bellingham, Washington. Four distances will be offered, 10k, 5k, 2.5k, and a fun run over a 2.5k course and a separate ½ mile course.

<http://www.alfellnermemorialopenwaterswim.com>.



August 22nd. The fourth 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/whidbey-adventure-swim>



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)

Evelyn Hoffman Memorial



by Kathy Morris

Evelyn Hoffman, at 97, passed on at her home on August 20, 2015. Still a USMS/PSM/South Sound Masters Swimming member in 2015, her last swim meet was the 2014 Washington Senior Games (2009 pictured above). Ironically, it was at Senior Games where Evelyn began her competitive swimming in 2006. She was particularly proud of her 100 IM and the ability to finish the race with crawl and not sidestroke.

Evelyn held PNA records in multiple age groups. Her greatest meet achievements were medal-winning swims at the 2009 National Senior Games in Palo Alto, California and first place team points she earned at PNA Champs. Her zest for life was evident to all, especially while teaching art, competitive ballroom dancing, swimming in the senior games and researching genealogy. Evelyn's competitive spirit shone forth for all of us to see, enjoy, and from which to learn.



ANNOUNCING **PNA Annual Meeting** **& Board of Directors Retreat**

October 24, 2015, 9am-4pm

[Sally Dillon's in Issaquah](#)

All MEMBERS & COACHES
encouraged to attend

Update— continued from page 2

Emily Weinheimer and her SWIM crew did a great job with the event again this year. The Whidbey Island scenery and the laid back atmosphere made it a really fun race. *See results at <http://ow.swhidbey.org>*



That leaves one race left for this season. The Last Gasp of Summer, put on by Blue Wave Aquatics, will take place Saturday, September 19th. The race venue is Angle Lake Park in SeaTac. There will be one and two mile races with wetsuit and non-wetsuit divisions. Since this is a mixed USMS/USA event, Masters swimmers will have another chance to see how they stack up against their USA counterparts. Registration will close at 300 swimmers but is still open so sign up today. Here is a link to the web site:

<http://www.lastgaspofsummer.com/>



It took a small crew; at Finish- Andrew is all smiles!

On Saturday, August 8, Husky Masters marathon swimmer Andrew Malinak swam around Bainbridge Island, a distance of 25.5 miles **in just under 12.5 hours** to raise money/awareness for the annual Arms Around Bainbridge (AAB) relay, Aug 22. Read below.

[Swimmer to Circumnavigate Island for AAB Without Assistance or Wetsuit](#)

“... There are no recorded attempts or successes of such a swim. Malinak will follow Marathon Swimming Federation rules for unassisted swims, which means he gets no wetsuit or assistance. He “may not make intentional supportive contact with any vessel, object, or support personnel at any time..”

Courtesy of [Sarah Lane](#), see link for full article:

<http://www.insidebainbridge.com/2015/07/30/swimmer-to-circumnavigate-island-for-aab-without-assistance-or-wetsuit/>



SINK or SWIM

by Greta Perales, Skagit Valley Masters Swim Club

Well, it is official, I am now a swim mom. My youngest son, Aidan, has joined the YMCA swim team. Since he joined in March, we have been to 92 meets ranging from a 45 minute drive to what felt like 6 hours. I have hauled chairs, towels, food and water across countless wet locker rooms in my son's quest for the magical blue ribbon.

Luckily I am a fast learner and was able to realize early in the season to avoid being chosen as a meet timer. If you are a timer, you must pay attention to all the swimmers and not just your own. How did I avoid this duty? I went all in. I am now the official treasurer for the swim team. When odd jobs pop up, I just sadly shake my head and indicate that I am working on the team's finances. It may appear that I am reading a book between my son's races or playing "Words with Nerds" on my phone; however, I assure you I am in the midst of planning a rockin' fund raiser.

I have also discovered there are several types of swim parents. I have listed just a few:

1. The future parent of an Olympian: This is the parent that video tapes their child during practice, so they can point out what they did wrong. One mother indicated that if she did not video tape what he was doing wrong, he would never correct it. I thought that was what the coach was for, but I am still fairly new to this gig.
2. The phone junkie: This is the parent that immediately sits down and starts scrolling through their phone for the next hour to hour and a half. Occasionally, you will hear their child calling them to watch a flip turn or a new stroke. The parent will then look up, bleary eyed and smile before immediately putting his or her head back down.
3. The bolting parent: This is the parent that drops and rocks. The car slows down, the kid jumps out, and the car races off. The parent is not to be seen until a swim meet.
4. The reluctant swim parent: This is me. I love the fact that my son is on swim team. I am only

slightly bitter (ok, very bitter) that he is already faster than me. I love the fact that his favorite stroke is the butterfly. Unfortunately, I am horrible at sitting still and looking interested for more than a few minutes of swim practice. No, it is not ADD or ADHD or ABCD; I just have an embarrassingly short attention span, and I am a tad hyper. Being a problem solver, I was able to find a way to be at swim practice but not really be there: I started teaching a spin class at the Y. Now I get to spend swim practice yelling at sweaty people on bikes while my son swims his little heart out.

On a side note, I have also agreed to learn the butterfly and compete at the January Anacortes swim meet in the 50 and 100 fly events. I really hope I don't hurt any of the other swimmers. Wish me luck.

Oh no, I just got an email from my son's coach indicating that Fall is the busiest season for swim meets. Yikes.

