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Records Fall in Federal Way

By Linda Chapman

Anyone who has competed at the Weyerhaeuser King County Aquatic Center in Federal Way, WA knows that it is one of the country's fastest pools. It was the site of the recent Pacific Northwest Masters LMSC 2nd Annual PNA Short Course Meters Championships.

And fast it was with 15 world records, 18 USMS national records, 63 PNW Zone and 80 PNA records broken at the short course meters event.

Leading the assault were Rick Colella, Laura Val, and Charlotte Davis, all 65-69.

Colella broke nine world records, including 50 breast (32.50), 100 breast (1:13.16), 100 IM (1:05.43), 200 IM (2:22.60), 100 Free (58.19), 200 Free (2:07.56), and was a member of three PSM world record relays:

mixed 240-279 400 free relay (4:16.39; Colella, Charlotte Davis, Dave Hannula, Lisa Dahl), men 240-279 200 medley relay (1:57.52; Carl Haynie, Colella, Don Graham, Hannula), and men 240-279 400 medley relay (4:23.96; Haynie, Colella, Graham, Hannula).



Carl Haynie, Rick Colella, Donald Graham, and Dave Hannula set world records in the 200 and 400 medley relays

Val set five world records with new standards in the 50 free (29.30), 100 free (1:06.39), 100 back (1:14.99), 100 fly (1:15.40), and 100 IM (1:16.67). Davis collected a world record in the 50 fly (33.56), a USMS national record in the 100 breast (1:30.81), and was also a member of the world record



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PSM SCM (cont)

(Continued from page 1)



20-year-old Luis Sanchez Arias (SVMS) was the youngest competitor

setting PSM 240-279 mixed 400 free relay (4:16.39). Also setting USMS national records was Kim Crouch (55-59, Colorado Masters) in the 50 breast (37.54) and 200 breast (3:01.40). The PSM women 200-239 200 medley relay (Lisa Dahl, Shannon McIntyre, Davis and Amy Moorhead) set a new Zone record of 2:14.67, missing the USMS national record by less than 1.5 seconds.

The two-day competition included a full slate of events. "We knew we had some fast swimmers coming to the meet but were thrilled the quality of the performances," said meet director Lisa

Dahl. "The Federal Way pool is a great venue and we plan to return our championship meet here on the week before Thanksgiving next year and beyond."



Meet Director Extraordinaire Lisa Dahl with Announcer Extraordinaire Tim Vagen



Carl Haynie was an age-group High Point Winner

"I've only gotten to swim at Federal Way in the few short course yard Nationals that have been held here," explained Laura Val, visiting from Tamalpais Aquatic Masters, San Rafael. "The chance to swim short course meters in this pool was a treat and really worth the trip. PNW put on a fantastic event and I look forward to coming back next year."

Snohomish Aquatic Center Impresses!

Snohomish Aquatic Masters hosted their first meet on Oct 30 at their home pool in Snohomish.

The Snohomish Aquatic Center is a 52,000 square foot state-of-the-art facility built in 2014 that features a 10-lane competition pool along with a recreation pool, surf-simulation machine, lazy river, and waterslide. Nearly 100 swimmers ages 19-73 participated in the SCY event representing 25 clubs.



Swimmers entering and winning five individual events included Erica Cenci (SAM, 30-34) in the 50, 100, 200, and 500 free and 100 IM; Zena Courtney (BWAQ, 55-59) in the 100 and 200 free, 50 and 100 back, and 100 IM; Luis Sanchez Arias (SVMS, 18-24) in the 50 and 100 breast, 50 and 100 butterfly, and 100 IM; and Robert DeWard (UC36, 40-44) in the 50 free, 50 back, 50 breast, 50 butterfly, and 100 IM.

Tom Fritschen, Vince Carmosino, Brad Jones, Betsey Kassen, Zena Courtney, and Tom Walker

Winning four events were Melissa Havens (UC36, 35-39), Sandi York (TACM, 40-

44), Lianna Badran (LWM, 40-44), Renee Quistorf (SAM, 50-54), Jane Vilders (SVMS, 65-69), Daniel Phillips (LWM, 50-54), Carl Haynie (TWIM, 55-59), and Steve Peterson (YPKC, 70-74).



Volunteers Gail Brenchley and Lichin Meneses at the popular concessions stand



Sink or Swim

Dog Paddling Slowly Off Into The Distance.....

By Greta Perales, SVMS

The time has come for my last Sink or Swim article.

I have been switching over to longer, outdoor swimming events, so my time poolside is limited, and as a result I don't see half the amusing things that I used to enjoy. Sure there is the occasional grumpy and/or aggressive lane sharer or the person wearing the swimsuit that is months past its due date, but not enough for a column. I do have plans to volunteer at April's PNA event, however, so be careful what you say (or wear!) or you may cause me to come out of retirement.

