



# The WetSet

U.S. Masters Swimming in Western Washington  
Volume 36, Issue 2

Pacific Northwest Association of Master Swimmers  
Mar-Apr 2016

**\*RENEW your USMS membership\***

Online: 

<http://www.usms.org/reg/register.php?LMSCID=36>

2016 paper form: 

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

\*\*\*\*\*

These are a fantastic meet opportunities, where we can compete and score points as a workout group/team. It is a chance to swim relays with your lane mates and to see if you are really as fast as that person who swims next to you during practice. It also provides you with a measure of your progress, and tests all the skill sets and techniques that our coaches have emphasized and continue to emphasize on a daily basis. Especially Champs, at one of the top facilities in the United States; hence the reason many, many of the top level meets are swum HERE... in our *fast PNW pool!!*

Here are a few tips to keep the courage and confidence up until you get through the meet. First is to believe! Yes you can! You are great, you can swim the events you choose with grace and speed and yes, your goggles will stay on. Whatever you focus on will come true, so keep it positive.

Between now and the meet, practice at least two dives at each workout. It's like riding a bike; you'll remember how to do it once you get up there. Don't know how to dive yet? Ask your coach/lanemate to teach you. You still have time!

Focus on the details: strong breakouts from the wall, not breathing the first stroke off the wall, accelerate in and out of the turns. Ask questions about any stroke rules you may have BEFORE the meet. Sleep. Sleep. Sleep! Get plenty of sleep. Read the following sleep study on the impact of athletic performance and getting enough sleep: [www.sciencedaily.com/releases/2008/06/080609071106.htm](http://www.sciencedaily.com/releases/2008/06/080609071106.htm)

I look forward to watching each and everyone of you at this meet. For those who have never swum a meet, I promise you will have a great time both in and out of the pool...**SEE YOU THERE!!!**

Leading Off – Vice President’s Report	1
Thunderbirds Short Course Meters	2
2016 One Hour e-Postal Swim	3
2016 Lake Washington Masters Invitational	5
PNA Board – <b>NEW EDITOR!</b>	5
Coaches Spotlight	6
<i>Sink or Swim</i> – Greta Perales	7
PNA Coach of the Year Nomination	8
Inspirational Swimmer Award Nomination	9
Board Meeting Highlights	10
SSM Beat the Clock X Masters Meet	11
2016 PNA Championship Meet	12
Open Water Season Dates/Wetsuit Drawing	13
Whidbey Island Adventure Swim	14
Open Water High Point Series	15
Swim Defiance Open Water Swim	16
Fat Salmon Open Water Swim	17
Masters Calendar	18



## Vice President’s Report

by Zena Courtney, PNA Vice President

**It is my favorite time of year!** Time for...

- March’s Sequim Aquatic Meet in *beautiful* Port Angeles, and the *quick* Beat-the-Clock meet in Olympia; then,
- The ever exciting: PNA Champs (April 9-10)!!!
- With the Dawn Musselman Inspirational Swimmer!!!
- And the PNA Coach of the Year!!!

### **Are YOU READY?**

The fact that it is raining, raining, raining, can never dampen our spirit with PAC12s swimming championships: Women: February 24-27 and Men: March 3-5 at the King County Aquatic Center in 2016. Hope you get/got to watch some *F-A-S-T* collegiate swims!

Back to the topic of swim meets; are there still people on the fence as to whether to race or not?

# Thunderbird Aquatic Club Masters SCM Masters Meet



Huge Kudos to Jason Hunter and his Thunderbird Aquatics support team including the Boys High School Swim team for a well executed and fun SCM event on January 24, 2016. There were 9 Clubs, 18 workout groups and 97 swimmers in all. 18 new PNA records were set and 4 of them were also new Northwest Zone records! Below is some social media chatter to be seen on the internet.. FULL RESULTS at:

<https://www.clubassistant.com/c/D63FBF8/file/results/2016/Results%20-%202016%20TACM%20Meet.pdf>



BWAQ Members, L to R: Brooke Brayman, Wendy Noffke, Zena Courtney, Jean Blackburn

“Although it looks like I'm drowning, I managed a lifetime best and PNA record in the 200m breaststroke in Anacortes yesterday. I love Masters swimming, if for no other reason than to thumb my nose at old age.”

[#ageisbutanumber](#) - Carl Haynie /swimming right



TWIM Chair with Coach Brian Guillen



“Always enjoy the trip across scenic Deception Pass and the Masters meet up in Anacortes that supports the boys' HS team. This year (their 26th annual) I realized that though it's eight months to my birthday, for Short Course Meters I'm in a new age bracket! So I signed up for one event I rarely do besides my usuals. The results aren't official yet, but think I set 4 PNA and 3 Zone records for the 70-74 age group (*how old?!*)” - Steve Peterson

## \*ZONE / PNA RECORD RESULTS SUMMARY:

Women	18-24	Sydney Anderson	400 Free/4:53.59
		Jenna Whitney	50 Breast/37.93
	45-49	Mary Armstrong	100 Breast/1:25.76
	55-59	Lisa Dahl	50 Free/30.33, 50 Breast/40.8, 50 Fly/33.74*
		Zena Courtney	50 Free (for two heats)/31.5, 200 Fly (what?)/3:22.75, 200 IM/2:55.22
	60-64	Elizabeth Kassen	50 Breast (again, what?)/46.82
Men	18-24	Nicholas Pederson	200 Fly/2:33.23
	55-59	Carl Haynie	200 Breast (sorry, Steve Peterson in the next lane!)/2:53.44
	65-69	John Baker	50 Breast/35.89, 100 Breast/1:21.25, 100 IM/1:16.43
	70-74	Steve Peterson	50 Breast/40.22*, 100 Breast/1:28.87*, 200 Breast/3:14.80*, 400 IM/6:44.68



## 2016 One Hour e-Postal Swim Results

### An annual classic – 39 and counting!



By Sally Dillon, PNA e-Postal Coordinator

The Annual 1-Hour postal swim concluded recently with 2347 swimmers from across the country taking part. The objective, of course, is to see how far one can swim in an hour. Swimmers are motivated to do the event each year for various reason and many just want to check their fitness level in January. Others focus on winning some “hardware” but medals are tough to obtain even though they are awarded through 10th place in the individual events.