-Greta "Sitting still is making me twitch" Perales

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FINA World Championships at Kazan, Russia

By Sarah Welch

I've just returned home from three weeks of travel. During the last week I was competing in Kazan, Russia for the FINA Masters World Championships, so now I'm awash with experiences and impressions. Here are a few:

- Staying in Athlete Village, sharing experiences with new friends from all over the world;
- Exchanging gifts with a Siberian psychiatrist we met on the pool deck;
- Cajoling the security guards at our dorm facility to smile;
- Spending time with the Irish team at breakfast;
- Joking with the water polo team from Uzbekistan;
- Seeing Walt Reid poke his head from the FINA officials room;
- Being the first in the pool Wednesday;
- Warm ups for the 50 free;
- The organization, welcome gifts, VIP treatment from all of Kazan;
- Friendly, welcoming people in town and everywhere we went;
- The best volunteer corps
- Saying 'spasiba' (thank you) to the guards and volunteers;
- Sitting with the USA national team during competition—all 35 of us.

These and so many others are memories of our two week trip to Russia for World Championships.

I want to encourage every PNA member to attend a World Championship meet. Our next opportunity is Budapest in 2017 and then South Korea in 2019. Swimming at 'Worlds' is an amazing international experience. And, the threshold meet entry times are actually more generous than those of national meets. FINA World Championships certainly has fast swimming, but it's not about the fast swimming;



Posing with security guards to show off medals, and getting them to smile.

it's about a great opportunity to plan a trip around a FINA meet host site and to have the experience of meeting swimmers from around the world.

This year, FINA (the governing body for swimming and Masters swimming) put our Masters meet right after the 'elite' World Championships, allowing Masters to attend the elite competition and stay in the athlete village dormitories. The welcome, the officiating, the village amenities were carried over from the elites to Masters. Each dorm room came with welcome kits with sleep masks, earplugs, dental kit, and a rain poncho for each resident—all with a decorated meet logo packaging. While the cuisine was the same meal to meal and day to day, the common dining area offered all athletes a chance to share that rarely exists for our local or national meets, where people adjourn to their own hotel rooms. Buses carried us to the venue—a 'state of the art' aquatic center with two 50 meter pools plus diving pool. The Russians were on time with everything, compared to Riccione, Italy where the clock was 'whatever'. Buses left on the half hour, no exceptions. But, due to the strong dollar, a couple of bucks got you a cab ride to the pool if you missed a bus.

PNA/PSM had five swimmers at Kazan: Dan Phillips, Lisa Dahl, Walt Reid, Frank Warner and Sarah Welch. Everyone carried home medals. We even got to pose with our security guards to show off medals, and we finally got them to smile!

FINA World Championships in Kazan, Russia PNA Results

Lisa Dahl

50 Free-2nd Silver
50 Fly-3rd Bronze
50 Breaststroke-3rd Bronze

Dan Phillips

400 IM-GOLD 1st
200 IM-2nd Silver
200 Breaststroke-3rd Bronze
200 Fly 6th
50 Breaststroke 6th

Walt Reid

50 Breaststroke-5th
50 Backstroke-6th
100 Breaststroke 5th
100 Backstroke – 10th

Frank Warner

50 Backstroke-9th
100 Backstroke-7th
100 Backstroke-5th

Sarah Welch

50 Free-4th
100 Free-4th
50 Fly-2nd Silver
100 Fly - 3rd Bronze
200 IM -4th



PSM medals in front of the Aquatic Palace-Lisa, Dan, Sarah
(Note the bouquets from the recent medal ceremony).



In front of venue -Lisa, Dan, Walt, Sarah



Opening Ceremonies-Frank, Sarah, Lisa

Bela Banki Horvarth, a 95 year-old Hungarian swimmer, was the maturest athlete at the 16th FINA World Masters Championships. Moreover, he also was the one who clocked the new best time in the men's 200m backstroke event in the 95-99 age group!!!

Sanderina Kruger (65) of South Africa is the one who set the largest number of world records at these Championships. She showed the best time in the women's 50m freestyle (0:31.28), 100m freestyle (1:09.23) and 200m freestyle (2:37.63)!!!



Lisa on the podium for her Award Ceremony for 50 breaststroke. (The organizing committee held an awards ceremony for every event/age group, giving a bouquet of flowers and medals to the top three swimmers in each event.)



Sarah and Frank showing off their medals with the Kazan logo kitty

“Not Another World’s Apart!”

By Dan Phillips & Kathy Morris



In August, 2015, Dan Phillips, Sarah Welch, Lisa Dahl, Frank Warner and Walt Reid attended the 16th FINA World Masters Championships in Kazan, Russia. As reported in another article in this edition, it was a marvelous experience for all of them. Dan Phillips shared his thoughts on the experience including “one of the weirdest ever, pre-race, open water shots” he has ever taken. It’s of a “crane towering over a 25 meter diving platform, taken about 16 hours prior to the first wave of open water swimmers pushing off from the exact same place. Some other thoughts [are] as follows”:

- Meet officials were very efficient, so the meet ran extremely well. We started on time and even on the days the meet ran long they were still done by about 5 PM. The facility was as good as anything I have swum in before. Many folks have had bad experiences with prior Worlds, so I hope this is encouraging for future participation.
- [Organizers] went all out on the medals ceremony. I doubt any PSM swimmers would pick a meet for that reason, but if you get a chance to participate in one you would probably enjoy it. Take a real US Swimming shirt to the next Worlds you go to, just in case.
- They had a huge number of college and high school student volunteers. Those kids started early and ended late. They found me a

couple of times when I was lost in the city and saved me lots of money by acting as guides. On three different occasions young men and women physically walked me through different situations, like the metro stations or downtown streets, and took themselves at least an hour out of their way without expectation of payment.

- Sarah and Lisa set a tone of being goodwill ambassadors for the US. That meant being very friendly and doing lots of pictures together. The number of times people wanted to do pictures with us surprised me, so you can say I am a convert to their methods. I hope all of PSM can do the same [during future] international meets.
- Last - I love trading with international competitors. This year I came home with national shirts from Turkey and Columbia, an Austrian team towel, and a South African swim cap. I gave several NW meet shirts to the volunteers. Not everyone wants to “change,” so you have to accept some rejection if you want to do this.