My latest swimming endeavor was the Arizona Ironman back on November 20th and it was quite the unique experience. At the end of July I had my first major bike crash, which seriously impeded my training schedule. Broken hand, concussion, broken eye bone.....so instead of six months to train, I had just over two. And a hand that would go numb periodically. I was in top racing form!



Okay maybe not, but I was determined to do the darn race, despite protests from my husband and half-hearted enthusiasm from my doctors. My goal was to finish before they dragged me off the course.

Race morning, I was up at 4:30am and out the door by 4:55. By 6:15, I was nervously standing in the porta-potty line as they told everyone there was only 15 minutes until transition closed and we needed to be lined up at swim start. At 6:50, 2000+ people were wedged in a cattle-like stall waiting to jump in the water and swim towards buoy number one.

Warning: Triathlon swimming is a contact sport. Even if you try to avoid contact - which I do! - some overly aggressive or panicky swimmer will randomly nail you in the face, hand, feet, and/or back of the head. So it was a moment of sheer joy when I saw the final buoy at the end of the 2.4-mile swim! Happiness! I survived the water battle.

Bike time. Happy day that it was not cold with rain pouring down (like my last two Irons), but sad that it was windy for the next 112 miles. Hey, no complaining here, I made it through without replicating my recent crash and my hand was only numb part of the time. Plus I had my fastest bike time of any of my Ironman races, so I was stoked.

Up next was the marathon portion of the race and reality came crashing down on me. Apparently, when you only have time to train up to 65 miles on the bike, doing a full 112 tires you out. So my marathon was more of a Death March. At times, I was convinced I was going backwards. Did I mention I only

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Speedo USMS 3000/6000 ePostal Nationals

The final postal swims of the year took place from September 15-November 15 at various locations. The event was hosted by Sawtooth Masters, out of Boise, ID.

Michelle McRae (40-44) was the only PSM swimmer to take on the 6000-yard event and finished first in her age group with a time of 1:15:51.53.

Ten Puget Sound Masters members competed in the 3000-yard event, which could be swum in either a 25-yard or 25-meter pool. Sarah Landrum, Tammy Koppelberger, Michelle McRae, Johnny Van Velthuyzen, and Dan Kirkland each finished in the top 10 of his/her age group.

Landrum, Koppelberger, and McRae were entered in a women's 35+ relay and took second place with a combined time of 2:02:14.11. Van Velthuyzen, Kirkland, and Tom Fritschen were entered in a men's 35+ relay and placed ninth with a combined time of 2:06:54.94. McRae, Landrum, Van Velthuyzen, and Kirkland were entered in a mixed 35+ relay and placed third with a combined time of 2:35:12.08.

Congratulations to all who participated in this annual event.

Individual 3000-yard results including time, age group, and individual finish are:

Sarah Landrum	42:16.83	35-39	5th	J Van Velthuyzen	38:31.70	35-39	8th
Tammy Koppelberger	42:23.88	40-44	8th	Dan Kirkland	36:50.16	65-69	2nd
Michelle McRae	37:33.39	40-44	3rd	Tom Fritschen	51:33.08	60-64	24th
Elizabeth Kassen	43:35.99	60-64	6th	Gregory Henzel	56:58.14	45-49	37th
Sheila Vonbergen	1:15:48.48	45-49	41st				
Lucianne Pugh	1:20:02.00	55-59	50th				

Sink or Swim (cont)

(Continued from page 4)

trained up to 12 miles of running? Yes, there was SOME running, but only if you knew that I was running.

But once again, no complaints. (Swearing, however, is another story!) I finished with my slowest overall time of 15:30, but I had an hour and a half to spare before they would have pulled me kicking and screaming from the course.

Best wishes to everyone for a spectacular 2017 filled with swimming personal bests.

Sincerely, Greta "Thank God that race is finally over" Perales



2017 Speedo USMS 1-Hour ePostal

By Sally Dillon, PNA Postal Event Coordinator

If you have been a member of U.S. Masters Swimming for a while, you likely have heard about the “granddaddy” of all Postal Swims – the 1-Hour Postal National Championship, AKA “Happy Hour for Masters Swimmers.” The event is relatively simple to accomplish.....find a pool and have

1-Hour ePostal Nationals



someone count your laps and take your splits while you swim as far as possible in one hour. Then celebrate your accomplishment (breakfast, lunch, cocktails.....) and submit your results via the internet. Thousands of Masters swimmers take on this event each year.

At the USMS Convention in Atlanta last September, a change to the Long Distance Rules extended the time frame for the event to include all of January and February. This change was proposed and approved because of the extreme weather conditions that are often experienced during the month of January, which can limit opportunities for swimmers to participate.