Five-year age groups were represented from 18+ through 90+. More women swam the event than men and the largest age group was the 50-54 women’s group with 209 participants. All of the five age groups from 40+ through 60+ had over 100 finishers. There are too many great swims to list them all but a few highlights that caught my eye are: 90-year-old Maurine Kornfeld (Pasadena, CA) swam an astounding 2250 yds, 60-year-old Sandy MacDonald (San Mateo, CA) swam an amazing 5295 yds., and from neighboring Oregon, 81-year-old David Radcliff swam a very impressive 4115 yds. Making PNA proud is PSM’s Sue Dills (70+), who set a new USMS National Record in her age group with a distance of 4015 yds.

Forty-eight swimmers from Puget Sound Masters (39), Blue Wave Aquatics (5), and Downtown Bellevue/East Side Swim Team (4) entered the individual event. Numerous relays were entered by these clubs but relay results were unavailable at press time. One of the 65+ PSM relays appear to have broken the existing National record. The 65+ 4-person mixed team bettered the old record of 16,665 yds by 940 yds. Sue Dills, Toni LeClercq, Alan Bell, and Dan Kirkland are on this relay.

Results from all PNA swimmers are listed below, relay results next issue. If you’d like to see the complete results log on to: <http://www.usms.org/longdist/ldnats16> and scroll down to the 2016 ePostal Championships.

Name	gender	age	dist swum	place
<b>Puget Sound Masters</b>				
Ellen Ella	F	37	4340	20th
Shelby Wiegand	F	36	4280	25th
Michelle McRae	F	40	4220	20th
TammyRegan Koppelberger	F	43	4150	25th
Wendy Polidori	F	46	4200	35th
Elizabeth Lucco	F	49	4305	25th
Mary Armstrong	F	48	4500	15th
Lisa Newland	F	53	3235	129th
MarySue Balazic	F	48	3215	123rd
Terry TriBabe Harter	F	51	2100	206th
Renee Quistorf	F	51	3680	83rd
Julie Voss	F	52	4010	48th
Sheila Moore	F	56	4025	29th
Wanda Bolerjack	F	58	3725	50th
Elizabeth Kassen	F	63	4000	14th
Paige Seaborg	F	60	3150	59th
Rose Mayfield	F	60	2625	96th
Jennie Goldberg	F	61	2725	89th
Lucianne Pugh	F	56	2250	188th
Sally Dillon	F	69	3640	10th
Toni LeClercq	F	67	3905	3rd
Sue Dills	F	70	4015	<b>1st NR</b>

Name	gender	age	dist swum	place
<b>Puget Sound Masters</b>				
Isaac Contreras Sandoval	M	26	4510	11th
Mats Nygren	M	49	5165	5th
Lars Durban	M	59	4685	6th
Michael Fitzgerald	M	57	4535	13th
Jeffrey Piette	M	60	4440	7th
John deWit	M	63	4250	20th
Shane Ericson	M	59	3305	123rd
David Harter	M	56	2800	143rd
Dan Kirkland	M	67	4825	3rd
Alan Bell	M	65	4860	2nd
Steve Peterson	M	69	4120	17th
Alan Miller	M	66	2150	86th
Bob Davis	M	74	2975	36th
<b>Blue Wave Aquatics</b>				
Kimberly Wood	F	43	3280	85th
Michelle Menkens	F	59	4005	32nd
Judy Williams	F	67	3285	16th
Daniel Smith	M	53	4840	13th
Eric Durban	M	60	4380	11th
<b>Downtown Bellevue/East Side</b>				
Ellen Eames	F	36	3570	57th
Kirsten Hardisty	F	39	3100	82nd
Miki Daniels	F	44	3200	88th
Mitchell Barber	M	48	3890	83rd

1Hour Postal - continued on page 4

**CORRECTION:** In the last issue of *The WetSet* (corrected online), the wrong finish time for Betsey Kassen's 3000-yard postal swim was inadvertently listed. Betsey swam an outstanding 43:40.46, garnering her 6<sup>th</sup> place in the event.



**2016 Nationwide Spring National Championship  
Greensboro, North Carolina  
April 28 - May 1, 2016**

The PSM coach for the 2016 U.S. Masters Swimming Spring National Championship will be Heather Shields. Heather was our PSM assistant coach at the first PSM Short Course Meters Championships in November and was mentored by our amazing head coach for many years April Cheadle. April has done a

masterful job over the years providing us with her tremendous coaching that will be missed. She will be at Nationals but has handed the torch to Heather Shields who is excited and ready for the challenge.

The meet is April 28 - May 1 at the Greensboro Aquatic Complex in Greensboro, North Carolina. **Deadline for entries is March 28.** This facility boasts two 10-lane 25-yard competition courses plus 12 warm-up lanes. Also, if you register before midnight on March 8, there is a \$10 discount off fees.

Coach Application: PSM is looking for two more excited coaches to assist Heather in Greensboro. Contact Lisa Dahl, [ldahl@usms.org](mailto:ldahl@usms.org) by March 15, 2016. PSM pays all Nationals coaches expenses as well as a stipend. You must be a USMS registered coach to apply and level 2 certified coach is preferred.



# REGISTER FOR PNA CHAMPS

**April 9 and 10  
at KCAC**



**Entry Deadline: Midnight (PDT), Sun, April 3, 2015**



# 2016 Lake Washington Masters Invitational

The PNA laid down another high octane performance as we conquered the Lake Washington Master Invitational Meet at Juanita Aquatic Center on Sunday, February 21, 2016. This year the meet had 128 swimmers entered (about *one-third smaller* than the previous two years??)

Thanks to Becca Watson and the LWM gang for hosting another great meet and to Linda Chapman as Meet Director and for those instant results.

Several PNA records were set as well as USMS National rankings achieved!

