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USMS National Championships

The USMS Summer National Championship was held August 17-21 in Gresham, OR and was well attended by Puget Sound Masters and Blue Wave Aquatics swimmers.

The event had 1287 registered swimmers competing for 17 regional and 149 local clubs. Oregon Masters won the regional club competition with 4197 points, followed by Puget Sound Masters (2305.5) and Colorado Masters Swimming (547.50). Swim Fort Lauderdale led the local clubs with 1777 points, followed by Sarasota Y Sharks (1166) and The Olympic Club (814.50). Blue Wave Aquatics, with only 10 swimmers competing, scored 92 points to take 36th.

Swimmers faced outdoor temperatures up to 104 degrees for the five-day, long-course-meters meet. Puget Sound Masters, under head coach Shannon Singer, boasted 21 national champions, including nine who won two or more individual events. Leading the PSM

effort were Rick Colella (winning the 50, 100, & 200 breast and 200 & 400 IM), Charlotte Davis (winning the 50 fly, 50 free, and 200 & 400 IM), and Shannon McIntyre (winning the 200 breast, 400 free, and 200 & 400 IM).



Colella (M 65-69) set new national and world records in all five of his events and Davis (W 65-69) set a national mark in the 50 free and national and world records in three of her other four events.

Other PSM national champions included Sydney Anderson, Erica Cenci, Allison Cox, Lisa Dahl, Sally Dillon, Todd Doherty, Donald Graham, Trevor Gray, David Hannula, Carl Haynie, Dan Kirkland, Mary Lippold, Michael McColly, Michelle McRae, Mats Nygren, Dick Peterson, Daniel

(Continued on page 2)

USMS Nationals (cont)

(Continued from page 1)

Phillips, and Randy Rogers.

Blue Wave Aquatics was coached by Wendy Neely and Matt Edde. Zena Courtney led the team with top 10 finishes in all five of her events while Eric Durban and Matthew Edde each earned four top-10's.

Matthew Gates, swimming unattached, placed top three in the 100 & 200 free and 100 & 200 fly.

PSM relays finished especially strong, winning the men's 200 medley (160-199), women's 200 medley (240-279), mixed 200 free (160-199), women's 200 free (200-239 & 240-279), mixed 200 medley (240-279), and men's 200 free (160-199). A new national record was set by Dahl, Lippold, Linda Chapman, and Davis in the 200 free relay and a world best was set by Dahl, Colella, Graham, and Davis in the 200 medley relay.

The team of Zena Courtney, Nellis Kim, Kelly Richards, and Khaila Courtney led the BWAQ relays with a top ten finish in the 200 medley (160-199).

Individual national champions:

Sydney Anderson (200 & 1500 free); Erica Cenci (50, 100 & 200 free); Rick Colella (50, 100, & 200 breast, 200 & 400 IM); Allison Cox (200 fly, 200 back); Lisa Dahl (50 fly, 50 free); Charlotte Davis (50 fly, 50 free, 200 & 400 IM); Sally Dillon (1500 free); Todd Doherty (200 breast); Donald Graham (100 fly); Trevor Gray (50, 100, & 200 back); Dave Hannula (200 back); Carl Haynie (200 back); Dan Kirkland (200 back); Mary Lippold (400 free); Michael McColly (100 back); Shannon McIntyre (200 breast, 400 free, 200 & 400 IM); Michelle McRae (800 free); Mats Nygren (800 free); Dick Peterson (200 back); Daniel Phillips (50 & 100 breast); Randy Rogers (1500 free).

Relay national champions:

Trevor Gray, Todd Doherty, Chris Conroy, Mats Nygren (M 200 medley); Stella Preissler, Shannon McIntyre, Lisa Dahl, Charlotte Davis (W 200 medley); Amy Moorhead, Shannon McIntyre, Chris Conroy, Trevor Gray (X 200 free); Shelley Reimer, Stella Preissler, Shannon McIntyre, Amy Moorhead (W 200 free); Lisa Dahl, Mary Lippold, Linda Chapman, Charlotte Davis (W 200 free); Lisa Dahl, Rick Colella, Donald Graham, Charlotte Davis (X 200 medley); Trevor Gray, Mats Nygren, Todd Doherty, Chris Conroy (M 200 free).



Tony Lieggi proudly waves the BWAQ logo.

Kelly Richards and Nellis Kim are all smiles at nationals!





National Record 200 free relay: Lisa Dahl, Mary Lippold, Linda Chapman, and Charlotte Davis.



Mother-daughter duo Zena and Khaila Courtney show off their bling!



World Record 200 medley relay: Donald Graham, Lisa Dahl, Charlotte Davis, and Rick Colella.



Stella Preissler and Dawn Jaeger started the PSM A and B medley relays (240-279).



PSM coaches April Cheadle, Chris Foster, Jaki Braggin, Shannon Singer, and Becca Watson.

Swim Defiance 2016 Delivers!

By Tom Walker, Team Walker International Masters



On a truly glorious June 26th morning at Owen Beach in Tacoma, in conditions that could best be described as serene, pristine, heavenly and idyllic, with the snow-capped majesty of Mt Rainer towering above us on the right and Vashon Island shimmering in the distance, Race Director Zena Courtney delivered Swim Defiance 2016!