Another rule change deals with “age of the entrant.” In postal swims (and open water), the eligibility of a swimmer will be determined by the age of the swimmer on December 31 of the year of competition, except for 18-year-olds, who must be 18 on the day that they swim. This rule change eliminates the opportunity for some swimmers to enter more than one age group for the championship.

All other details for the 1-Hour ePostal National Championship remain the same:

- You must be a currently registered member of USMS on or before the day of your swim.
- The pool must be 25 yards or longer (a conversion for metric pools takes place during registration).
- Swim your 1-hour event FIRST; then enter/register for the championship online.
- Deadline to enter is March 10, 2017 (by 11:59pm HAT)

Coaches and/or swimmers are encouraged to arrange for pool time so an opportunity to take part in this event is possible. Preparing for and competing in the 1-Hour Postal Swim is a great way to “build a base” and hopefully swim stronger and faster come spring. Participants are on the “honor system” to ensure that competition is fair and there are some rules that should be adhered to:

- 2017 USMS Rules govern the event, including swimwear rules (see USMS 102.12.1 in the USMS Rule Book).
- Drafting, flotation, and propulsive devices are not permitted (pull buoys, fins, paddles, snorkels, wet suits, etc).
- No more than two swimmers may share a lane and circle swimming is not permitted.
- An adult acting as a starter/head timer/referee shall be present during the swim.
- Each swimmer must have a verifier to count laps and record cumulative splits every two lengths of the pool.
- The timing of the event may be done with a stopwatch or electronic timing device.
- Distances are to be rounded down to the nearest completed 5-yard increment (i.e. 2764 rounds to 2760).
- One person may serve as a counter/timer for no more than two swimmers at a time.

Your club (PSM, BWAQ, etc) may enter relays for the event. Relay categories are: 1) three men; 2) three women; and 3) four mixed (two men, two women). Typically, your coach or relay coordinator will handle this so please don't form your own relays without first consulting your club leaders. Relays are not swum together like at swim meets - the coach or coordinator uses each person's individual swim results to form the best relays for the club. Please send your results to the person coordinating relays for your club. Coach Wendy Neely typically forms relays for BWAQ and Sally Dillon is PSM's relay coordinator.

Questions? Feel free to drop event coordinator Sally Dillon a note at salswmmr@comcast.net if you have questions about this event.

The official 1-Hour ePostal event information can be found at: https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=8216.

Postal Swim Hints

Sally Dillon, PNA Postal Swim Coordinator

Having an accurate count of lengths (1-Hour postal) or time (all other postal swims) at the end of the swim is of utmost importance. A slightly inaccurate split somewhere along the swim is not a huge issue as long as the final count or time is completely accurate. Recording of the running time is required for each two-length segment. (Recording of the split times is optional, but of service to the swimmer.)

USMS has “official” split sheets that must be used for postal swims. Go to <http://www.usms.org/longdist/ldchamps.php#swimmerinfo> for the 1-Hour ePostal Swim split form, pace charts, and other information.

Timers can make mistakes and some good advice is that when a split is missed, rather than putting down a time that is totally inaccurate, leave that space blank and record the next split in its correct space. When the event is over 1) go back and divide the 100 split in half and use those times for the 50's that were affected, or 2) leave it blank and note that the split was missed.

Hitting the wrong button to get a split is the most serious problem; in many cases, it will totally stop the watch. It is a good idea to have a backup watch running that can be enlisted in place of one that gets inadvertently stopped. You don't have to use the backup watch for splits, until it becomes necessary. The timing function on a smartphone would be a good backup watch.

If the swimmer stops to take a drink, changes strokes, or any other reason that affects the times, make a little note of that on the split sheet.

Newsletter editor Lucianne Pugh is looking for PNA history items—stories, old pictures, etc. If you have something to submit, please send it to: luciannepugh@yahoo.com.