100 IM picture-perfect starts



50 Breaststroke - MORE picture perfect starts



Juanita Aquatic Center Pool

FULL RESULTS at:

<https://www.clubassistant.com/c/D63FBF8/file/results/2016/Results%202016%20LWM.pdf>



## PNA Board as of Dec 2015

(new members in red)

### VOTING MEMBERS

- President
- Vice President
- Immediate Past President
- Secretary
- Treasurer
- At-Large Director
- At-Large Director
- Appointed Director
- Appointed Director
- Club Director
- Club Director
- Club/Team Development
- Bylaws
- Meets
- Membership
- Open Water Coordinator

- Michael Grimm
- Zena Courtney
- Lisa Dahl
- Sally Dillon
- Arni Litt
- Kathy Casey
- Open
- Hugh Moore
- Steve Peterson
- Sarah Welch
- Kim Boggs
- Open
- Jane Moore
- Linda Chapman
- Stephanie Hiebert
- Jim Davidson

### NON-VOTING MEMBERS

- Awards Chair
- Coaches Chair
- Fitness Chair
- Historian Chair
- Officials Chair
- Postal Swim Chair
- Records/Top Ten Chair
- Safety Chair
- The WetSet Editor
- Webmaster
- Kerry Ness
- Matthew Edde
- Open
- Open
- Teri White
- Sally Dillon
- Doug Jelen
- Open
- Lucianne Pugh!!!**
- Steve Peterson

## Coaches Spotlight

By Tom Walker of TWIM



Wendy Neely, Head Coach of Blue Wave Aquatics.

**This is the second article appearing in *The WetSet* of interviews with our Fabulous PNA Coaches!**

Today our spotlight shines on Wendy Neely, yet another All-Star in the galaxy of PNA coaches! Wow, are we ever fortunate and blessed to have the Word-Class coaching talent and passion that we do in every corner of the PNA!!!

Wendy has been quietly killing it down South for 'lo, these many moons' and she has been kind enough to share her coaching experience with us!

**TW:** Wendy, thanks so much for your willingness to talk about your career as a PNA Coach. How did you get started in Masters coaching?

**WN:** I've been coaching for over 22 years now. Federal Way Masters was looking for an evening coach. I was invited to coach and ended up loving it.

**TW:** And the rest is history, as they say. Aquatic History, that is! What is it about coaching that keeps you coming back?

**WN:** Personally I really enjoy the relationships I have with all of our swimmers.

**TW:** I think I speak for all of our swimmers when I say I'm glad you made that decision! So how many members at BWAQ as we speak?

**WN:** There are 149 members on the team as of today while BWAQ has had up to 230 members.

**TW:** Wow Wendy- Congratulations! Please tell us about your coaching philosophy.

**WN:** I like to create an environment where everyone feels welcome and has a place to learn and swim regardless of their background.

**TW:** What do you feel makes you a successful coach?

**WN:** Flexibility: everything is a process.

**TW:** What do you feel is important about a Masters swimming program?

**WN:** Creating an environment where everyone can be successful no matter what goals each swimmer has: fitness, competitive or skill improvement.

**TW:** Wendy, what is important for people to know about you and your team?

**WN:** We have an amazing community of educated and passionate swimmers who like to swim and serve through many different talents. BWAQ is a true team effort!

**TW:** How do you write your workouts?

**WN:** I know my swimmers' goals and create our workouts to work on both the swimmers' weaknesses and strengths, which gives the workouts variety while staying on point with their 'Big Picture'.

**TW:** How do you plan your season?

**WN:** I plan our season around the "Big Events" our swimmers plan on attending. We gear up for SCY season with Champs in April and Nationals in May. We start training long course at the end of April. May is the kick off of open water season and IRONMAN/triathlon season. We have an enthusiastic and experienced coaching staff, which gives our swimmers opportunities to swim coached workouts in Puget Sound and local lakes in preparation for Swim Defiance and Last Gasp of Summer. We plan on sending a big group to Long Course Nationals at Mt. Hood this summer.

**TW:** Wendy, as you know better than anyone, Masters groups typically contain athletes with varying individual needs and interests. You might have triathletes, open-water swimmers and competitive and fitness swimmers all at the same workout! How do you balance these different needs at BWAQ?

**WN:** I evaluate the skills each swimmer has and look at their weaknesses. It doesn't matter what type of swimmer we have in the pool; everyone has something in common. I tie the skills we want to

Coaches Corner - continued on page 7

work on into the workout and adjust the workout load to the lane's ability.

**TW:** Sounds great! Where do I sign? What do you feel is important for a Masters coach to understand about working with adults?

**WN:** I feel that it's important to coach, treat and teach your swimmers the way you would want to be coached vs. being coached the dictatorial way you might have been coached as a kid. Adults respond to logic & reasoning.

**TW:** I love it. Lastly Wendy, what surprises you about working with adults?

**WN:** Adult Swimmers are awesome! Once you tell them the how and the why of a skill they're ready to give it a try. Also, most adults enjoy coming to practice and working hard.

**TW:** Wendy, thank you for this interview and thank you for your dedication and your ongoing contribution to PNA and our swimming community!



## SINK or SWIM

by Greta Perales,  
Skagit Valley Masters Swim Club

**Game On, Lane Hog:** I have never been a fast swimmer. I have never been the most graceful swimmer and now I am a bitter swimmer. How is it that my 12 year old, who just joined swim team, can do a 100 freestyle in 1:18? I have only hit 1:30 or 1:31 once or twice and that required the use of hand paddles. The child has the worst eating habits in the world and yet he powers down the lane like he is juicing, boosting and carb loading all day, every day. The only thing preventing me from sending him off to boarding school or misplacing his "special" blanket is that I can bring him swimming with me and have him beat the cocky guy that would not switch lanes with me. Take that, lane hog, my pre-teen with no body hair and a diet of cookies and cheese can crush you. Let me back up a bit and explain how I came to want vengeance on the lane hog.