Kathy’s comments: I am fortunate to be a “world traveler,” but never to Russia, and never to an international swim event. While I know I would need to get my times way down and my confidence way up to embark on an adventure such as Dan, Sarah, Lisa, and Walt undertook this summer, based on this and the other article in our current newsletter, I now know that participating in a World’s Masters Championship is at least something I can dream of! Happy swimming to all – no matter where it might be!

Closing Ceremonies



Official website of 16th FINA World Masters Championships 2
<http://masters.kazan2015.com/?locale=en>

PNA Board Meeting Highlights

by Sally Dillon, PNA Secretary

May 19, 2015, 2015 Board Meeting

Past President Lisa Dahl conducted the meeting, which was held by conference call. Treasurer Arni Litt reported that registration income is about 91% of projected, which is as expected. Ten PNA members received scholarships for the Adult Learn to Swim training. Arni also reported that PNA currently has 1512 members. PNA has \$26,000 in a CD, which is earning very little interest. It was suggested that we invest the monies elsewhere and a committee was formed to develop investment policies for PNA. A plan for financial contributions to PNA will also be developed. Bylaws Chair Jane Moore submitted amendments to the Membership and Newsletter policies; they were discussed and approved. Also discussed were amendments to the

Policies and two changes were approved. The board agreed to use Survey Monkey as a means for selecting this year's PNA delegates to convention. Open Water Chair Jim Davidson provided information regarding the sanctioning of open water swims over the summer. A new event hosted by the Bellingham Swim Club will be held at Lake Padden August 15.

Complete minutes for Board meetings at www.swimpna.org/w/PNA/more/?artid=3471



**WARM WELCOME to the PNA
Leadership team**

**Matthew Edde (Coaches Chair)
Teri White (Officials Chair)**

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October Clinics for Coaches and Swimmers

Fitter Faster Clinic - Saturday, October 17 in Kirkland

Matt Biondi and Megan Romano are the featured leaders of a Masters swimmer/triathlete-focused clinic

Clinic is limited to 50 participants, so sign up now! Special bonus: online entries are \$159, use promo code: **PNA** for 10% discount. Fitter Faster Tours and Lake Washington Masters are hosting this exceptional clinic. The link for clinic registration is here:

<http://fitterandfaster.com/swim-clinics/masters-clinic-with-matt-biondi-kirkland-wa/>

Clinic focus: Learn from swimming legend Matt Biondi and All American Megan Romano as they teach a unique clinic specifically designed for Masters level swimmers and triathletes. Learn freestyle drills for proper body position, a strong catch, and balanced rotation.

Location: Juanita Pool in Kirkland. Register/check in 2 pm; clinic 3:00-6:00 pm. See details and registration on the link above and at <http://swimpna.org/w/PNA/clinics>.



 **U.S. MASTERS SWIMMING**  **U.S. MASTERS SWIMMING**  **U.S. MASTERS SWIMMING**

USMS Level 3 Coach Certification Clinic – Saturday, October 31 in SeaTac

PNA is hosting a one day session. Register for the [USMS Level 3 Certification Course](#) here.

Course fee: \$225. Some partial fee reimbursements for PNA coaches are available. You must first register for the course, then contact Sarah Welch at sarahwelch@comcast.net to apply for a scholarship (reimbursement) of up to \$125. Centrally located in the Puget Sound and near the Hampton Inn & Suites Seattle – Airport, [18850 28th Ave S. SeaTac, WA 98188](#).

All classroom; no pool activity.

Prerequisites: You must have completed Levels 1 & 2 of the USMS Masters coach certification program and be a current USMS Member to participate in the course.

The curriculum: The Level 3 Certification Course includes the administrative aspects of coaching:

- Chapter 1: Developing Coaching Leadership
- Chapter 2: Program Management
- Chapter 3: Building a Budget
- Chapter 4: Building a Program Support Structure
- Chapter 5: Event Planning and Administration
- Chapter 6: Safety and Risk Management
- Chapter 7: Special Populations and Considerations for Adult Athletes
- Chapter 8: Dryland Training
- Chapter 9: Nutrition
- Chapter 10: Injury Prevention



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Matt Biondi

A three-time Olympian and 11-time Olympic Medalist, Matt Biondi has been to the top and back again. As a career educator and one of the most legendary Olympians of his time, he brings with him a wealth of swimming knowledge and teaching experience to each clinic.



Megan Romano

Romano is a 2013 World Championships silver medalist in the 100-meter freestyle and 2013 NCAA Champion. Aside from being a double-threat in both freestyle and backstroke, she is a true team-player. At the 2013 FINA World Championships, she anchored the U.S. to gold medals in both the 400m freestyle relay and 400m relay.

Use promo code **PNA** to save an additional 10% off the current online price!



The new team on the block, TWIM, shows off!

Check out their new Website: <http://www.twimteam.org/>

Can someone shout Hallelujah? Led by our fabulous Head Coach Heather Shields, TWIM turned in yet another commanding performance at the WSSG in Olympia on Sunday, aka The Old Peoples' Meet. Carl Haynie, Tom Fritschen, Frankie Powel, Betsey Kassen, Valerie Thompson and Tom Walker all powered our way to impressive swims. Kudos to everyone! Carl and Betsey set National Senior Records along the way of course! Just another day at the office for them! Way to bring it home you two!