Looking Back

MEN 35-44	
50 YD FREESTYLE	
G. Burgess	31.0
Bill Weaver	32.9
D. Anderson	33.3
200 YD FREESTYLE	
Bill Rule	2:36.5
Bill Weaver	2:48.3
400 YD FREESTYLE	
Bill Rule	5:45.0
Bill Weaver	6:02.4
George Burgess	6:02.9
1650 YD FREESTYLE	
Bob Miller, 43	21:53.5
Bill Rule	26:00.3
G. Burgess	28:33.8
100 YD BACKSTROKE	
Tom Foley	1:46.9
200 YD BACKSTROKE	
Bob Miller, 43	2:30.0
Tom Foley	4:03.9
100 YD BREASTSTROKE	
Joe Gitt	1:19.0
George Burgess	1:25.6
Russ Bertrand	1:28.0
200 YD BREASTSTROKE	
Joe Gitt	2:58.5
George Burgess	3:16.5
200 YD INDIVIDUAL MEDLEY	
Joe Gitt	2:48.6
R. Bertrand	2:56.9
MEN 45-54	
100 YD BREASTSTROKE	
Lawrence Dona	1:23.4
200 YD BREASTSTROKE	
Lawrence Dona	3:12.7
MEN 55 & Over	
50 YD FREESTYLE	
Sterling Dover	45.2
100 YD FREESTYLE	
Oscar Fodor	1:20.9
200 YD FREESTYLE	
Oscar Fodor	2:49.8
F. Wiggin	2:52.7
400 YD FREESTYLE	
Oscar Fodor	6:21.5
1650 YD FREESTYLE	
Frederick Wiggin	28:11.1
Leonard Longman	28:38.5
100 YD BACKSTROKE	
Frederick Wiggin	1:26.0
100 YD BREASTSTROKE	
Gene Caddey	1:30.7
Fred Wiggin	1:32.6
Sterling Dover	1:52.1
200 YD BREASTSTROKE	
Gene Caddey	3:33.7
Sterling Dover	4:07.2
50 YD BUTTERFLY	
Gene Caddey	43.0
100 YD INDIVIDUAL MEDLEY	
Oscar Fodor	1:20.1
Gene Caddey	1:20.9
Fred Wiggin	1:25.2

Partial results from a 7/30/72 PNA meet held in Federal Way

Board Meeting Highlights

Vice President Zena Courtney presided over the 10/29 meeting, which was held at Sally Dillon's residence in Issaquah. Treasurer Arni Litt reported that PNA's assets total \$38,735.10. Membership chair Stephanie Hiebert reported that PNA has 1741 members, which is 56 more members than at the end of 2015.

Speaking from a "new delegate's" perspective, Kim Boggs said that the USMS Convention was a great experience, bigger than expected, and she wondered if anything could get done. She saw the pieces of the puzzle – with work during the year being pulled together at convention. Linda Chapman explained that the increase in workout group registration was justified by the amount of money spent by the National Office in services. She also reported on the social media workshop and the need for PNA to use Facebook, Twitter, etc to reach the younger members of our organization.



The PNA-Wiggin Fund's purpose has been to provide financial support for members in need, such as to pay dues and/or meet fees. It has seldom been used. Donations to PNA will continue to go into the general fund but at each December budget session, the Board will determine the amount that will be contributed to the PNA-Wiggin Fund. At the meeting, the Board voted to amend the Policies and eliminate the reduced registration fee for swimmers

65 years and over. An effort will be made to better advertise the PNA-Wiggin Fund so those in need know where they can get assistance.

Three USMS clinics are scheduled to be in PNA territory in 2017: Adult Learn to Swim – January 28, Coach Certification Level 3 – March 4, and Stroke Development – March 5. Online registration is required and links are on the PNA website. PNA will continue to support attendance at clinics by providing \$125 scholarships through an application process.

The USMS Recognition & Awards Committee has provided swag items that can be purchased by LMSCs and Clubs (minimum orders are noted). All items feature language that recognizes volunteers in our organization. The link to the website is <http://usmastersswimming.webflow.io>.

There was further discussion about social media and it was suggested that we need a coordinated Communications committee that would include the website, newsletter, Facebook, and Twitter. The various people involved could work together to see that news about meets, clinics, members, etc. reaches all of our members by being shared on multiple platforms. A Social Media Coordinator is needed and it was suggested that we reach out to our younger members by posting a flyer at the Husky Aquatics pool and other sites where our younger swimmers train.

Complete minutes for Board meetings can be found at <http://www.swimpna.org/w/PNA/more/?artid=3471>

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
At-Large Director - Isaac Contreras
Bylaws - Jane Moore
Meets - Linda Chapman
Membership - Stephanie Hiebert
Open Water - Jim Davidson
Appointed Director - Hugh Moore
Appointed Director - Bob DeWard
Club Director - Kim Boggs
Club Director - Sarah Welch
Club/Coach Coordinator - Steve Peterson

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

Next PNA Board meeting

Tuesday, Jan 24, 6:45pm
via conference call

Call for Nominations

Want to get more involved in PNA?

The Nominations Committee for PNA's spring election of officers is currently assembling a formal slate of one or more candidates for each elected position. The elected offices for PNA are President, Vice President, Secretary, Treasurer, and two At-Large Directors. PNA officers are elected to two-year terms in odd numbered years and all officers must be current PNA members.