A few weeks back my training partner and I

joyously entered the pool deck to share a lane and periodically hold hands. Unfortunately all the lanes had at least one occupant. I went up to a fellow that I know fairly well, to ask if he would move over and share with the gentleman in the next lane. He said no. I started to chuckle thinking he was teasing me. He tends to tease. As I started to gracefully climb over the lane line into his lane, he said no again. I said but why? He indicated he liked the line in the ceiling above that particular lane. Hmm, I pondered and realized yes this makes sense. He must be working on his backstroke. I immediately admired his dedication and brilliance in using the line as his guide. Why had I never thought of such a thing? Well, probably because I suck at backstroke and avoid it like the plague.

With the lane line separating us, my training partner and I got to work. We warmed up with an easy 200 and then proceeded to kick with our boards; our conversation only slightly muffled by the distance the line created (Side benefit, my training partner's hairy legs were also being corralled by the lane line). The whole time we swam I was on the look out for the unveiling of this man's backstroke. I figured it would be a thing of linear beauty. I waited....I waited...and I waited. He did freestyle the entire time! Am I crazy or does the line in the ceiling do nothing for your freestyle? In addition, the man in my lane crossed the blue line and clocked me! I spent the rest of my swim twitching each time he barreled down the lane, fearful he would give me a black eye or bloody nose. I began to miss my training partner's hairy legs: the known evil is more soothing than an abrupt sucker punch to the head.

So guess what buddy, Game On! Your precious ceiling line cannot save you from the feeling of utter despair when my 80-lb wonder swims past. Your concentrated effort to watch your salt, avoid bread and limit yourself to two beers every other month will not stand up against a 12 year old fueled by Costco muffins and juice boxes.

Sincerely, Greta "I can hold a grudge longer than my breath" Perales



## PNA Coach of the Year - CALL FOR NOMINATIONS

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

If you'd like to nominate a coach, submit this nomination sheet addressing any or all of the following selection criteria:

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

**Submit your nominations by  
Wednesday, March 18, 2016 to  
Coaches Chair – Matt Edde**

2015 – Paul Ikeda, Orca Swim Team, Seattle

2014 – Joel Dodds, Mukilteo YMCA, Mukilteo

2013 – April Cheadle, Bainbridge Aquatic Masters, Bainbridge Island

2012 – Becca Watson, Lake Washington Masters, Juanita

2011 – Ken Rice, West Coast Aquatic Masters, Mill Creek

2010 – Shannon Singer, Skagit Valley Masters, Mount Vernon

2009 – Lynn Wells, Aquatic Fanatics, Poulsbo

2008 – Mel Smith, Briggs Y Masters, Olympia

2007 – Robin O'Leary, North End Otters, Shoreline

2006 – Neil Romney, North Whidbey Masters, Oak Harbor

2005 – Michael McKinlay, Downtown/Bellevue Swim Team

2004 – Wendy and Malcolm Neely, Federal Way Masters (now Blue Wave Aquatics)

**[MatthewLEdde@outlook.com](mailto:MatthewLEdde@outlook.com)  
31900 104th Ave SE-G205  
Auburn, WA 98092**

Nominator's Name: \_\_\_\_\_ Email Address: \_\_\_\_\_

Candidate's Name: \_\_\_\_\_ Team/Workout Group: \_\_\_\_\_

Number years coaching this team: \_\_\_\_\_ Candidate's coaching experience: \_\_\_\_\_

Candidate's coaching accomplishments: \_\_\_\_\_

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

Candidate's contributions to PNA: \_\_\_\_\_

Evidence of Candidate's coaching skills and knowledge: \_\_\_\_\_

Impact of Candidate's coaching efforts on others: \_\_\_\_\_



# Dawn Musselman Inspirational Swimmer Award-2016

## CALL FOR NOMINATIONS

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



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

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

**2016- *Nominate Now!***

**Any PNA member may submit a nomination.**

**We're looking for the candidate who:**

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

Show that teammate your appreciation! Compose a paragraph or two describing their qualifications. Include an anecdote for fun, too. The award, consisting of a **personal plaque** and the **perpetual trophy** with the recipient's name added, will be presented at the PNA Champs meet at Weyerhaeuser King County Aquatic Center in Federal Way, April 9-10.

**Please submit your nominations by Wednesday, March 18, 2016 to:**

**Committee Chair - Sally Dillon, [salswmr@comcast.net](mailto:salswmr@comcast.net)  
100 Timber Ridge Way NW #6103, Issaquah, WA 98027**

# PNA Board Meeting Highlights

by Sally Dillon, PNA Secretary

## December 8, 2015 Board Meeting

PNA President Mike Grimm conducted the meeting, which due to inclement weather was held by teleconference instead of face-to-face. Treasurer Arni Litt reported that to date PNA has a net surplus of \$2400 for 2015 after having initially budgeted a loss. The main focus for the December meeting was to review proposals and approve the working budget for 2016. Line items were discussed as needed. New in 2016 will be USMS sanction fees for both pool and open water events. The net cost to appears to be less than the costs from the high sanction fees open water events have paid the past few years. PNA will continue to subsidize these fees.

Other business: Linda Chapman reported that the referendum to form a Metropolitan Park District in Kirkland (and eventually build a new community pool) failed miserably. Many PNA swimmers were involved in the campaign to pass the measure. Sally Dillon reported that there have been no bids to host a SCY or LCM Zone meet in 2016 and she encouraged PNA clubs to consider bidding at least for the yard event. Stephanie Hiebert reported that PNA closed out 2015 with 1686 members and 406 have registered for 2016.

Open Water Coordinator Jim Davidson proposed that PNA consider placing an ad in *Swimmer Magazine* promoting our series of open water events. Although the prices for ads looked rather high, Jim and Sally agreed to look into the possibility of discounts and report back to the board when information

becomes available. Note: After further research, it was decided via email to design and submit an ad, which will appear in the March/April “open water” issue of the USMS magazine. Jim also reported on his efforts to enlist *blueseventy* as a sponsor for the open water series of swims in 2016. Jim and others would refine the proposal and submit it to *blueseventy*. Finally, Jim requested relief from fees due to PNA by the hosts of the 2015 Aly Fell open water event. For various reasons, it wasn’t well attended so the income was insufficient to cover PNA fees. The board agreed to waive the \$181 due.

Finally, Sarah Welch reported that PSM’s SCM meet in November at King County Aquatic Center was very successful with 184 entrants and 10 World Records set. PSM has reserved the pool for 2016 and beyond.