Swim Defiance 2016, with significantly more swimmers than last year, included 68 of our best and bravest swimmers who plunged gleefully into the 58-degree water taking on the 3K and 5K courses.

This was more than an open water swim; it was a massive military campaign launched, directed and executed with a cast of what seemed like scores of awesome people who threw their life blood into making this happen! Yours truly was most deeply moved, as I always am, standing at the finish line with USMS officials Mike Murphy and Jim Davidson making out the shape of the first lone swimmer emerging off in the distance and cranking it on home. It always moves me to tears.

Swim Defiance is here to stay and I predict that it will become a national event as open water swimmers gather from everywhere to participate in this incredible and exalted aquatic challenge!

Top Results—No Wetsuit

3K Women: 1 - Megan Holt (1:02:52); 2 - Julie Montiel (1:06:12); 3 - Guila Muir (1:11:16); 4 - Diana McCandless (1:16:04).

5K Men: 1 - Mike Humphreys (1:30:03.4).

Top Results—Wetsuit

3K Women: 1 - Pamela Kalas (42:48.7); 2 - Jenell Outerson (57:47.6); 3 - Kari Vander Stoep (59:53.1).

3K Men: 1 - Jim McGoorty (48:43.7); 2 - Matthew Bronson (55:14.8); 3 - Steve Peterson (55:17.9).

5K Women: 1 - Jayette Pettit (1:17:04.3); 2 - Anna Gilmore (1:19:33.7); 3 - Jennifer Smith (1:38:36.9).

5K Men: 1 - Matthew Dixon (1:05:28.7); 2 - Bob Schlemmer (1:12:01.0); 3 - Daniel Smith (1:12:06.3).

Full results [here](#).



Cascade Lakes Open Water Swim

Several PSM swimmers recently made the drive to Bend, OR to participate in the July 29-31 Cascade Lakes Open Water Swim. The event featured five swims—500, 1000, 1500, 3000, and 5000 meters—over a three-day period.

Five PSM swimmers—Wendy Van De Sompele, Matthew Dixon, Bob Schlemmer, Chris Foster, and Craig Mohler—completed all five events. VanDeSompele won the women's 50-54 age group in the 1500, 3000, and 5000 and placed second in the 500 and 1000. Marci Wright took first in the women's 45-49 1000.

Other top three age group finishers included Matthew Dixon (500, 1500, 3000, 5000), Schlemmer (500, 1000, 1500, 3000, 5000), William Penn (1500, 3000, 5000), Foster (500, 1000, 5000), and Mohler (5000).



Cascade Lakes Open Water Swim L-to-R: Wendy Van De Sompele, Larry Wright, Marci Wright, Paul Von Destinon, Anne Presnal, Sue Winter, Doug Winter.

USMS National 5K/10K ePostal

By Sally Dillon

A dozen swimmers joined together at Colman Pool in West Seattle at 8:30am on Saturday, August 27, to participate in the annual USMS postal swim. The event requires swimmers to use a 50-meter pool. PNA and Puget Sound Masters shared in the cost of the facility.

The lovely hot and sunny weather of the previous week abandoned them, so the swimmers and their lap counters bravely endured cold temps and cloudy skies. Three swimmers completed the 10K event: Michelle McRae and Johnny van Velthuyzen from Puget Sound Masters and Matt Miller from Oregon. The other nine swimmers completed the 5K distance. PSM swimmers were Joshua Scott, Betsey Kassen, Kirk Nelson, Katie Ciurej, Randy Rogers, and Jaki Braggin. Lisa Gibson (OR) and Eric Valley (formerly PNA but now living on the East Coast) also participated.



Michelle McRea (top) and Joshua Scott (bottom).

Thanks to all of the swimmers for participating.....and thanks as well to Coach Becca Watson for supervising the event.

Fat Salmon 2016

The 2016 Fat Salmon open water swim, held July 16th at Madison Park in Seattle, featured cooler temperatures and choppy conditions. 258 swimmers completed the 3.2-mile distance - 163 with a wetsuit and 95 without.



The Kitsap swim contingent of Windy Rider Tuttle, Terry Taft Harter, Mike Fitzgerald, Brian Hester, and Steve Peterson.

Matthew Dixon finished first in the wetsuit division in 1:07:04. Rounding out the top five in the male division were Bob Schlemmer (1:10:20), Emery Wager (1:10:49), Jeevan Philip (1:10:53), and Neal Freeland (1:11:21). Sydney Anderson was the first female to finish and third overall in 1:10:47. Second through fifth females were Maura Carroll (1:16:20), Janet Zeaiter (1:18:59), Elizabeth Lucco (1:20:29), and Caitlin Schwalbach (1:21:32).

In the no-wetsuit group, Brian Wisniewski took first in 1:09:05. Other top five males were Kirk Nelson (1:10:45), Rod Craig (1:14:21), Matthew Woare (1:16:02), and Jeff Morrison (1:16:42). Erica Cenci was first among females and third overall in 1:10:54. Other top five were Pam Kalas (1:14:15), Amanda Clark (1:17:04), Allison Cox (1:17:17), and Jacquelyn Braggin (1:17:43).

Full results [here](#).