In addition to the six positions listed above, the immediate past president, Chair of the Club and Team Development Committee, Meets Coordinator, Membership Coordinator, Bylaws Coordinator, Open Water Coordinator, two board-appointed directors, and two directors selected by the board to represent all clubs serve as voting members of the PNA Board of Directors. Non-voting members of the board include the following coordinators: Awards, Clinics, Coaches, Fitness, Historian, Marketing, New Swimmer, Officials, Postal Event, Records and Tabulation, Rules, Safety, and Social. The president may also make other special assignments who become non-voting members. As an example, the board has been discussing creating a social media position.



The Board meets about eight times a year at locations around Western Washington with call-in capability. At least two of those meetings are done strictly via conference call, but we've tended to do more conference calls lately. Board members are always welcome to participate by phone. Voting Board members may volunteer for other roles and activities with PNA, but the primary responsibility is to serve on the board and perform any duties associated with their role. The non-voting coordinators provide great service to PNA without being obligated to attend board meetings. They can also become more involved by participating in board meetings and may become one of the board-appointed directors.

More information can be found in [our bylaws](#) and [Job Descriptions](#). We are reaching out to all PNA members to ask you to consider serving on the board, whether it is an elected position, appointed position, or non-voting coordinator.

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Call for Nominations (cont)

(Continued from page 9)

We are available to talk to you about what it means to serve and we want you to get involved. If you're interested, please contact any one of us. We can either answer your questions via email or arrange a phone call.

The committee will develop the ballots by the end of January. PNA bylaws offer a "write-in" option to add a name to the ballot, but it's a bit more tedious: "Nominations shall be accepted directly from the membership if a petition is received prior to February 1 and contains the nominee's consent and an endorsement by at least 10% of the current PNA membership."

Election ballots will be distributed in early March with ballots due one week before the Champs meet which will be held April 8-9 this year. Voting will be done via online survey. Paper ballots will be available upon request. More information will be provided as the election date approaches.

Nominating Committee Contacts:

Kim Boggs: kmboggs@comcast.net

Sarah Welch: sarah@usms.org

Jim Davidson: jedavidson98001@yahoo.com

Hugh Moore: hugh.moore.hm@gmail.com

Stephanie Hiebert: ravenlou@gmail.com

PNA MEETS ATTENDANCE

<u>Meet</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>
Anacortes/TAC	145	98	99	113	97
BAMFest/BAM	113	110	106	80	92
Briggs Y/SSM	113	98	80	83	83
Juanita/LWM	192	142	185	188	133
PNA Champ/BWA	382	424	343	348	283
Sand Point CC/SP		113	94		
Pentathlon/ORCA			83	58	
SARC/SARC				91	68
SCM Zone	188			184	148
SAM/SAM					97
TOTALS	1133	985	990	1145	1001



Central Washington University Masters presents the CWU Snowball Masters Saturday, January 21, 2017



Date/Times: Saturday, January 21, 2017. Warm-up starts at 9:00am, Meet starts at 10:00 am. Second Warm-up begins approximately at 11am.

Sponsor: Central Washington University Swim Club. Sanctioned by [Inland Northwest Masters Swimming](#) (IWMSC) for United States Masters Swimming, Inc. (USMS) Sanction number 354-S007.

Facility: Central Washington University's Aquatic Facility. 25 yard competition pool with 8 lanes and automatic timing system. Dedicated 2 lanes of the pool for warm up/down. Locker rooms adjacent to pool deck. Spectator balcony.

Eligibility: All swimmers must be currently registered USMS swimmers or foreign equivalent. New members can register online: www.usms.org/reg.

Rules: 2016-17 USMS rules will apply. Available at www.usms.org/rules/ and at the meet. Certified stroke and turn judges will be present. Events will be seeded slow to fast.

Deadline: All paper entries must be postmarked by Saturday, January 14th, 2017. Online meet entry closes Tuesday, January 17th, 11:59pm PST.

Fees: \$30 for entries. Make payment by check/money order payable to **CWU Swim Club**. **Cash will not be accepted.** Online registrations will be charged to a credit card. **The charge on your card will be from "ClubAssistant.com Events" for this meet.**

Conduct of the meet: Each participant may swim five individual and three relay events.

Relays: Submit relay cards to the Clerk of Course by 10:30 AM. Individuals must be signed up with the club they represent to have their relay points count for that club.

Awards: First-Third place ribbons will be available within each age group. Additional prizes will be given to first-third place individual swimmers in events 200 yards and over (without age groupings).

Directions: **1a.** From I-90 heading either east or west take exit 106. **2.** Continue straight on University Way. **3.** Take a left on D St, continue to the second stop sign on E Dean Nicholson Blvd and take a right. **4.** Take a left onto N Walnut St and parking will be to the left right out side of the Aquatic Facilities (boxy brick building next to the football field and Dorothy-Purser Hall) **Accommodations:** Nearby hotels are the Hampton Inn, Holiday Inn, Comfort Inn, Quality Inn, Best Western, Days Inn, and Motel 6.