**Complete minutes for Board meetings at**  
[www.swimpna.org/w/PNA/more/?artid=3471](http://www.swimpna.org/w/PNA/more/?artid=3471)



**NEW EDITOR ALERT!!!**  
**Send input/articles to:**  
**[luciannepugh@yahoo.com](mailto:luciannepugh@yahoo.com)**

## South Sound Masters

### Beat the Clock X Masters Meet

Saturday, March 12, 2016

Warm-up: 8:30 AM Meet starts at 9:00 AM

Sanctioned by PNA for USMS Inc. #366-S003

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

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

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

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

**MEET REFEREE:** Jim Davidson

**CONCESSIONS:** Available

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

**ELIGIBILITY:** Open to all 2016 USMS or foreign registered swimmers 18 and above as of 03/12/2016. Age groups based on the swimmer's age as of 03/12/2016.

**ENTRIES:** Swimmers may enter up to 5 individual events. Entries must be postmarked by Friday, March 4<sup>th</sup> or online by 11:59 PM (Pacific) Wednesday, March 9<sup>th</sup>. NO race day entries accepted. 1650 is limited to the first 18 entries. See Note below.

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

**CHECK-IN:** Positive check-in required for the 1650 Free by 8:45 AM, 500 Free by end of event #13 and the 400 IM by the conclusion of event #20. Swimmers missing the check-in deadline may be scratched from the event.

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

**AWARDS:** Available for purchase at meet

**ENTRY FEES:** \$16 (US or Canadian; includes LMSC and timing surcharges) PLUS \$3 per individual event (optional for seniors and needs-based swimmers). No charge for relays.

**ONLINE ENTRIES:** Enter online at:

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1534&smid=7083](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=7083)

### ORDER OF EVENTS:

1	1650 Free	13	50 Free
	15 minute warm-up		10 minute Break
2/3	200 W/M Free Relay	14/15	200 W/M Medley Relay
4	200 Fly	16	100 Fly
5	200 Back	17	50 Back
6	50 Breast	18	500 Free
7	100 Free	19	100 Breast
	10 minute Break	20	200 Free
8	200 Mixed Free Relay		10 minute Break
9	200 IM	21	100 IM
10	50 Fly	22	200 Mixed Medley Relay
11	100 Back	23	400 IM
12	200 Breast		

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

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

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

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



**2016 PNA Championship Meet**  
**Saturday April 9<sup>th</sup> & Sunday April 10<sup>th</sup>, 2016**  
**Hosted by Blue Wave Aquatics**  
**Sanctioned by PNA for USMS Inc. #366-S002**

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

**FACILITY:** 50-meter championship pool set up as two 25-yd courses, each with 9-ft wide lanes and a water depth range of 9'-10.5' Continuous warm-up available in 7-lane, 25-yd dive tank. The 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, Apr 9<sup>th</sup>: Warm-up 9:00-9:50am, meet starts 10 am  
 Sunday, Apr 10<sup>th</sup>: Warm-up 9:00-9:50am, meet starts 10 am

**MEET DIRECTOR:** Steve Freeborn, 206-940-7442

[pnachamps@bluewave-aquatics.com](mailto:pnachamps@bluewave-aquatics.com)

**CONCESSIONS:** Vendor contracted with KCAC, available in lobby.

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

**ELIGIBILITY:** Open to all 2016 USMS or foreign registered swimmers 18 and above as of 04/10/2016. Age groups based on the swimmer's age as of 04/10/2016.

**ENTRIES:** Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be **received** by Sunday April 3<sup>rd</sup>, 2016 11:59 PM (Pacific Time).

**ENTRY FEES:** \$32.00 (US or Canadian) includes LMSC surcharges. PLUS \$3.00 per individual event (optional for seniors and needs-based swimmers). No charge for relays.

**ONLINE ENTRIES:** Enter online at:  
[www.clubassistant.com/club/meet\\_information.cfm?c=1449&mid=7126](http://www.clubassistant.com/club/meet_information.cfm?c=1449&mid=7126)

**PAPER ENTRIES:** Use the [PNA Generic Entry Form](#) available on the PNA website or in the WetSet. Non USMS entrants must include a copy of their current registration card. Make checks payable to BWAQ and mail to: Blue Wave Aquatics P. O. Box 24083 Federal Way, WA 98093

**NO ENTRIES ACCEPTED AFTER**

**SUNDAY APRIL 3<sup>rd</sup>, 2016 11:59 PM (PACIFIC TIME)**

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

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

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

**AWARDS:** Ribbons for individual places 1 – 6. Medals may be purchased at meet. Plaques will be awarded for PNA team awards. [registrar@bluewave-aquatics.com](mailto:registrar@bluewave-aquatics.com)

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

**ORDER OF EVENTS:**

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

**T-SHIRTS:** Championship T-shirts are for sale during registration, we will have a limited number of t-shirts at the meet. Guarantee you get the right size by ordering your Championship t-shirt when you register today!

\$20.00 - Unisex sizing X-small, Small, Medium, Large, X-Large  
 \$22.00 - Unisex sizing XXL, XXXL, XXXXL

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



**OUT OF TOWN GUESTS:**

**COURTYARD MARRIOTT** has a block of rooms available for our out of town guests. Please contact Marriott Reservations directly at 1-800-321-2211 or 253-529-0200 to reserve a room. Some restrictions may apply. Make your reservation by March 9th. Ask for the **KCAC PNA Swim Meet** room block, \$119/night

**QUESTIONS:**

Steve Freeborn, Meet Director 206-940-7442

[pnachamps@bluewave-aquatics.com](mailto:pnachamps@bluewave-aquatics.com)

Rick Cox, Meet Referee

[nauticalrick@yahoo.com](mailto:nauticalrick@yahoo.com)

Angela Turley, Registrar 253-797-4920

[registrar@bluewave-aquatics.com](mailto:registrar@bluewave-aquatics.com)



# 2016 PNA OPEN WATER SERIES

## Five Great Races



**June 11.** The series starts with the Whidbey Island Adventure Swim. The race includes a 1.2 and 2.4 mile race off the shores 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. [www.whidbeyadventureswim.org](http://www.whidbeyadventureswim.org)



**June 26.** The Second event is 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, WA. 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. [www.swimdefiance.com](http://www.swimdefiance.com)



**July 16.** 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 6.** Next is the Aly Fell Memorial Open Water Invitational held at Lake Padden in Bellingham, Washington. Four distances will be offered, 10k, 5k, 2.5k, and ½ mile, swum over a 2.5k course.



