

PACIFIC NORTHWEST  
ASSOCIATION OF  
MASTERS SWIMMERS

US MASTERS  
SWIMMING IN  
WESTERN  
WASHINGTON

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# The WetSet

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## President's Message

By Sally Dillon, PNA President

My sincere thanks to those of you who cast your votes in the recent election of PNA Officers. Speaking for all who were elected, we appreciate your votes of confidence. I am honored to become the President of PNA.

As to my USMS history, I have been a member and competing since 1973. I started in Southern California (Long Beach Masters) and moved north to the Truckee/Tahoe area in 1978 where I founded Truckee/Tahoe Swim Team and a bit later co-founded Sierra Nevada Masters. With the encouragement of local swimmers, I founded the Donner Lake Swim in 1980, still one of the premier open water swims in California. In 1997, my husband and I moved north to Whidbey Island, where we could be relatively near his kids and our grands. Once settled, I became involved with North Whidbey Masters and PNA.

Masters Swimming has brought me much joy through fitness, competition, and friendships. I've served on the PNA board as Awards Coordinator, Long Distance and Open Water Coordinator, and most recently, Secretary. Many of you know me through my emails and *WetSet* articles encouraging you to enter the USMS ePostal swims!

I'd like to recognize our newest Board members - Secretary Sherry Grindeland, At-Large Director Isaac Contreras Sandoval, and Appointed Director Bob DeWard. It is wonderful to have "new blood" on the Board and I welcome their ideas and enthusiasm. The "new" board met on April 22 and new projects are already underway. I am very pleased to announce that PNA is [now on Facebook](#) and will soon be on Twitter. And FYI, the minutes of all PNA board meetings are posted on our website. Click on "About PNA" (twice) and you'll find them partway down the page. Meeting summaries appear in each issue of *The WetSet* and a complete list of Board members is on page 7 of this issue.

Finally, my sincere thanks to Blue Wave Aquatics Club for once again putting on a terrific SCY Championship meet. The meet was designated as the NW Zone Championship as well, which added a complicated layer of extra work, but BWAQ managed that aspect very well. Numerous records were set and many swimmers from outside PNA attended. It is always a treat to swim at the King County Aquatic Center – a world-class facility right in our midst! At the meet, Wendy Neely (BWAQ) received the PNA Coach of the Year Award and Zena Courtney (also BWAQ) received the Dawn Musselman Inspirational Swimmer Award. Their stories can be found elsewhere in this issue.

# PNA Champs

This year's PNA Championship swim meet was held April 8-9 at King County Aquatic Center in Federal Way.

Lake Washington Masters was the overall winner in the large team division with 1527.50 points, followed by second place Blue Wave Aquatics (917 points) and Bainbridge Aquatic Masters (894). The top three teams in the medium division were Husky Masters (604.5), YMCA Pierce Kitsap Sea Dragons (466) and Western Washington University (404) and North End Otters won the small team division with 226 points, edging out second-place Peninsula Masters (213) and third-place Stanwood-Camano (210).



The event, hosted by Blue Wave Aquatics, also served as the NW Zone championships and several clubs from outside PNA were represented for a total of 286 swimmers registered for 1134 events. Competitors entering and winning six events for a perfect 54-point individual score were Sally Dillon (70-74, BC), Zena Courtney (55-59, BWAQ), Rick Colella (65-69, LWM), Mats Nygren (50-54, LWM), and Allison Cox (30-34, MIR).

Swimmers winning five events included Pete Colbeck (55-59, NEO), Daniel Phillips (50-54, LWM), Dan Kirkland (65-69, LWM), Elizabeth Thompson (25-29, HMST), Eric Durban (60-64, BWAQ), Jennifer Farinas (45-49, BC), Brad Hering (55-59, SWYM), Joshua Scheck (18-24, HMST), Charlotte Davis (65-69, LWM), Charlotte Snow (75-79, YPKC), and Kris Speir (50-54, YPKC).