QUESTIONS: Contact Meet Director Sarah Olden at (360) 589-9548 before 8pm PST or email sarah.olden@cwu.edu

Online entries link: [CWU Snowball Meet](#)

Online deadline: Tuesday, Jan 17, 11:59pm PST

Or postmarked by: Saturday, Jan 14th, 2016

Mail entries to: Sarah Olden

711 E 18 th Ave #I-5, Ellensburg, WA 9892

Entry Fee: \$30.00, checks payable to CWU Swim Club

Name _____ Male Female Birthdate _____ Age _____
 Address _____ City, State, Zip _____
 Phone _____ Email _____ USMS # _____ Club/Team _____

Enter events using Yard Times • Maximum of 5 Individual and 3 Relay Events.

- 1) 1) 500 Y Freestyle _____
 Second Warm-up at Approx. 11 am
- 2) 200 Y Mixed Freestyle Relay _____
- 3) 400 Y Ind. Medley _____
 10 Minute Break
- 4) 100 Y Freestyle _____
- 5) 200 Y Breaststroke _____
- 6) 50 Y Backstroke _____
- 7) 100 Y Butterfly _____

- 8) 200 Y Ind. Medley _____
- 9) **400 Y Mixed WACKY Freestyle Relay** _____
 10 Minute Break
- 10) 200 Y Freestyle _____
- 11) 50 Y Breaststroke _____
- 12) 100 Y Backstroke _____
- 13) 200 Y Butterfly _____
- 14) 100 Y Ind. Medley _____

- 15) 200 Y Mixed Medley relay _____
- 10 Minute Break**
- 16) 50 Y Butterfly _____
- 17) 100 Y Breaststroke _____
- 18) 200 Y Backstroke _____
- 19) 50 Y Freestyle _____
- 20) 1650 Y Freestyle _____



2017 TAC SCM Masters Meet
Saturday, February 4, 2017
Warm-up: 9:00am
Meet starts at 10:00am

Sanctioned by PNA for USMS Inc.
#367-S002

LOCATION: Fidalgo Pool, 1603 22nd St. Anacortes, WA, 98221

FACILITY: 25/m pool, 6 lanes, two side warm-up area.
 Temp 83°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: Calvin Milbach caljrun@yahoo.com

MEET REFEREE: Heather Brennan
brennan@wavecable.com

CONCESSIONS: None

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2017 USMS or foreign registered swimmers 18 and above as of February 4, 2017. Bring a copy of your Masters registration card if you are not a USMS or MSC member. Age groups based on age of swimmer as of Dec 31, 2017

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Wednesday, January 25th or online by 11:59 PM (Pacific) Monday, January 30th. NO race day entries accepted.

RELAY ONLY SWIMMERS: Swimmers wishing to swim only relays at the meet may do so. Same entry deadlines as above, same surcharge as below.

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

CHECK-IN: Positive check-in required for 400 Free by 9:30AM and for the 400 IM by the end of event 13. Swimmers missing the check-in deadline may be scratched from the event.

SPLIT REQUESTS: Split requests for an initial distance within a longer race must be made, in writing, before the event for backstroke and relay leadoffs OR before the conclusion of the meet for non-backstroke. See the Clerk of Course.

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: \$16.00 (US or Canadian; includes LMSC and timing surcharges) PLUS \$1.50 per individual event (optional for seniors and needs-based swimmers). No charge for relays.

ORDER OF EVENTS - TAC - SCM

#	EVENT	#	EVENT
1	400 Free	12	100 Free
	Break	13	200 Back
2/3	W/M 200 Free Rly	14/15	W/M 200 Medley Rly
4	50 Breast		Break
5	100 Fly	16	200 Breast
6	200 Free	17	200 Fly
7	50 Back	18	50 Free
8	100 IM	19	100 Back
	Break	20	200 IM
9	Mixed 200 Free Rly		Break
10	100 Breast	21	Mixed 200 Medley Rly
11	50 Fly	22	400 IM

ONLINE ENTRIES:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=8412

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA Website or in the WetSet. Make checks payable to **TAC** and mail to: Calvin Milbach, Fidalgo Pool, 1603 22nd St. Anacortes, WA, 98221

DIRECTIONS: From I-5, take exit 230. Go west on Highway 20 to its end in Anacortes. Turn right onto Commercial Ave. and go about ten blocks to 22nd street and turn left. Go up the hill to J Ave (about six blocks) Fidalgo pool is on the left

ENTRY QUESTIONS: Calvin Milbach
caljrun@yahoo.com

360-293-0673

POST THUNDERBIRD MEET/PRE SUPER BOWL

SOCIAL: 2PM – 5PM **Upstairs at Village Pizza:** [807 Commercial Ave, Anacortes 98221](#) Family Friendly!