2015 Last Gasp of Summer Open Water Swim
One and Two Mile Events
Saturday September 19, 2015
Sanctioned by PNA for USMS Inc. # 365-W005
Hosted by: Blue Wave Aquatics

LOCATION: Angle Lake in Seatac, Wa. Check-in is at Angle Lake Park 19408 International Blvd, Seatac, WA 98148

COURSE: The course is a rectangular course. One mile swimmers swim one lap two mile swimmers swim two laps. The lake temperature averages in the high 60's in mid-September.

TIME:

8:30 – 9:30 am Pre-Race Check-in for *both* races
9:30 am Mandatory Meeting for ALL swimmers
10:00 am Start of 2 Mile Race
10:30 am Start of 1 Mile Race

RACE DIRECTOR: Mike Murphy

MeetDirector@BlueWave-Aquatics.com (206)316-0234

ELIGIBILITY: Open to all 2015 registered Masters swimmers (USMS or MSC) 18 and above as of Sept 19, 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.

RULES: Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire is allowed. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.).

SAFETY: The course will be marked with large buoys. Fire Dept. power boat, kayaks and lifeguards will be located along the course. Swimmers must wear the swim caps furnished at check-in. A mandatory safety meeting will be held before the event start. More at: <http://www.LastGaspofSummer.com/safety.aspx>

AWARDS: Participation gift to all swimmers. 1st place award to top men and women finishers in each age group in each event (1 mile no wetsuit, 1 mile wetsuit, 2 mile no wetsuit and 2 mile wetsuit).

ENTRY FEES:

\$65 + tax – Early entry before Sept 1
\$70 + tax – Sept 1 thru Sept 15
\$80 –Day of Race
\$22 – One-Event USMS registration (see eligibility)
LONG SLEEVE PERFORMANCE SHIRT included in entry fee!

Registrar: Judy Williams 206.242.7802
Registrar@BlueWave-Aquatics.com

Online open water registrations are non-refundable and non-transferable.

ENTRY DEADLINE: Registration closes 11:59 PM PST on September 15th OR when the event is full. Maximum athletes for the Last Gasp of Summer is 300.

ONLINE ENTRY: To register online go to https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=6851

ENTRY DEADLINE: Registration closes 11:59 PM PST on September 15th OR when the event is full. Maximum athletes for the Last Gasp of Summer is 300.

ONLINE ENTRY: To register online go to https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=6851

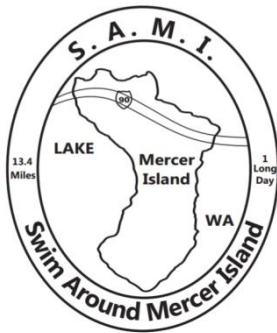
RESULTS: (How will results be made available, both at and after the event)

DIRECTIONS: From I-5: Take the South 188th St exit (#152); drive west 1 mile; turn left onto International Blvd (aka Pacific Highway South); drive south .5 miles; turn left on South 195th St into the park. Plenty of free parking.

ADDITIONAL INFORMATION: Angle Lake is an L shaped community lake in the heart of Seatac, about 1 mile south of Seatac Airport. The park has a large beach and picnic area. Restrooms and changing areas are available. Picnic lunch will be free to all swimmers after the race. Family members and friends are welcome, donations accepted.

LINKS: More information available at <http://www.LastGaspofSummer.com>





Swim Around Mercer Island or “but...WHY?”

by Shannon Singer, Head Coach, Skagit Valley Masters (SVMS)

“As I was preparing for my first SAMI, a friend of mine asked me the same question that many have, ‘but....why?’ The answer was simple-- ‘because I don’t know if I can.’”

-Sadie Brumley, 3 x SAMI veteran of Monroe Y Masters

Sometime in the spring of 2009 we Masters coaches received an email from Mercer Island resident Tom Elliott. He had always wanted to swim around the piece of land he lived on and was looking for other (nutty? foolhardy?) swimmers to join him. About this time I was realizing that my 100m pace was embarrassingly close to my 5000m pace and perhaps it was time to embrace the longer swims. I believe I was the only one to answer Tom’s email. Thus Swim Around Mercer Island (SAMI) was born.

Fast forward to a smoky Saturday morning this past August when three Puget Sound Masters swimmers and a support crew of seven gathered on the shore of Luther Burbank Park to embark on the 7th Annual Swim Around Mercer Island. Haleigh Werner, 1st time SAMI participant and South Sound Master Swim (SSMS) member; Dan Underbrink, 6 time SAMI veteran and Monroe Y Masters (MYM) swimmer; and Sadie Brumley, 3 time SAMI veteran and MYM swimmer, all began their quest in calm, 71 degree water around 7:30am on August 22nd. Paddling in support of these three were Ken Rice, Mary Underbrink, Terrie Shepherd, and Mike Harai, who kept the swimmers out of harm’s way and carried their food and drinks. Coach Chris Foster (Boat Captain and off-color comedian), Coach Shannon Singer (First Mate and the only voice of reason aboard) and swimmer

James Dahl (Cabin Boy and off-color comedian #2)—all from SVMS—supported swimmers and paddlers alike from the big boat.



L to R: Haleigh, Ken, James, Sadie, Terrie, Chris, Shannon, Dan, Mike, with Mary as our photographer

Swimming counter-clockwise, the group enjoyed relatively flat water until they rounded the south point of the island. Mile 7 through 11 was a bit more challenging with rolling swells and the occasional boat wake. By mile 12 every boat owner in Seattle had come out to play and the swimmers were well agitated in the washing machine that is Lake Washington on a busy day.

Haleigh got the “gentle” wash cycle as she finished about 4.5 hours ahead of Dan and Sadie. We’re not sure if she actually swam the 13.4 miles or just ran across the top of the water because Chris’s boat had trouble keeping up with her. Her finish time of 5 hours and 36 minutes meant that she couldn’t possibly have enjoyed many views or smelled many roses. Haleigh said, “While I was swimming I was constantly reminded of why I love to swim—friends, camaraderie, goals, invigorating challenges, serenity, and...the finish line. It was a remarkable day and a big thanks to my great paddler, Ken; to Chris, Shannon, and James for the organization and support; and congratulations again to Dan and Sadie—multiple time finishers of this swim!”