Members of the North End Otters took on Fat Salmon.

Swimming in the NW is glorious!

SAVE THE DATE:
September 17, 2016

REGISTRATION
OPENS 6/15/2016
sign up early!



- Last USMS/PNA* open water swim of the season
- 1 & 2 mile events in beautiful Angle Lake SeaTac, Washington
- Wetsuit & non-wetsuit



WWW.LASTGASPOFSUMMER.COM



snohomish Aquatics



Masters Meet
Sunday, October 30, 2016
8 am – 1pm

Sanctioned by PNA for USMS Inc. 366-S008

Salt water pool, 7' - 12.5' deep.
Competition 25 yard, 10 lanes. Temp 78 - 80°F
Number of lanes used for competition will range from 6 – 8, depending on size of meet.
Continuous warm up throughout the entire meet in the extra lanes not being used.
State of the art electronic timing and starting blocks.

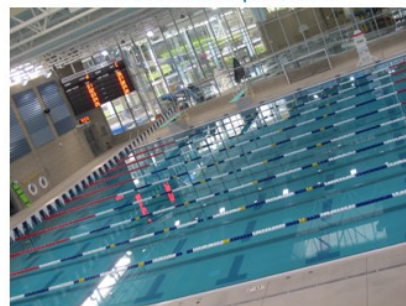
Meet Director: Rob Serviss
robert.serviss@snohomishaquatic.com

MORE DETAILS
ENTER NOW!

CHECK LISTING ON SWIMPNA.ORG



SNOHOMISH AQUATIC CENTER
 516 Maple Avenue
 98290 Snohomish WA
 360.568.8030
www.snohomishaquatic.com



PNA Meets By The Numbers

With three PNA meets left in 2016 (BAMFest and Snohomish Masters meets in October and PSM SCM Champs in November), attendance at 2016 PNA sanctioned meets is down from 2015.

- For meets held in both 2015 and 2016 through August 31, *meet attendance is down about 19%*.
- The dual-sanctioned Sr Seattle Open attracted 38 swimmers with very little lead time. Cascade hopes to dual sanction the LCM meet again in 2017.

Results of all PNA meets are available on the PNA website (Member Services—Results).

Results of all PNA Sanctioned meets meeting course length requirements are submitted to [USMS Meet Results](#) and [Top Ten](#).

PNA MEET ATTENDANCE BY YEAR

	2012	2013	2014	2015	2016	2016 vs 2015
Anacortes	145	98	99	113	97	-14%
Juanita	192	142	185	188	133	-29%
SARC				91	68	-25%
Briggs Y	113	98	80	83	83	
PNA Champs	382	424	343	348	283	-19%
Pentathlon			83	58		
Sr Seattle Open					38	
BAMFest	113	110	106	80	TBD	
SAM					TBD	
PSM SCM				184	TBD	
Sand Point		113	94			
SCM Zone	188					
TOTALS	1133	985	990	1145	TBD	



Notes on Top 10, Splits and Records:

- Times achieved by USMS registered swimmers at non-PNA meets, but which have recognition status, are submitted to USMS Top 10 pending compliance with USMS rules of meet conduct.
- Swimmers who set a PNA record, or SCY Zone record, in a non-PNA sanctioned meet, should send their meet results to the PNA Top 10 recorder, [Doug Jelen](#).
- Relay lead-off splits are not automatically submitted for Top 10 (except at Nationals).
- USMS registered swimmers who compete in a USA-S sanctioned event must send official results to their LMSC Top 10 Recorder (Doug Jelen for PNA) for inclusion in USMS Top 10/records
- At non-USMS National meets, a request for recording initial split times for non-backstroke events must be brought to the attention of the meet referee in writing prior to the conclusion of the meet (105.2.2 B)
- In a relay event or an individual backstroke event, the request to have a split time recorded must be brought to the attention of the meet referee in writing prior to the swim. (105.2.2 C)

Hosting a Meet

This is the time of the year when the next year's meet calendar begins to take shape and it would be wonderful to have additional PNA pool meets.

When can my team host a meet?

Pretty much any date that doesn't conflict with an established meet. It is nice to have meets evenly spaced throughout the season, but it's not a requirement.

What are possible dates?

Below are 2016 PNA meet dates. Meet hosts tend to pick the same weekend year to year and have priority for that date.

- Jan 24 2016 Anacortes SCM
- Feb 21 2016 Kirkland SCY
- Mar 6 2016 SARC SCY
- Mar 12 2016 Beat the Clock X SCY
- Apr 9-10 2016 Federal Way (SCY Champs)
- Jul 7-9 2016 Sr Seattle Open LCM
- Oct 8 2016 Bainbridge SCY
- Oct 30 2016 Snohomish SCY
- Nov 19-20 2016 Federal Way (SCM Champs)

How do I pick a date?

Most of our pool meets are Sept–April. Summer brings open water (OW) events which divert attention from pool meets and it is difficult to find an opportunity to schedule a meet at WKCAC or Colman pool in the summer.

From Sept to April, you'll want to avoid weekends with a lot of PNS meets or a single PNS meet at WKCAC.

When there are many PNS meets, it is hard to get sufficient officials for Masters meets. The PNS meet schedule is available at pns.org under the ['meets' link](#)

Make sure your Meet Referee signs off on the date you select.