All swimmers, families, and friends are welcome to join us at Village Pizza to tell swim stories.

LODGING:

[The Marina Inn](#) 3300 Commercial 360-293-1100
[Anaco Bay Inn](#) 916 33rd (kitchens) 360-299-3320
[Islands Inn](#) 3401 Commercial (complimentary Dutch breakfast)

360-293-4644





Lake Washington
MASTERS SWIMMING

Lake Washington
Masters Invitational - SCY
Sunday Feb 19th, 2017
Warm-up: 9:00am
Meet starts at 10:00am

Sanctioned by PNA for USMS Inc.#367-S001

LOCATION: [Juanita Aquatics Center, 10601 NE 132nd St. Kirkland, WA 98034](#) @ Juanita High School

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

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.

MEET DIRECTOR: Linda Chapman,
chapman_family@comcast.net, 425-890-3751

MEET REFEREE: Dick Chapman
dick_chapman@comcast.net

CONCESSIONS: None. Bring your own snacks

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2017 USMS or foreign registered swimmers 18 and above as of 02/19/2017.
Age groups based on the swimmer's age as of 02/19/2017.

ENTRIES: Swimmers may enter up to 5 individual events and 4 relays.

Individual Entries and Relay Only swimmers:

Online Entry Deadline: Monday, February 13, 11:59pm

Paper Entry Deadline: Postmarked by Thursday, February 9.

Relay Entries:

Online relay entry available Tuesday, February 14, 9:00 AM to Friday, February 17, 11:59 PM) (Four days)

Relay entry also available at meet.

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 400IM and 500 Free.

CHECK-IN: Positive check-in required for the 500 Free and 400 IM. Check in for the 400 IM by 9:20 AM and check in for the 500 Free by the conclusion of event #16. Swimmers missing the check-in deadline may be scratched from the event.

SPLIT REQUESTS: Split requests for an initial distance within a longer race must be made, in writing, before the event for backstroke and relay leadoffs OR before the conclusion of the meet for non-backstroke. See the Clerk of Course.

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.

ORDER OF EVENTS:

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

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

ONLINE ENTRIES: Enter online at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=8431

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA Website or in the WetSet. Make checks payable to Wave Aquatics and mail to: **Linda Chapman 17532 NE 142nd St. Redmond, WA 98052**

DIRECTIONS: From I-405 take the NE 124th St exit and head W. Turn right at 116th Ave NE. Turn left on NE 132nd St. Turn left on Juanita HS Dr. Pool is located next to field house.

ENTRY QUESTIONS: Linda Chapman,
chapman_family@comcast.net,

LODGING: <http://www.marriott.com/hotels/travel/seatc-courtyard-seattle-kirkland/>



Port Angeles Masters Meet
Sunday, March 5 2017
Warm-up: 11am/Meet Starts: 12pm

Sanctioned by PNA for USMS Inc. #367-S003

LOCATION: William Shore Memorial Pool, 225 E 5th St, Port Angeles, WA 98362

FACILITY: Competition 25 yard, 6 lanes. Temp 82°F. Continuous warmup in the dive tank. 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. Electronic timing.

MEET DIRECTOR: Emily Ellefson (emilyellefson@hotmail.com)

MEET REFEREE: Shellie Hunter (Shellie.hunter@yahoo.com)

CONCESSIONS: Snacks for Sale at the PASC table.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2017 USMS or foreign registered swimmers 18 and above as of 03/05/2017. Age groups based on the swimmer's age as of 03/05/2017.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Thursday, February 23, 2017 or submitted online by 11:59 PM (Pacific) Monday, February 27, 2017. **NO Deck Entries.**

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

ENTRY QUESTIONS: Cari Gavin (triplethejoy@wavecable.com)

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 by end of break between Events 8 & 9. Swimmers missing the check-in deadline may be scratched from the event.

SPLIT REQUESTS: Split requests for an initial distance within a longer race must be made, in writing, before the event for backstroke and relay leadoffs OR before the conclusion of the meet for non-backstroke. See the Clerk of Course.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women.

AWARDS: PNA medals for purchase at the meet \$2.

ORDER OF EVENTS:

1	200 Medley Relay (M)	9	100 Free
2	200 Medley Relay (W)	10	50 Breast
3	200 Free	11	200 Im
4	50 Back	12	200 Free Relay (W)
5	100 IM	13	200 Free Relay (M)
6	100 Fly	14	100 Back
7	200 Medley Relay (Mixed)	15	50 Fly
8	50 Free	16	100 Breast
	BREAK (15 min)	17	200 Free Relay (Mixed)
	CHECK-IN Deadline	18	500 Free
	for 500 Free		

ONLINE ENTRIES: Enter online at: https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=8376

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA Website or in The WetSet. Make checks payable to Port Angeles Swim Club. Mail to: PASC/ PO Box 1056, Port Angeles, WA 98362.