Dan and Sadie stayed pretty close together for the entire swim and finished in 10:04 and 10:06 respectively. Dan’s thoughts on the swim: “My sixth SAMI. An amazing magenta sunrise at the start. First time trying it counter-clockwise. The wind and chop in the final 1.5 miles made finishing the event a fun challenge. (Dan has always had an SAMI— continued on page 14

SAMI– continued from page 13

odd idea of “fun.”) Thanks to my fellow swimmers and our amazing support crew for making this a great day!”

Back in 2009, the first time I attempted this swim, I had calm water for all but the last two miles, finished in just over 8 hours, and it seemed EASY. Since then, though, the island has defeated me. I’m SURE it has grown! This year I chose to swim the day before so I could be there to support my fellow swimmers from start to finish. And I’m so very glad I did. Unfortunately at about 12 miles and within sight of the finish my right shoulder decided it was done. Having to pull out when the end was so near was a heartbreak, but being able to be 100% present for the group the next day completely overshadowed my disappointment. Seeing your friends succeed at such a challenging feat is a remarkable feeling.



The 2015 SAMI crew at our celebratory dinner. L to R: James, Haleigh, Ken, Shannon, Dan, Mary, Sadie, Terrie, and Mike



Rules Corner for Coaches #53

by Kathy Casey, USMS Rules Chair

The Coach Asks: Some of my swimmers have FINA-approved suits with FINA tag numbers dated 2009 or 2010, but we can’t find the suits on the FINA-approved list of swimwear. How can we be sure that their suits are still legal?

Answer: When in doubt, show the suit to the meet referee and ask if it’s legal. Swimsuits for

Masters swimming competition in a pool are not required to have a FINA-approval tag, but they must comply with FINA and USMS swimsuit specifications: all textile materials, only one swimsuit in one or two pieces which shall not extend beyond the shoulders nor below the knees for women, and for men, shall not extend above the navel nor below the knees (102.12.1C). A waist tie is allowed for men and for a two-piece female suit. The suit must be nontransparent (102.12.1A).

Illegal swimwear seen at USMS national championship meets in the last year include: a zipper suit, a two-piece suit with metal or plastic rings on the straps of the bra top, a female suit with a plastic clip hooking the straps together in the back, a bra top under a female racing suit (only one suit may be worn, no modesty wear underneath the competition suit), a female Fastskin suit with a rubber-dot design on the chest (the rubber dots can be carefully scraped off to make the suit legal), a male Arena Powerskin Carbon-Pro suit with the FINA-approval tag number AR141364 that became illegal May 2010 due to a production problem (the illegal FINA-approval tag numbers for the female suits are AR220993 and AR220994), and Kinesio tape.

Kinesio tape is not allowed at all; all other tape is not allowed unless approved by the referee (102.12.1E). That includes tape on any part of the body, not just on the shoulders. Armbands and legbands are not considered part of the swimsuit and are not allowed (102.12.1B).

USMS rule references are from the 2014 USMS Rule Book, which can be viewed or downloaded at <http://www.usms.org/rules/>.

For any questions about competition rules in Part 1, contact Kathy Casey, USMS Rules Chair, rules@usms.org



USMS Long Course Nationals at the Spire Center



by Zena Courtney, Editor
Eight PSM swimmers triumphed once again at the 2015 USMS Summer National Long Course Meters Championships in Geneva Ohio, August 6th-9th. Maybe you

know some of these folks: Rick Colella, Khaila Courtney, Zena Courtney, Charlotte Davis, Tom Fritschen, Don Graham, Shannon McIntyre, and George Roudebush.

PSM had two incredible 240-279 200 Mixed Relays. First was the 200 Free Relay (Rick Colella, Don Graham



Charlotte Davis, Zena Courtney) that was closely matched to the Sarasota Y Sharks (SYSM) 1st place seeded team. Seems the SYSM men's 50 free times were 2.5 seconds faster than the PSM men's times and visa versa for the women's times....a nail biter for sure! PSM touched FIRST by .77 seconds with a 1:55.86, breaking the current World and National record from 2011 of 1:56.00. The same folks in the 200 Mixed Medley Relay were just as auspicious and missed breaking the WR by 0.4 seconds but winning the event by over 5 seconds. PSM also posted a 5th in 160-199 200 Women's Free Relay (Shannon McIntyre, Khaila Courtney, Charlotte Davis, Zena Courtney). Complete results at:

<http://www.usms.org/comp/lcnats15/results/>.

Here is a PNA summary of individual results:

Rick Colella: 1st 50, 100, 200 Breast; 2nd 100 Free

Khaila Courtney: 10th 50 Breast

Zena Courtney: 1st 100 Back; 2nd 50 Back, 200 Back, 100 and 200 Free; 6th in 50 Free

Charlotte Davis: 1st 50 Free (**WR**), 800 Free (**WR**), 50 Fly, 200 IM (**WR**); 2nd 400 Free (*on her way she split a 200 free WR*)

Tom Fritschen: 21st 50 Back; 15th 100 Back; 10th 200 Back

Don Graham: 1st 50 Back, 200IM; 2nd 50 and 100 Fly; 4th 200 Back

Shannon McIntyre: 1st 400 Free, 200 Breast, 200 IM, 400 IM; 2nd 100 Breast, 800 Free

George Roudebush: 1st 50 Free and 50, 100, 200 Back

TWIM view of LC Zones in Gresham, OR

By Tom Walker, TWIM Founder



Seven TWIM swimmers and PSM member Kirk Nelson delivered what can only be described as a dazzling performance on all levels at the 2015 Gil Young Memorial LCM Championship meet on Aug 22-24 at the Mount Hood CC aquatic complex in beautiful Gresham, Oregon. Our energy was alive and electric as TWIM power produced a resounding victory over three days of hardcore LC action!