Pick a date which works with your team members. If you are going to use high school students to provide timing, check the school calendar. Meets at the beginning or

end of winter or spring breaks can be difficult to staff with HS kids.

OK, I've picked a date, picked a meet ref and tentatively reserved the pool. Now what?

Complete the [PNA Pool Meet Date Approval Form](#) (item #1) and submit. The due date is Oct 10, 2016.

Assuming my date is accepted at the Oct PNA BOD meeting, what's next?

The process is detailed on the PNA website (Events—Hosting an Event—Sanction a Pool Meet). All forms and info are available for download there.

Overall the steps are confirm Meet Ref, decide Order of Events, budget, meet info, sign PNA Meet Agreement, complete USMS online Sanction Process, set up Club Assistant online entry, open meet for entries.

What's the deal with the Order of Events?

Meet hosts are given flexibility to set the events for the type of meet they would like to host. Hosts can choose to follow the regular PNA Order of Events rotation (you'll be advised of the Order of Events to use) or they can come up with their own Order of Events offering events for exactly the type of meet that suits them. A meet can offer all the events, or it could offer just the distance events – with swimmers providing their own timer and counter in order to ease the burden on the meet host. Be creative!

As Meet Host, are we protected from losing money?

Yes, indeed! PNA guarantees a \$6 per swimmer per day profit for all PNA sanctioned meets. The budget process will determine appropriate entry fees to clear the \$6/swimmer profit hurdle.

Where can I get answers to other meet hosting questions?

Check the PNA website (Events—Hosting an Event) or contact [Linda Chapman](#).

Sink or Swim

By Greta Perales, SVMS

SIX WEEKS OF EXILE FROM THE POOL!



I had my first major bike crash since starting riding 10 years ago. What happened? I HAVE NO IDEA!

Ok.....maybe a vague idea.....

I ended up with a major concussion, broken eye bones, screws/wire in my hand, and a scar from being impaled by my sunglasses. But no worries!

Can I swim? - Yes, after six long weeks (one week to go!).

Will I be fast? - Hmmmm.....I never was, so no.

Can I still do Ironman Arizona in November? - Yes.

Will it be a PR? With two months to train? - Probably not.

However, I am lucky. There are a lot of people who get injured that are out for months or even longer. Personally, I am looking forward to getting back to swimming with Masters for a little motivation - they are fast! I also need some new material for my next article so please, the next time you see me trying to remember how to swim, take a moment to do something embarrassing and I will write about you. And if you are really lucky, I will spend 45 long minutes boring you with my recovery and training.

Sincerely, Greta "Apparently I Cannot Fly" Perales

Van De Sompele Swims Maury Island

Long-time open water enthusiast Wendy Van De Sompele completed a swim around Maury Island (near Vashon) on August 6th, possibly the first person known to have completed the swim.

Van De Sompele followed the rules of marathon swimming (aka "Channel Rules"), which means she did not wear a wetsuit and could not hold onto a support boat or kayak when taking rest or food breaks. Conditions were mostly favorable—partly sunny skies, mostly calm water with only a few windy hours, and surface water temps from the low- to mid-60's. She finished the 14.2 miles in an impressive 7:23:20.



"The swim went as well as I could've expected, thanks to my awesome crew and especially Andrew [Malinak's] expert navigational skills," reported Van De Sompele.

Van De Sompele's crew consisted of Malinak, Scott Lautman, Peter Ray, Erika Norris, and Margaret Van De Sompele.

Board Meeting Highlights

PNA President Mike Grimm led the 5/24/16 evening meeting, which was held via teleconference. Current PNA membership is 1471 - 740 men and 731 women. Open Water Coordinator Jim Davidson reported that the organizers of the Aly Fell OW swim in Bellingham had requested a date change to Saturday, August 13; the change was approved. Meets Chair Linda Chapman reported that a new short course yards meet will take place on Sunday, October 30 and be hosted by Snohomish Aquatic Masters. The Board approved an over-budget request of \$600 for the purpose of funding officials to attend the LCM National meet in August at Mt Hood Community College in Gresham, OR.

PNA has six members automatically serving as delegates to the USMS Convention in Atlanta in September due to their national-level positions: Kathy Casey, Jim Davidson, Sally Dillon, Jane Moore, Steve Peterson, and Sarah Welch. Additionally, the LMSC is entitled to send four delegates to represent PNA and Kim Boggs, Linda Chapman, Zena Courtney, and Hugh Moore were selected. Finally, USMS President Patti Miller granted At-Large Delegate status to Walt Reid and Teri White.

Puget Sound Masters President Lisa Dahl reported that the club will not be submitting a bid to host a USMS National Championship. She cited financial and facility issues relating to the cost of pool rental and the inability of KCAC to handle the number of swimmers expected to attend.