**September 17.** 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.

[www.lastgaspofsummer.com/](http://www.lastgaspofsummer.com/)



### Win a **blueseventy** Reaction Wet Suit

Each race entry will earn you one ticket into the drawing for a **blueseventy** Reaction Wetsuit (either full or sleeveless at the winner's preference)

*From PNA Open Water Series sponsor*



**Whidbey Adventure Swim**  
**1.2 & 2.4 mile open-water swims**

**Saturday June 11th, 10 AM**

**Sanctioned by PNA for USMS, Inc., #366-W001**  
**Hosted by SWIM: South Whidbey Island Masters**

**Location:** Seawall Park, Langley, Whidbey Island, WA.

**Schedule:**

8:00-9:30am: Pre-race check-in

9:30am: MANDATORY meeting for all swimmers;

10:00am: Estimated start time for both swim groups.

**Course:** 1.2 mile rectangular course beginning and ending at Seawall Park, with 2.4 mile swimmers doing two laps.

See website for map and details.

**Safety:** Lifeguards, motor boats, paddleboards, and kayaks located along course perimeter.

Wetsuits are required. Water temperatures will be 55–60 deg. Swimmers must wear swim caps provided, and attend pre-race meeting.

**Entry fee:** \$45 by June 9; \$55 late or day-of-race

**Online Registration:** Open March 1st; late reg after June 9.

Click the “Register” link on our website:

[www.whidbeyadventureswim.org](http://www.whidbeyadventureswim.org)

**Eligibility:** 18 years of age or older on race day; USMS or other national swim registration for current year, or \$22 One-Event USMS registration fee.

**Rules:** Current USMS rules will govern the event. Wetsuits are required. Swimmers must wear swim caps and hand markings given at registration.

**Results:** Posted at the race after completion of final event, and available on the website the following day.

*Directions, ferry info, and pre- and post-race activities available on our website:*

[www.whidbeyadventureswim.org](http://www.whidbeyadventureswim.org)



**Start your open-water race season with us!**

**Saturday June 11, 10 AM**

- 1.2 and 2.4 mile distances
- Post-race brunch and raffle
- Never-last guarantee!

More info at:  
[whidbeyadventureswim.org](http://whidbeyadventureswim.org)



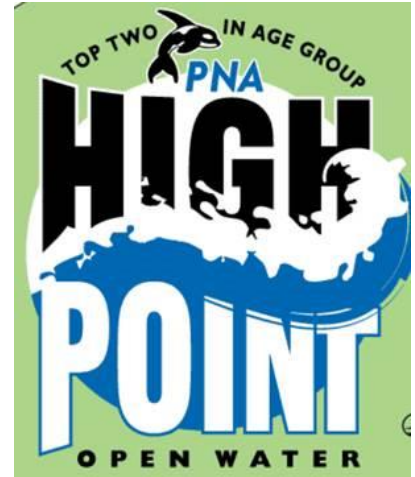
**Whidbey  
Adventure  
Swim**

**2016**

**Registration opens March 1st!**

## Enter more than one event and compete for the 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 10 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. See the [PNA website](#) for rules.



**challenging • scenic • historic**

Timed, escorted 3k & 5k races in 58-60° Puget Sound  
Pre-registration includes **FREE** preparation swims  
[www.swimdefiance.com](http://www.swimdefiance.com)

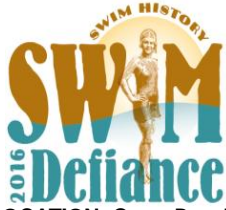


**Sunday  
June 26 2016**

**REGISTRATION  
OPENS IN  
MARCH**

SWIM HISTORY  
**SWIM Defiance**

**2016**



**Swim Defiance**  
**3K and 5K Open Water Swims**  
**Sunday, June 26, 2016**  
**Sanctioned by PNA for**  
**USMS Inc. TBD**  
**Hosted by: Blue Wave Aquatics**  
**[www.swimdefiance.com](http://www.swimdefiance.com)**

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

**EVENTS:** 3K swim OR 5K swim

**COURSE:** Re-enacts the 1926 Dalco Passage crossing. Out and back 5K triangular course swim OR one-way 3K linear course. Water temp is est. at 56-60 °F. Water jugs provided for rinsing at finish. Metro Parks restrooms at start/finish area.

**TIMELINE:** 7:15 AM: Check-In

**8:15 AM: Mandatory Competitor Safety Meeting**

**8:50AM: 5K swim starts**

**9:40AM: 3K swim starts after ferry ride to Vashon Island**

**RACE DIRECTOR:** Zena Courtney, cell 206-651-0823, hm 253-927-3695, [zenacourtney@hotmail.com](mailto:zenacourtney@hotmail.com)

**ELIGIBILITY:** Open to all 2016 registered Masters swimmers (USMS or MSC) 18 and older as of Jun 26, 2016. Competitors not registered may sign up for a \$22 One-Event USMS registration. Non-PNA USMS registered swimmers must submit a copy of their 2016 registration card to the race registrar.

**RULES:** Current USMS rules will govern this event. Neoprene wetsuits and race provided caps are required, unless swimmer has pre-approval, email race director for exemption form. Time limits are enforced as follows: 3K – 2 hour limit, 5K – 2:50 limit.

**SAFETY:** Lifeguards and safety boats will monitor the entire course. Body marking required on hands. **Competitors must wear a high visibility buoy**, the color-coded race cap, 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. A random drawing of customized prizes for participants and volunteers will be held while waiting for the last person to finish. Custom event awards for male and female in each event. 1<sup>st</sup>-3<sup>rd</sup> place vintage medals will be presented to men and women in age groups 18-24, 25-29 . . . 80+. Scrumptious post race refreshments will be available.