Valerie Powell of the Swimming Powells swam the 50 back, 100 Free and 50 Breast. She posted a best time in the 50 back by almost 10 seconds and a best time in the 100 free by over 7 seconds. That is what TWIM is all about! She also laid down a marker in her first 50 meter breast swim ever- way to go Valerie!

Our beloved Betsey Kassen powered to new PNA records in the 1500 and 800 free! Wow! She also helped set a record for PNA in the 800 Free relay. In addition of course she rocked the 50, 100, 200 and 400 Free. Betsey is our undisputed Freestyle Queen- what an aquatic dynamo!

Our legacy All-star, the incomparable Zena Zones - continued on page 16

SWIM with a VIEW

by Zena Courtney, Editor



Shannon Singer (Puget Sound Masters)

At the very end of July, a determined bunch of PNAers drove over 6 hours to Bend, OR to compete in the 21st Annual Cascade Lakes

Swim Series. This event features five open water swims over three days...silly, I know! Fri- 3000M, Sat-500M & 1500M, Sun - 5000M & 1000M. What you don't know is that there is a VERY SPECIAL "Survivor" glass mug to everyone completing all five swims! WHAAAT? I know...all that work for a mug??? Well, it seems that this mug has mystical properties that keep you coming back for more. Shannon Singer, pictured above, was there for her mystical engraved glass mug to make her set COMPLETE. I'm sure the power amplifies the more matching mugs you have. Her crew consisted of Chris Foster, Skagit Valley Masters Swimming Assistant Coach, Craig Mohler, and herself. After all, someone had to guard the mugs at the end of the race to make sure they were not stolen!!! Fast forward to the unveiling of the 2015 mugs (before the 5K on Sunday) and what do you know...some shyster had swapped out the coveted engraved glass mugs with a "stupid squishy cup impostor!" OOH, THE HORROR! No lie, tons of folks bailed on the 5K and didn't even bother with the 1K (well OK, that's a total lie). Totally pathetic squishy mug! What do you think?



Zones— continued from page 15

Courtney, took first in the 200 Back and helped set the previously mentioned new PNA record in the 800 Free relay. She also swam hard in the 50 and 100 Back. Yes!

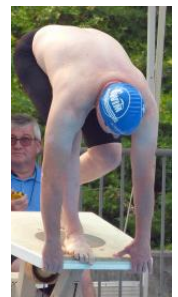
Frankie "The Rocket" Powell knocked down best times in the 50 and 200 Back and helped score another first place in the 200 medley relay. He blew his 200 Back time away by over 9 seconds!!! I feel sorry for anyone who has to tangle with you Frankie!

The indefatigable Tom Fritschen roared his way through the 100 Free and nailed down a best time by over 6 seconds. He also captured a 2nd in the 200 Free! He had an epiphany over the weekend telling him that he is a freestyle swimmer and we agree! He also swam the 400 Free at the end of this long meet and found time to help win another PSM first in the 200 Medley relay.

Watch out people; he's still on his way up! Carl B. Haynie delivered another string of breath taking performances with best times in the 1500 free, 50 Back and 200 Back. He also helped set the new PNA record in the 800 Free relay. As always, we were all totally astonished by the Haynie Magic. You make it look so easy MC- how do you do that anyway?

Kirk Nelson finally had some freestyle competition in the 200 and 400 free, second place by close calls on both events. However, he balanced the odds by winning the 100 and 800 free, 100 fly and swam the lead off on that new PNA record in the 800 Free relay

Yours truly lowered my 200 Breast time by over three seconds. I did my part, however humble, to secure a 1st place for PSM in the 200 Medley relay. I also stumbled my way through the 400 IM, 100 Breast, 200 IM and 400 Free. I suppose I also get the Bravery/



Results-<https://www.clubassistant.com/clubs/email/attachments/986/CascadeLakesSwimSeriesResults2.pdf>

Zones - continued on page 20

PNA MASTERS CALENDAR

LOCAL POOL EVENTS

October 3, 2015

[BAMFest](#)

Bainbridge Island, WA

November 21-22, 2015

[PNA & NW Zone SCM Champs](#)

Federal Way, WA

POSTAL EVENTS

Sept 15-Nov 15

[Speedo-USMS 3000/6000](#)

**ePostal National
Championships**

(25 yard or 25 meter pools only)

USMS FITNESS EVENTS

All Year

[USMS Go the Distance](#)



[USMS Check-Off Challenge](#)



USMS Calendar of Events

Pool, OW, Postal:

[Basic Search](#)

[Advanced Search](#)

PNA SANCTIONED OPEN WATER

September 19, 2015

[Last Gasp of Summer](#)

Angle Lake Park, Seatac, WA

LOCAL NON-PNA SANCTIONED OPEN WATER*

September 12, 2015

[Swim Across America*](#)

Luther Burbank, Mercer
Island, WA

September 20, 2015

[AquaRun For A Child*](#)

Owen Beach, Pt. Defiance Park
Commencement Bay,
Tacoma, WA
(salt water)

*PNA has not sanctioned or
recognized these events

INTERNATIONAL EVENTS

NATIONAL CHAMPIONSHIPS

April 28 - May 1, 2016

[USMS SCY Nat'l Champs](#)
Greensboro, NC

August 17 - 21, 2016

[USMS LCM Nat'l Champs](#)
Mt Hood CC, Gresham, OR

PNA BOARD MEETINGS

September 15, 2015

[Kim Boggs', Federal Way](#)

6:45 pm - 9 pm

October 24, 2015

**PNA Annual Meeting &
Board of Directors
Retreat**

[Sally Dillon's Issaquah](#)

9 am - 4 pm

December 8, 2015

[Arni Litt's, Seattle](#)

6 pm - 9 pm

Rules Corner for Coaches #54

by Kathy Casey, USMS Rules Chair

The Coach Asks: My swimmers routinely dive in the water to start practice. They prefer to get used to the water with immediate immersion, and they do so in a safe manner. Why must swimmers enter the water feet first at nationals?