PNA Voting Board Members

President - Mike Grimm
Vice President - Zena Courtney
Secretary - Sally Dillon
Treasurer - Arni Litt
Past President - Lisa Dahl
At-Large Director - Kathy Casey
Bylaws - Jane Moore
Meets - Linda Chapman
Membership - Stephanie Hiebert
Open Water - Jim Davidson
Appointed Director - Hugh Moore
Appointed Director - Steve Peterson
Club Director - Kim Boggs
Club Director - Sarah Welch
Club/Coach Coordinator - vacant

Coordinators/Standing Committees

Awards - Kerry Ness
Coaches - Matthew Edde
Fitness - Sarah Welch
Newsletter - Lucianne Pugh
Officiating - Teri White
Postal - Sally Dillon
Records/Top Ten - Doug Jelen
Webmaster - Steve Peterson

CONTACT US

Aly Fell 2016

The fourth annual Aly Fell Memorial Open Water Swim took place on August 13th in Lake Padden, near Bellingham.

Seventy swimmers finished one of the event's four distances - 14 swimming the 10K, 20 in the 5K, 22 the 2.5K, and 14 in the 800-meter division.

Top male and female finishers included Tim Settern (10K wetsuit), Doug Winter and Elizabeth Putnam (10K non-wetsuit), Samuel Hunter and Serena Allendodrfre (USA 10K), Mary-Jane Man (5K wetsuit), Michael Lockette and Erica Cenci (5K non-wetsuit), Carter Waller and Kelly Morgan (USA 5K), Chad Hagedorn and Katy Smith (2.5K wetsuit), Kirk Nelson and Wendy Van De Sompele (2.5K non-wetsuit), James Gill and Julie Gill (USA 2.5K), Catherine Renaud (800 M wetsuit), and Kai Arthur and Ariel Fuhrman (USA 800M).

Full results [here](#).



2016 Last Gasp of Summer Open Water Swim

One and Two Mile Events
Saturday Sept 17th, 2016

Sanctioned by PNA for USMS Inc. # 366-W004
Hosted by: Blue Wave Aquatics

Blue Wave Aquatics is hosting next year's 2017 USMS Open Water Nationals 1 Mile Swim! As a preview and dry run for this swim, we will be offering the 'Elite 1 Mile Swim' at this year's LAST GASP OF SUMMER!

LOCATION: 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.

CHECK-IN: Elite Mile check-in will open at 8:00am. One- and two-mile check-in will open at 8:30am. No late check-ins allowed.

TIME:

ELITE 1 MILE SWIM

8:00 am	Registration opens
8:30 am	MANDATORY safety meeting
8:45 am	Chip check-in and warmups
9:00 am	START Elite Mile swim

1 and 2 Mile Swims

8:30 am	Registration opens
9:45 am	MANDATORY safety meeting
10:10 am	Chip check-in and warmups
10:30 am	START USA 2 Mile Swim
10:35 am	START USMS 2 Mile Swim
10:40 am	START USA 1 Mile Swim
10:45 am	START USMS 1 Mile Swim
11:30 am	START USA 500 Meter swim at the Conclusion of the 2 Mile Swim

TIME LIMIT: Swimmers who cannot swim 1 mile in 30 minutes should not sign up for the 'Elite Mile' Swim.

ELIGIBILITY: Open to all 2016 registered Masters swimmers (USMS or MSC) 18 and above as of Sept 17th, 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. ELITE 1 MILE SWIM – no day of race entries allowed.

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.). ELITE 1 MILE SWIM – no wetsuits allowed.

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>.

TIMING: Timing for this event will be provided by BUDU Racing.

AWARDS: Participation gift for 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). Overall award to man and woman in each event.

ENTRY FEES:

\$65 – Early entry before Sept 1
\$70 – Sept 1 thru Sept 13th
\$80 – Sept 17 (Day of Race) – 1 and 2 Mile Swims ONLY
\$22 – One-Event USMS registration (see eligibility)

If you swim one event, pay regular price. If you swim two events (Elite 1 Mile and either the 1 or 2 Mile), \$20.00 extra.

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

ENTRY DEADLINE: Online registration opens on Wednesday, June 22nd and closes at 11:59 pm PDT on Tuesday, September 13th or SOONER if race has sold out. Maximum 300 swimmers

ONLINE ENTRY: To register online go to https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=8086

PAPER ENTRIES: 1 and 2 Mile Swims day of the race only. No Elite 1 Mile Swim day of race entries allowed.

RESULTS: Posted onsite after the race. Available online within a few hours on website

<http://www.LastGaspofSummer.com/results.aspx>

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.

RACE DIRECTOR: Mike Murphy
MeetDirector@BlueWave-Aquatics.com or call 205-316-0234

REGISTRAR: Angela Turley, 253-797-492
Registrar@BlueWave-Aquatics.com

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

2016 PNA Open Water Series



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, WA. The course follows a rectangular path beginning and ending at 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>

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 in Tacoma, WA. There is a clockwise 5k triangular course swim beginning and ending at Owen Beach and one-way 3k linear course swim from Vashon Is to Owens Beach. <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 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. www.fatsalmonswim.com/

August 6 - Next is the Aly Fell Memorial Open Water Invitational at Lake Padden in Bellingham, WA. Four distances will be offered over a 2.5k course, including .5 mile, 1.5k, 2.5k, and .5 mile. <http://alyfellmemorialopenwaterswim.com/wp/>



September 17 - The series finishes with the Last Gasp of Summer. This race takes place at Angle Lake in Seatac, Washington and includes 1- and 2-mile races on a rectangular course. One-milers swim one lap, two-milers swim two laps. www.lastgaspofsummer.com/

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. 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.