**ENTRY FEES:** Early Bird Discount: March 1-April 1, 2016.

\$72 3K/ short course swim w/ferry

\$83 5K/ long course swim

Add \$15 for day of race entries. NO sales tax in 2016!

**ENTRY DEADLINE:** Race registration closes at 11:59 pm Pacific on Thursday, 6/23/15.

**ONLINE ENTRIES ONLY:**

[https://www.clubassistant.com/club/meet\\_information.cfm?c=144&smid=7409](https://www.clubassistant.com/club/meet_information.cfm?c=144&smid=7409).

**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.**

**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](http://www.silvercloud.com), 5mi.

• *Hotel Murano*, 1320 Broadway, Tacoma, WA; (253) 238-8000; [www.hotelmuranotacoma.com](http://www.hotelmuranotacoma.com), 7mi.

• *Best Western Plus, Tacoma Dome Hotel*, 2611 East E Street, Tacoma, WA; (800)780-7234; [www.book.bestwestern.com](http://www.book.bestwestern.com); 10mi.

• *Courtyard Tacoma Downtown*, 1516 Commerce St, Tacoma WA; 253-591-9100; [www.marriott.com/hotels/travel/seatd-courtyard-tacoma-downtown](http://www.marriott.com/hotels/travel/seatd-courtyard-tacoma-downtown); 7mi.

• *Holiday Inn Express and Suites*, 2102 S C St, Tacoma, WA; 253-272-2434; [www.hiexpress.com/hotels/us/en/reservation](http://www.hiexpress.com/hotels/us/en/reservation); 8 mi.

**ADDITIONAL INFORMATION:** The 5K electronic chipped swim is on a triangular course that starts in the water at Owen Beach between two orange triangular buoys and proceeds north toward Vashon Island an make two right hand turns around the outside of a two tall yellow cylindrical buoys at 1.5-miles and then heads south back to Owen Beach. The 3K swimmers will carpool from the finish to the 9:15 AM Tahlequah a State Ferry, walk on and enjoy a 15 minute ride to Vashon Island. Once arrived, they enter water at the beach just west of the Ferry terminal for the start at approximate 9:40 AM. All swimmers will finish with a run up the beach across a timing mat.

**Swim Defiance, Tacoma, WA / Sunday, June 26, 2016**

**08:50AM Start Time/Owens Beach Long Course: 5K Swim (both ways)**

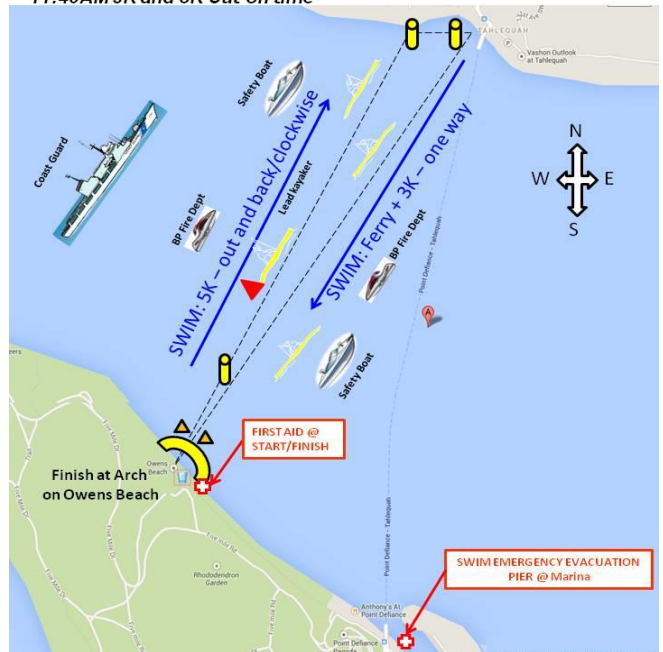
**08:55AM Carpool/walk to Pt Defiance (walk-on) ferry**

**09:15AM Ferry leaves to Tahlequah, Vashon Island (15 min crossing)**

**09:34AM Peak Slack High Tide**

**09:40AM Start Time/Vashon Island Short Course: 3K Swim (one way)**

**11:40AM 3K and 5K Cut-off time**







## Fat Salmon Open Water Swim

**SWIM DISTANCE: 3.2 miles**

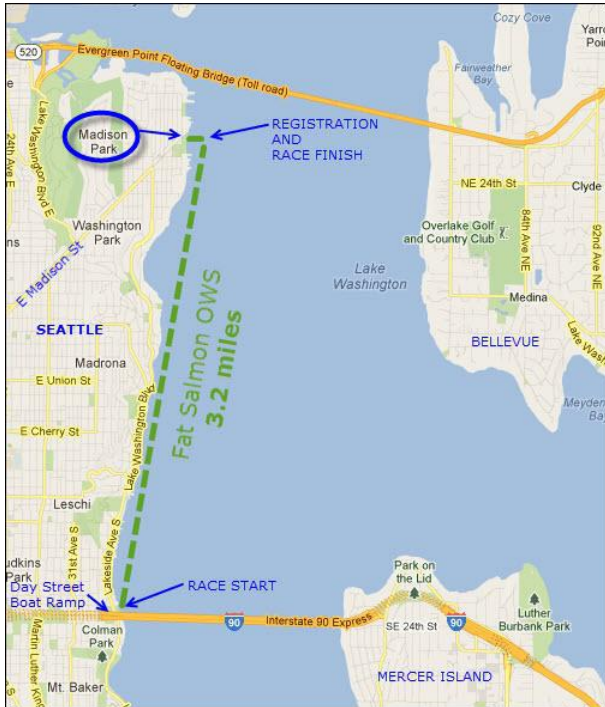
**DAY AND DATE: Saturday July 16<sup>th</sup> 2016**

**SANCTIONED BY PNA for USMS Inc. #TBD**

**HOSTED BY: Orca Swim Team**

**LOCATION:** Lake Washington from Day Street Park to Madison Park along the western shore of the lake.

**COURSE:** In water start immediately offshore from Day Street boat launch, finish across timing mats on shore at Madison Park; participants will need to ascend 4 stairs at the completion of this race. Water temperatures are typically in the high 60s or low 70s during the summer but can vary significantly; be prepared for a cold swim. Course will follow the western shore of the lake in a straight line marked with buoys approximately every ½ mile.