Answer: It's not just at nationals. It's a general rule for all USMS sanctioned meets (102.4.2), and it's for the safety of all swimmers, just as the depth requirement for the use of starting blocks is for the safety of all swimmers (107.2.2A[3]). Teach your swimmers the rule by coaching them to enter the water feet first at all practices, to follow the instructions of the safety marshal or referee when reminded to enter feet first at meet warm ups, and to dive only when specifically allowed in warm up rather than habitually diving into meet warm ups and apologizing when reminded by the safety marshal or referee.

For any questions about competition rules in Part 1, contact Kathy Casey, USMS Rules Chair, rules@usms.org

Bainbridge Aquatic Masters

14th Annual BAM Fest

Saturday, October 3rd, 2015

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

Sanctioned by PNA for USMS Inc. # 0365-S007

LOCATION: Bainbridge Island Aquatic Center, 8521 Madison Ave, Bainbridge Island WA 98110

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

MEET DIRECTOR: Andrea Wilson (206-799-1918), email: BAMFest2015@gmail.com.

MEET REFEREE: Teri White, teriwhite53@gmail.com, 253-370-8261.

CONCESSIONS: Free, donations accepted

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2015 USMS or foreign registered swimmers 18 and above as of 10/03/2015. Age groups based on the swimmer's age as of 10/03/2015.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Monday, September 28th or online by 11:59 PM (Pacific) Wednesday, September 30th. NO race day entries accepted.

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

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

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

AWARDS: PNA awards available for purchase at meet.

ORDER OF EVENTS

Modified "High School" Format

1/2	Womens/Mens	9	100 Free
	200 Medley Relay	10	500 Free
3	200 Free	11	100 IM
4	50 Back	12/13	Womens/Mens
5	200 IM		200 Free Relay
6	50 Free	14	100 Back
	-- 15 min break --	15	50 Fly
7	100 Fly	16	100 Breast
8	50 Breast	17	200 Mxd Fantasy Rly

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

ONLINE ENTRIES: Enter online at: https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=6391

PAPER ENTRIES: Use the PNA Generic Entry Form available on the PNA Website or in the WetSet. Make checks payable to **BAM and mail to: BAM, PO Box 10934, Bainbridge Island, WA 98110.**

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

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

LODGING:

- **Eagle Harbor Inn**, 291 Madison Ave. S., Bainbridge Island, (206) 842-1446 (www.theeagleharborinn.com)
- **BEST WESTERN INN PLUS**, 350 NE High School Road, Bainbridge Island, (206) 855-9666
- **Island Country Inn**, 920 Hildebrand Lane, Bainbridge Island, (206) 842-6861
- **Suquamish Clearwater Casino Resort** 15347 Suquamish Way, NE, Suquamish (866) 609-8700



2015 PNA & NW Zones SCM Championship Meet
Saturday November 21st and Sunday November 22nd, 2015
Hosted by Puget Sound Masters
Sanctioned by PNA for USMS Inc. #365-S008



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

FACILITY: 50-meter championship pool set up as two 25m courses, each with 9-ft wide lanes and a water depth range of 9'-10.5' Continuous warm-up available in 7-lane, 25-yd dive tank. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

TIMES: Saturday, Nov 21: Warm-up 9:00-9:50am, meet starts 10 am
 Sunday, Nov 22: Warm-up 9:00-9:50am, meet starts 10 am

MEET DIRECTOR: Lisa Dahl, ldahl@usms.org 206-337-2204

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 unless in designated sprint lanes.

ELIGIBILITY: Open to all 2015 USMS or foreign registered swimmers 18 and above as of 11/22/2015. Age groups based on the swimmer's age as of 12/31/2015. 18-24, 25-29... and up in 5-yr increments

ENTRIES: Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be **received** by Sunday Nov 15, 2015 11:59 PM (Pacific Time).

NO ENTRIES ACCEPTED AFTER SUNDAY NOV 15TH, 2015 11:59 PM (PACIFIC TIME)

SEEDING: Two courses will be used for the 800 Free, 400 Free, 1500 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: 800 Free – 9:30am; 400 IM – 10am; Sunday: 400 Free – 9:30am, 1500 Free – end of Event #39. Swimmers missing the check-in deadline will be scratched from the event.