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).





BAMFest 2016

Saturday October 8th, 2016

Warm-up: 9:00am Meet starts at 10:00am
hosted by **Bainbridge Aquatic Masters**
sanctioned by PNA for USMS Inc. #366-S007

Enter Online Today at: https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=7691

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

FACILITY: 25yd pool, 6 lanes, 82°F

Separate warm-up lanes in adjacent pool.

MEET DIRECTOR: Greg Cole BAMFest2016@gmail.com (206)
387-2153

MEET REFEREE: Mike Murphy, swimoff1@gmail.com.

CONCESSIONS: Free, donations encouraged

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2016 USMS or foreign registered swimmers 18 and above as of 10/08/2016. Age groups based on the swimmer's age as of 10/08/2016.

ENTRY DEADLINES:

Swimmers may enter up to 5 individual events and 2 relays.

Individual Entries:

Online Entry Deadline: Tuesday, Oct 4, 11:59 PM

Paper Entry Deadline: Postmarked by Friday, Sep 30

NO race day individual entries accepted.

Relay Entries:

Online relay entry, and relay only swimmer entry, available on Wednesday, October 5th from 9:00 AM to 11:59 PM (One day only) Relay entry is also available at the meet.

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.**

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.

RELAYS: Enter relays online October 5th (see Entry Deadlines) or Deck-enter relays at the meet at no charge. Mixed relays require two men and two women.

ENTRY FEES: \$16 U.S. (Includes LMSC and timing surcharges) PLUS \$1 per individual event (optional for seniors and needs-based swimmers. No charge for relays.

AWARDS: PNA awards available for purchase at meet. Age group/gender ribbons for first, second and third place will be awarded at the meet.

ORDER OF EVENTS	
Event No.	Event
1/2	Women's/Men's 200 Medley Relay
3	200 Freestyle
4	50 Backstroke
5	200 Individual Medley
6	50 Freestyle
15 minute break	
7	100 Butterfly
8	50 Breaststroke
9	100 Freestyle
10	500 Freestyle
11	100 Individual Medley
12/13	Women's/Men's 200 Freestyle Relay
14	100 Backstroke
15	50 Butterfly
16	100 Breaststroke

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
- 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

ADDITIONAL INFORMATION can be found at www.bainbridgeaquaticmasters.com

Snohomish Aquatics Masters Meet
Sunday, October 30, 2016
Warm-up: 8am
Meet starts at 9am to NLT 1pm
Sanctioned by PNA for USMS Inc 366-S008

LOCATION: Snohomish Aquatic Center 516 Maple Ave,
 Snohomish, WA 98290 (360) 568-8030

FACILITY: Competition 25 yard, 10 lanes. Temp 79-81°F.
 Continuous warmup in the extra lanes not being used for
 competition. Electronic timing. The number of lanes used for
 competition will range from 6 to 8, depending on size of meet. At
 least one lane will be available for continuous warm-up. 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. Salt water pool. 7' – 12.5' deep.

MEET DIRECTOR: Rob Serviss –
robert.serviss@snohomishaquatic.com

MEET REFEREE: Teri White - teriwhite53@gmail.com

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 10/30/2016. Age groups based on
 the swimmer's age as of 10/30/2016

ENTRIES: Individual entries: Swimmers may enter up to 5
 individual events. Entries must be submitted online by 11:59 PM
 (Pacific) Sunday, October 23rd, 2016 OR postmarked by
 Thursday, October 20th, 2016. Relay only swimmers may enter
 from Monday, October 24th 9:00 am to Tuesday, October 25th
 11:59pm. Relay teams may be entered from Monday, October
 24th 9:00 am to Tuesday, October 25th 11:59pm. Deck entry for
 relays will also be available at the meet. See 'Relays', below.

DECK ENTRIES: Only in OPEN LANES and available only to
 swimmers already entered in the meet, and who are entered in
 less than the entry limit of 5 individual events.

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

CHECK-IN: Positive check-in required for the 500 Free. Check in
 for the 500 Free by the conclusion of event #5. Swimmers
 missing the check-in deadline may be scratched from the event.

RELAYS: Pre-meet - See information under 'Entries', above. At
 the meet - Deck-enter relays may be entered at the meet. Mixed
 relays require two men and two women.
 Deck entries due by 8:30 AM for Event #1, Mixed Medley Relay.

Deck entries due by end of event #5 for Event #9, Mixed Free
 Relay.
 No charge for relays.

AWARDS: Available for purchase at meet.

ENTRY FEES: \$16 (US; includes LMSC and timing surcharges)
 plus \$3 per individual event (optional for seniors and needs-
 based swimmers). Your credit card will be charged by
 'ClubAssistant.com Events' for this swim meet. No charge for
 relays.

ORDER OF EVENTS

1	Mixed 200 Medley Relay	8	Mixed 100 free
2	Mixed 200 Free	9	Mixed 200 Free Relay
3	Mixed 50 Back	10	Mixed 100 Back
4	Mixed 200 IM	11	Mixed 50 Fly
5	Mixed 50 Free	12	Mixed 100 Breast
---10 minute BREAK -----		13	Mixed 100 IM
6	Mixed 100 Fly	---10 minute BREAK -----	
7	Mixed 50 breast	14	Mixed 500 Free
		500 Free limited to 32 entrants	

ONLINE ENTRIES: Enter online at:
https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=7913. Your credit card will be charged by
 'ClubAssistant.com Events' for this swim meet.