### TIME:

- 6:15 AM Swimmer Check In opens**
- 7:15 AM Swimmer Check In closes**
- 7:30 AM Mandatory Swimmer Safety Briefing**
- 7:45 AM Swimmers depart for Day Street via carpools**
- 8:15 AM Race start; swimmers will be sent off in 5 separate waves scheduled every 3 minutes**

### RACE DIRECTOR:

Meg Meinerz  
919.672.8542  
racedirector@fatsalmonswim.com

**ELIGIBILITY:** Open to all 2016 registered Masters swimmers (USMS or MSC) 18 and above as of **7/16/16**. Competitors not registered may sign up for a \$20 One-Event USMS registration. Non-PNA registered swimmers must provide proof of their Masters membership card at check-in.

**RULES:** Current USMS rules will govern this event. Wetsuits and full-body swimsuits are allowed in the wetsuit division. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.).  
**Swimmers will have 2 hours to complete this event; any swimmer more than 250 yards from shore at 1:40 minutes will be pulled from the course.**

**SAFETY:** Lifeguards and safety boats will monitor the entire course. All participants **MUST** attend the safety meeting. Kayaks will assist with escorting swimmers along course and provide assistance in event of an emergency.

**AWARDS:** All participants to receive a T-shirt as participation award; age group awards will be provided with ribbons and top finishers from each gender and age division will be provided. Top finishers will be awarded a full salmon with 2nd and 3rd place receiving salmon-associated prizes.

### ENTRY FEES:

- \$65 early – May 1st to May 31st
- \$75 on time - June 1st to June 30th
- \$85 late – July 1st to July 12th

**ENTRY DEADLINE:** Online entry only! It opens May 1<sup>st</sup> at 12:00 (midnight) PST; closes on July 10<sup>th</sup> at 11:59PST.

**ONLINE ENTRY:** Link TBD

**PAPER ENTRIES:** Not accepted

**RESULTS:** Posted in person at race site; will be electronically posted to [www.fatsalmonswim.com/results](http://www.fatsalmonswim.com/results) as they are collated.

**DIRECTIONS:** Check In + safety meeting at Madison Park Beach (43<sup>rd</sup> and Madison; from i5 exit at Madison ave and continue east until it terminates at 43<sup>rd</sup>. Beware parking is limited in this area due to residential congestion; we recommend carpooling when possible. Swim start is accessible via carpool, located at Day Street Park (1400 Lakeside Ave) and can be found from the start by following Lake Washington Blvd south to the I90 bridge; the park is located immediately underneath this bridge. Parking will be limited in this area as well, please carpool when possible.

**ADDITIONAL INFORMATION:** Please stay after the event and support the great Madison Park businesses that help sponsor this event! Sponsoring organizations can be found on our website at <http://www.fatsalmonswim.com>

**LINKS:** <http://www.fatsalmonswim.com>

**LOCAL POOL EVENTS**

**March 6, 2016**

[SARC Old School](#)

Port Angeles, WA

**March 12, 2016**

[SSMS Beat the Clock Meet](#)

Olympia, WA

**April 9-10, 2016**

[PNA Champs \(BWAQ host\)](#)

Federal Way, WA

**Nov 19-20, 2016**

[SCM Meet \(PSM host\)](#)

Federal Way, WA

**REGIONAL POOL EVENTS**

**Apr 2, 2016**

[Inland Northwest Masters Championships](#)

Ellensburg, WA

**Apr 2, 2016**

[Victoria LCM Masters Meet](#)

Victoria, British Columbia

**Apr 16, 2016**

[Utah State Masters Champs](#)

NW Zone SCY Championship  
Olympus High Aquatic Center  
Salt Lake City, UT

**Nov 12-13, 2016**

[NW Zone SCM Championship](#)

Coeur d'Alene, ID

**REGIONAL SANCTIONED OPEN WATER**

**July 30, 2016**

[22nd Annual Cascade Lakes Swim Series & Festival 2016](#)

NW Zone OW Championship  
Elk Lake, OR (near Bend, OR)

**PNA SANCTIONED OPEN WATER**

**June 11, 2016**

[Whidbey Island Adventure Swim](#)

Seawall Park, Langley, WA

**June 26, 2016**

[Swim Defiance](#)

Tacoma, WA

**July 16, 2016**

[Fat Salmon](#)

Seattle, WA

**August 6, 2016**

[Aly Fell Memorial OW Invite](#)

Lake Padden, Bellingham, WA

**September 17, 2016**

[Last Gasp of Summer](#)

Angle Lake Park, Seatac, WA  
(New-USMS 1-Mile Open Water National Championship format)

**LOCAL NON-PNA SANCTIONED OPEN WATER\***

\*Non-PNA sanctioned events

**June 10, 2016 &**

**July 15, 2016**

[\\*The blue seventy Friday Night Swim Races by RTB](#)

Lake Meridian Park, Kent, WA

**August 21, 2016**

[\\*Park to Park Swim](#), Matthew's Beach to O.O. Denny Park in Kirkland, WA

**September 10, 2016**

[\\*Swim Across America](#)

Luther Burbank, Mercer Island, WA

**NATIONAL CHAMPIONSHIPS**

**April 28 - May 1, 2016**

[USMS SCY National Championships](#)  
Greensboro, NC

**August 17 - 21, 2016**

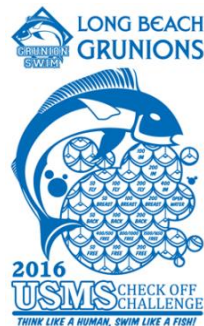
[USMS LCM National Championships](#)  
Mt Hood CC, Gresham, OR

**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 BOARD MEETINGS**

**March 8, 2016**

[Conference Call \(tentative\)](#)

06:30 pm - 08:30 pm

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