RELAYS: Age groups: 72- 99, 100-119, 120-159, 160-199, 200-239, 240-279, ... (40-year increments as high as necessary). The aggregate age of the four relay team members determines the relay age group. Mixed relays require two men and two women. Relay entries due as follows:

- #11-#14: by the end of event #4,
- #21-#23: by the end of event #12,
- #33-#37: by the end of event #26,
- #44-#46: by the end of event #35

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, November 21		Sunday, November 22	
50m, 100m and 200m events: order is Women, then Men			
Warm Up 9am	Meet Start 10am	Warm Up 9am	Meet Start 10am
1	800 Free - Mixed *	24	400 Free - Mixed *
2	400 IM -Mixed *	25/26	200 IM - W/M
3/4	50 Breast - W/M	27/28	100 Back - W/M
5/6	100 Fly - W/M	29/30	50 Free - W/M
7/8	200 Free - W/M	31/32	200 Breast - W/M
9/10	100 IM - W/M		Break 5 minutes
	Break 5 minutes	33/34	W/M 200 Medley Relay
11/12	W/M 200 Free Relay	35	Mixed 400 Free Relay
13	Mixed 800 Free Relay	36/37	W/M 800 Free Relay
14	Mixed 400 Medley	38/39	50 Back - W/M
15/16	100 Breast - W/M	40/41	200 Fly - W/M
17/18	200 Back - W/M	42/43	100 Free - W/M
19/20	50 Fly - W/M		Break 5 minutes
	Break 5 minutes	44/45	W/M 400 Free Relay
21/22	W/M 400 Medley Relay	46	Mixed 200 Medley
23	Mixed 200 Free Relay	47	1500 free - Mixed *

* Positive Check-In Required

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:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=6393

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, and waiver on following page 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, Oregon, Inland NW, etc.)	PNA Club: (UC36, BWAQ, PSM, ROCK)
PSM Team:	

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

Event #	Event Name	Entry Time

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
LONG SLEEVED TECH @S25 UNISEX SIZING	+	X-SM SM Med Lg XL XXL
TOTAL	\$	Make checks payable to PSM. Mail to: PSM, c/o Lisa Dahl 4742 42 nd Avenue S. W. #151 Seattle WA, 98116

Questions? Email Lisa Dahl at ldahl@usms.org or sarahwelch@comcast.net

Paper entries must be **received** by Saturday, Nov 14th, 2015. Online entries are due by 11:59pm (PST) Sunday Nov 15th, 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 NOV 15TH, 2015 11:59 PM (PACIFIC TIME)

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

If using paper entry form, you must complete, sign and mail the USMS Waiver on the following page.

Welcome, New Swimmers!

(Registered as of 9/2/2015)

Blue Wave Aquatic Masters /BWAQ-CLUB

Onias Kaunda
Nicholas Barkley
Don Clise
John Colvard
Kristi Giste

Puget Sound Masters / PSM-CLUB

Bainbridge Area Masters (BAM)

Eli Bennett

Bellingham Masters Swim Club (BMSC)

Brad Jones

Central Area Aquatics Team (CAAT)

Gavin Burns
Ryan Hawkes

Husky Masters (HMST)

Robert Kreek
David Matlack
Vanessa Williams-Hall
Lynn Milligan
Laura Hahn

Mercer Island Redwoods (MIR)

Brittany Granger

ORCA Swim Team (ORCA)

Andrew Stewart
Oisin O'Malley
Mitchel Matthews
Cody Roldan

Port Townsend Masters (PTSM)

Liz Hoenig Kanieski

Skagit Valley Masters Swimming (SVMS)

PSM Unattached (UNA)

Carla Kinnier
Collin Matson
Paul Mueller
Derek Crump
Jon Manifold
Derick Allison
Kirstin Larson
Stewart Smith
Tyler Fraker
Perry Turner
Matthew Seiler
Kim Holland
UC36
Philip Reece
Debbie Cederwall
Gregory Henzel



Apologies to Justine Ramos of Snohomish Aquatic Masters (SAM) whose team was incorrectly identified last month! YIKES! So SORRY!



Green Lake Aqua Ducks (GLAD)

is hosting **1.5hr workouts** for any USMS members on **Saturdays @ Evans Pool** thru end of the year + **Thanksgiving morning swim**; \$12/swim from Sep 12 thru Dec 26; Time: 7:00AM – 8:30AM
Please check our website for our current schedule/times @ www.gladswim.com

Zones– continued from page 16

Foolishness award for swimming the 400 IM, 800 Free **AND** 200 IM in the same meet. You'd think I would have learned my lesson by now :-)

As always I am awed, honored and extremely privileged to be in the company of such great, gifted and determined swimmers-
http://swimoregon.org/results_pdfs/20142015/ResultsGilYoung_LCM_20150821_Splits.htm -For Results

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

PNA membership form can be found at:

<https://www.clubassistant.com/c/D63FBF8/file/registration/Regform.pdf>

President's Letter: Anchor Leg (better known as Leading Off)

by Michael Grimm, PNA President



Ni Hao! And greetings from Beijing! This summer found me more away than home and more on the road than in the water. At the start of the summer, I was in Beijing and took a quick visit to the Water Cube, the swimming venue for the 2008 Olympic Games. Unlike its neighbor, the Bird Nest stadium, the Cube is still in use for competitions, team workouts, and recreational swimmers – all trying to enjoy a weekend afternoon at the pool. At the end of July, I had a

return trip to Beijing with the good fortune to attend the Windows 10 launch party at, you guessed it, the Water Cube!

Part of being away meant missing summers in the Pacific Northwest and for a swimmer that includes time on deck at the local pool or lake, trekking over to Colman Pool in West Seattle for a long course workout by the Puget Sound, racing in old favorites like Fat Salmon or in the newcomer races like the Aly Fell Memorial Swim at Lake Padden, Bellingham. All of this and the many other summer events on land or water makes me realize how fortunate we are to live in the Pacific Northwest and how many opportunities there are in own collective Cascadian backyard.

Since we have a great place to visit, world class swimming facilities like the Weyerhaeuser King County Aquatic Center and a history of successfully hosting national master meets, perhaps, it is time for PNA to host another national event? Our board is considering a bid to host a National as soon as 2018-2019 timeframe. A national championship meet will pull in thousands of fellow swimmers. It will give those of us who have competed at past Nationals to have a home meet. And it will allow anyone who has yet to enjoy the pleasures of competing at the nationals level a chance to do so! We are interested in your views about this – please email us at board@swimpna.org or me at swim2@live.com.