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on
 the PNA Website or in *The WetSet*. Make checks payable to
 Snohomish Aquatic Center and mail to: Snohomish Aquatic
 Center, c/o Rob Serviss, 516 Maple Ave, Snohomish, WA 98290

DIRECTIONS:
 North- I-5S, take exit 194 for US-2 E toward Wenatchee, continue
 onto US-2 E, take the 88th St SE exit, turn right onto 88th St SE,
 continue onto 92nd St SE, take a right onto Maple Ave.
 South – I-5N, take exit 194 for US-2 E toward Wenatchee,
 continue onto US-2 E, take the 88th St SE exit, turn right onto
 88th St SE, continue onto 92nd St SE, take a right onto Maple
 Ave

ENTRY QUESTIONS: Rob Serviss -
robert.serviss@snohomishaquatic.com

LODGING: Snohomish Inn, 323 2nd St, Snohomish, WA 98290
 Phone: (360) 568-2208



2016 Puget Sound Masters SCM Championship Meet
Saturday – Sunday, November 19- 20, 2016
 Hosted by Puget Sound Masters
 Sanctioned by PNA for USMS Inc: #366S009

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 19 & Sunday, Nov 20:

- Warm-up 9:00-9:50am, meet starts 10 am

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

MEET REFEREE: Teri White - teriwhite53@gmail.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 11/20/2016. Age groups based on the swimmer's age as of 12/31/2016. 18-24, 25-29... and up in 5-yr increments

ENTRIES: Swimmers may enter up to 6 individual events, 5 individual events/day max.

- **Individual entries:** Entries must be submitted online by 11:59 PM (Pacific) Thursday, November 10, 2016 OR postmarked by Tuesday, November 8, 2016
- **Relay only swimmers** may enter from 9:00 AM Friday, November 11th to 11:59 PM Sunday, November 13th
- **Relay teams** may be entered from 9:00 AM Friday, November 11th to 11:59 PM Sunday, November 13th
- Deck entry for relays will also be available at the meet. See 'Relays', below.
- Swimmers will register by CLUB (i.e. PSM, BWAQ) rather than workout group (i.e. LWM, GLAD)

NO INDIVIDUAL ENTRIES ACCEPTED AFTER THURSDAY NOV 10TH, 2016 11:59 PM (PACIFIC TIME)

SEEDING: At the discretion of the Meet Referee and Meet Director, two courses may be used for the 800 Free, 400 Free, and 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 (sum of ages): 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.

- Relays may be entered online before the meet or deck-entered at the meet. Online entry deadline above.
- Deck Entry Relay entries due as follows:
 - #9-#12: by the end of event #2,
 - #21-#23: by the end of event #15,
 - #33-#37: by the end of event #26,
 - #44-#46: by the end of event #38

AWARDS:

- Medals may be purchased at meet.
- High point awards for each gender and age-group combination

ENTRY FEES: \$38 includes LMSC surcharges. **PLUS** \$4 per individual event (optional for seniors and needs-based swimmers). No charge for relays. Relay only swimmers pay TBD surcharge.

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=8198

ENTRY QUESTIONS: [Linda Chapman](mailto:Linda.Chapman@psm.org): 425-890-3751

2016 PSM SCM Order of Events			
Saturday, Nov 19		Sunday, Nov 20	
50m, 100m and 200m events: Order W then M			
	Warm Up 9am		Warm Up 9am
1	800 Free - Mixed *	24	400 Free - Mixed *
2	400 IM -Mixed *	25/26	200 Fly - W/M
	Break (2nd warm up) 30	27/28	50 Breast - W/M
3/4	200 Back - W/M	29/30	100 Free - W/M
5/6	50 Free - W/M	31/32	200 IM - W/M
7/8	100 Breast - W/M		Break (to set up relays) 5
	Break (to set up relays) 5	33/34	W/M 200 Medley Relay
9/10	W/M 200 Free Relay	35	Mixed 400 Free Relay
11	Mixed 800 Free Relay	36/37	W/M 800 Free Relay
12	Mixed 400 Medley	38/39	100 Fly - W/M
13/14	50 Fly - W/M	40/41	50 Back - W/M
15/16	200 Free - W/M	42/43	200 Breast - W/M
17/18	100 IM - W/M		Break (to set up relays) 5
19/20	100 Back - W/M	44/45	W/M 400 Free Relay
	Break (to set up relays) 5	46	Mixed 200 Medley
21/22	W/M 400 Medley Relay	47	1500 free - Mixed *
23	Mixed 200 Free Relay	*	Positive Check-In Required

MEET SHIRT: Long-Sleeved, 'tech' type shirt. \$30

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.

2016 Puget Sound Masters SCM Championship Meet
 Saturday –Sunday, November 19- 20, 2016
 Hosted by Puget Sound Masters
 Sanctioned by PNA for USMS Inc. #366-S009

PAPER ENTRIES FOR PSM SCM MEET ONLY: Complete this form, and waiver elsewhere in this WetSet, for a paper entry.