DIRECTIONS:

- From Edmonds-Kingston Ferry: WA-104 to US-101 to Port Angeles (60 mi).
- From Bainbridge Ferry: N on WA-305 & WA-3 to WA-104 (at Hood Canal Bridge) to US-101 to Port Angeles (71 miles).
- In Port Angeles, follow US-101 to E 5th St, turn left. The pool is the second building on your left.

LODGING: [Red Lion Hotel](#), 221 N Lincoln St, Port Angeles, (800) 733-5466
[Quality Inn Uptown](#), 101 E 2nd St, Port Angeles, (360) 457-9434



**2017 PNA Championship and Northwest Zone
Championship Meet
Saturday April 8th and Sunday April 9th, 2017
Hosted by Blue Wave Aquatics
Sanctioned by PNA for USMS Inc. 367-S004**

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 8th: Warm-up 9:00-9:50am, meet starts 10 am

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

MEET DIRECTOR: Steve Freeborn, 206-940-7442

pnachamps@bluewave-aquatics.com

MEET REFEREE: Mike Murphy swimoff1@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 2017 USMS or foreign registered swimmers 18 and above as of 04/9/2017. Age groups based on the swimmer's age as of 04/9/2017. If not a member of USMS or MSC, please bring a copy of your 2017 registration card.

ENTRIES:

Individual Entries: Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be received by Sunday April 2nd, 2017 11:59 PM (Pacific Time).

Relay-only swimmers entry deadline same as above for individual entries.

Relay entries available Monday, April 3rd 9:00 am to Thursday, April 6th, 2017 11:59 PM (Pacific Time). Relays may also be entered at the meet.

ENTRY FEES: \$35.00 (US) includes LMSC surcharges. PLUS \$3.00 per individual event (optional for seniors and needs-based swimmers). No splash fee for relays.

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=8432

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA website or in the WetSet. Make checks payable to BWAQ and mail to: Blue Wave Aquatics P. O. Box 24083 Federal Way, WA 98093

**NO INDIVIDUAL ENTRIES ACCEPTED AFTER
SUNDAY APRIL 2nd, 2017 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.** Relays may be entered online from Apr 3 – Apr 6, see above.

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

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

ORDER OF EVENTS:

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



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 348th St for 2 miles. South 348th changes to SW Campus Dr. at 1st Ave. The pool is on the right.

QUESTIONS:

Steve Freeborn, Meet Director 206-940-7442

pnachamps@bluewave-aquatics.com

Mike Murphy, Meet Referee swimoff1@gmail.com

Angela Turley, Registrar 253-797-4920

registrar@bluewave-aquatics.com

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 2017

POOL EVENTS:

- 1/21 - [CWU Snowball Masters](#), Ellensburg, WA
- 2/4 - [Thunderbird Aquatic Masters Meet](#), Anacortes, WA
- 2/19 - [Lake WA Masters Meet](#), Kirkland, WA
- 3/5 - [PASC Masters Meet](#), Port Angeles, WA
- 4/8 to 4/9 - [NW Zone and PNA Champs](#), Federal Way, WA
- 6/3 - Swim Defiance, Tacoma, WA
- 7/6 to 7/8 - Senior Seattle Open LCM, Seattle, WA

CLINICS AND COACHING

- 1/28 - [USMS Adult Learn To Swim Clinic](#) (teaches the teachers)
- 3/4 - [USMS Level 3 Coach Certification class](#)
- 3/5 - [USMS Stroke Development Clinic](#)

[Search USMS Calendar of Events](#)

**Renew your
USMS membership!**
[ONLINE](#) or [PAPER FORM](#)

Please note: The PNA Board voted at its October meeting to discontinue the automatic reduction of fees for seniors through the registration system in favor of offering financial assistance (upon request) to anyone in need. A [financial assistance application](#) is on the PNA website.

If you need financial assistance to help pay your registration fee, please contact PNA Registrar, [Stephanie Hiebert](#).

Got Saturdays? **GET GLAD!**

Start your weekend with a 90-minute refreshing and invigorating workout at Green Lake's Evans Pool, Saturdays at 7am.
Fee is \$12; USMS registration required.

GLAD provides six lanes and a coach with a challenging and rewarding workout.

You bring your suit, goggles, towel, and energy.
Everyone benefits, **ESPECIALLY YOU!**

Make GLAD part of your weekly Saturday routine!

You'll be GLAD you did!

The Green Lake Aqua Ducks