If using paper entry form, you must complete, sign and mail the USMS Waiver elsewhere in this WetSet

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)
---------------------------------------------	------------------------------------------

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

Event #	Event Name	Entry Time

ENTRY FEE:

SURCHARGE	\$38	
INDIVIDUAL EVENTS	+	\$4 Per Event. No charge for relays. No charge for seniors (65+) or need-basis
LONG SLEEVED TECH @S30 UNISEX SIZING	+	X-SM SM Med Lg XL XXL
TOTAL	\$	Make checks payable to PSM . Mail to: PSM, c/o Linda Chapman 17532 NE 142 nd St Redmond, WA 98052

Paper entries must be **postmarked** by Tuesday, November 8th, 2016. All swimmers must have a valid 2016 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry.

NO ENTRIES ACCEPTED AFTER SUNDAY NOV 13TH, 2016 11:59 PM (PACIFIC TIME)

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

Email [Linda Chapman](mailto:Linda.Chapman@swimpna.org) for final meet entry fees or check meet info on swimpna.org @ https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=8198

PNA GENERIC ENTRY FORM

COMPETITION ENTRY INSTRUCTIONS

Pacific Northwest Association (PNA) Sanctioned Swimming Competitions

AGE GROUPS

Entrants must be at least 18 years old to compete.

Individual Events: 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 72-99, 100-119, 120-159, 160-199, and 40 year increments as high as necessary. The aggregate age of the four relay members shall determine the age group.

ONLINE ENTRIES – EASIEST and BEST Method!

PNA encourages online entries for all of its sanctioned competitions via Club Assistant. The link for each meet's online entry can be found within the description of the meet found elsewhere in this newsletter and also via the Calendar section at www.swimpna.org.

PAPER ENTRIES

Read the following instructions before using the Consolidated Entry Form at the bottom of the page to "paper" enter PNA sanctioned meets. For specific information on each competition, see elsewhere in this newsletter. The link for online entries will be located with the meet specifics found elsewhere in the WetSet. Current USMS and PNA rules govern all swim meets.

ALL COMPETITIONS

Entry Procedures: Read the specific info for each competition. Swimmers not registered with PNA must include a photocopy of their Masters Swimming registration card. Individual event information must be completed in the designated area on the form.

Check-in Requirements: Swimmers may need to check in at meets and in accordance with meet specifics.

POOL COMPETITIONS

Relays shall be entered at the meet using cards provided by the meet host.

Strictly forbidden: **Entering more than five individual events per day;** Using hand paddles in warm-up areas;

Diving in warm-up areas unless in designated sprint lanes; Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS (OW)

Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of using soft hand paddles or fins for prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing a highly visible cap is mandatory. Each course is patrolled by safety craft and unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced. If awards are given, swimmers using non-porous neoprene swimsuits, wetsuits, or other non-porous attire will compete in separate divisions from those wearing traditional swimsuits.

----- Cut Here -----

GENERIC ENTRY FORM • PACIFIC NORTHWEST ASSOCIATION

Name: _____ Sex: M F Birthday: __/__/____ Age: _____

Address: _____ City: _____ State: ____ Zip: _____

Email: _____ Phone: _____ USMS #: _____

Local team: _____ or UNAT: _____ USMS Club: _____ Club abbr: _____

Emergency Contact: _____ Phone: _____ T-shirt size: _____

Event #	Distance/Stroke	Entry time	Event #	Distance/Stroke	Entry time
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Name of Meet _____

Date of Meet _____

This is my first Masters meet

USMS Waiver form on next page MUST be completed and signed in order to compete. Read form, complete and include with your entry.



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

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

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

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

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

PNA Calendar

PNA SANCTIONED OPEN WATER

9/17 – [Last Gasp of Summer](#),
Angle Lake Park, Seatac, WA

NON-PNA SANCTIONED OPEN WATER

9/10 – [Swim Across America](#),
Luther Burbank Park, Mercer Island, WA

9/18 – [Saltwater Open Water Swim Series NW](#),
outside Seattle WA

9/25 – [Mercer Island Open Water 6K](#),
Mercer Island, WA

10/2 – [Agua Fresca Open Water Challenge](#),
Lake Washington, Seattle, WA

10/15 – [Awesome Alki Open Water Ocean Swim](#),
Seattle WA

POOL EVENTS:

10/8 – [BAMFest 16](#), Bainbridge Island, WA

10/30 – [Snohomish Masters Meet](#), Snohomish, WA

11/12 to 11/13 – [NW Zone SCM Championship](#),
Coeur D'Alene, ID

11/19 to 11/20 [PSM SCM Champs](#), Federal Way, WA



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Coaches Certification Training Available

The USMS Coaches Committee and Education Services have developed four levels of Masters coach certification. USMS issues certification to successful candidates at the conclusion of the courses.

The courses for Levels 1 and 2 will be offered in Seattle on Saturday, October 22, 2016. PNA will offer scholarships of up to \$125 per coach for up to 10 participants.

For more information, See flyer [here](#) or contact Matt Edde (mathewedde@outlook.com) or Sarah Welch (sarahwelch@comcast.net).