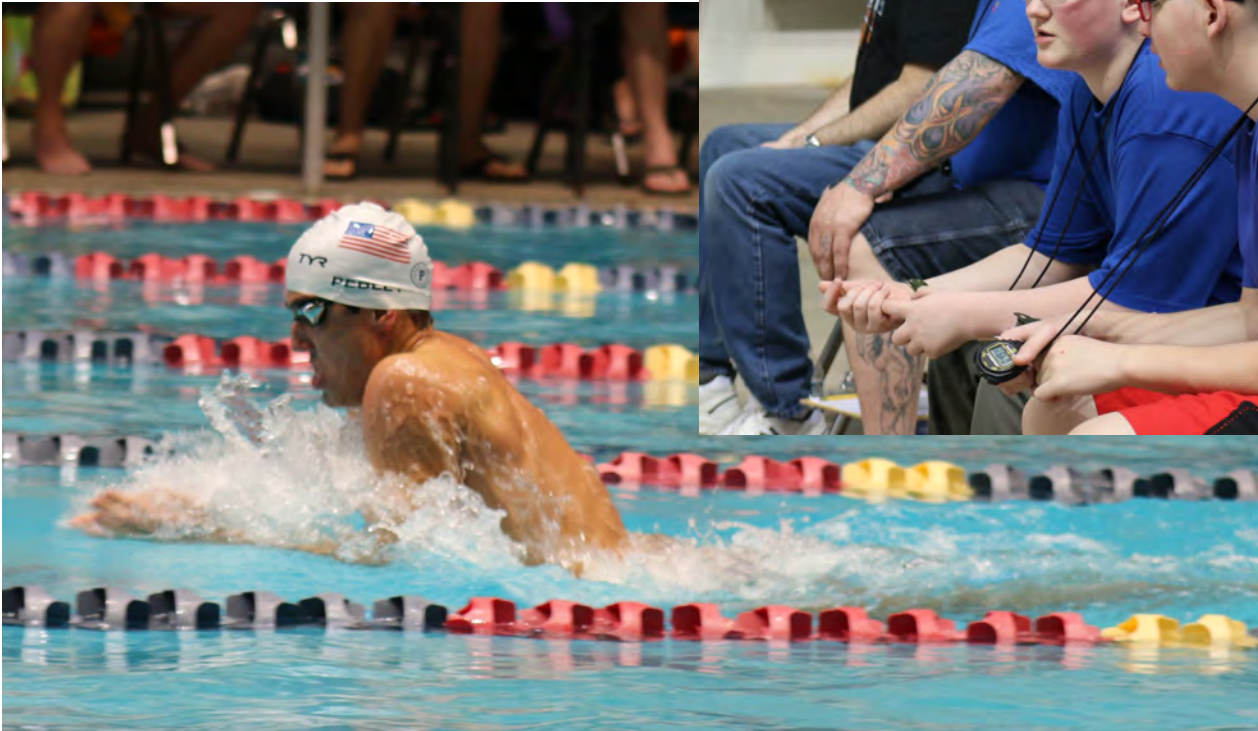
Additionally, national records were set by Rick Colella in the 500 free, 50 and 100 breast, 200 fly, and 100 IM while Charlotte Davis earned a national record in the 100 breast.

Complete results are available on the [Blue Wave Aquatics website](#).

*Photos by  
Angela Turley.*

*We appreciate our volunteer timers!*

*Rio Olympian Jacob Pebley in the 100 IM*



# Welcome New Swimmers

Candace Abrahamsen	Amanda Dowda	Katie Kaestner	Laura Preble
Maggie Adams	David Dummeyer	Christine Kim	Laura Prugh
SueAnn Alexander	Christi Durden	Marilee Kimball	Rebekah Pusateri
Hilary Andersen	Catharine Eckroth	Kathy Koszegi	Sayed Rahmani
Erica Anderson	Alex Eisner	Gene Kraft	Ann Rendahl
Jordan Anderson	Janaet Elia	Sarah Kriess	Emery Rhodes
Laura Appell	Brienne Ellis	Saskia Kroesen	Charles Robinson
Justin Atwood	Kenneth Ellis	Sachin Kukreja	Zack Rossman
Ilia Ayzenshtok	Shannon Ellis	Laura Laures	Natalie Routh
John Baham	Seth Farber	Graham Layman	Christina Russell
Sarah Bailey	Ian Field	Beth Lipton	Luis Sanchez Arias
Melissa Baker	Cheri Fletcher	Kendra Loebis	Brian Satzinger
Renee Barrie	Stephen Fogg	Manuel Lugo	David Schaaf
Benjamin Beers	Natalie Franulovic	Alexander Lyskin	Tiffany Schimke
Andrea Beko	Chris Franulovich	Craig Magnusson	Linda Schultz
Gabrielle Benuska	Rachel Franulovich	Zachary Manor	Shelby Schumacher
Aliza Ben-Varon	Kristin Frazer	Michael Marron	Barret Seifer
Charlotte Berkman	Warren Fullen	Rachel Martin	Elisa Sheng
Hannah Bliss	Austyn Galang	Victor Masters	Carolyn Skahan
Brandon Boger	Herman Gan	Edward Mayerson	Martin Sloley
Loree Bolin	Michael Gates	Ava McCrea	Valerie Smith
Katharine Booher	Michael Gelb	Lora-Ellen McKinney	Leilani Sommers
Elisha Botnick	Nathalie Goh-Livorness	Bryan McQuirk	Jim Southwell
Tabetha Bren	Shannon Gooding	Monica Meadows	Daniel Taylor
Leisha Briggs	Vanessa Gorman	Sora Moon	Brandon Tennant
Shane Brooks	Hannah Gottschall	Kristine Morimoto	Kendra Tennant
Felix Chang	Landon Graham	Judd Murphy	Christopher Thompson
Char-Day Charnholm	Benjamin Griffin	Natalie Naruns	Daniella Tuohy
Emily Chesterfield	Anna Griffith	Shasta Neely	Sarah Upsall
Amanda Clark	David Hansen	Josiah Nelson	Lana Van Boven
Joy Coale	Kenneth Hansen	Dang Nguyen	Gloria Van Dusen
Amy Cole	Matthew Harding	KIM Nguyen	Paul VanSant
Rodney Colella	Holly Harris	Blake Nixon	Gina Vega
Tami Colella	Robert Hartman	Daniel Nolan	Michael Velkov
Isobel Coney	Tonya Heike	Jennifer Ogren	Paresh Verma
Alexis Cooke	Hannah Hill	Jasper O'Leary	Curtis Vredenburg
Susan Costa	Timothy Hillar-Catello	Lionel Pailliez	Sarah Waderich
Angel Cotto	Kevin Hockley	Elaine Pang	Oriana Wang
Kristen Curry	Jenna Hoffman	Emily Pellegrini	Susan Ward
Jimmy Dalaigh	Kathleen Horr	Dave Perkins	Bryan Watland
Seth D'Ambrosia	Steven House	Maxwell Perry	Evan Wills
Emily Deardorff	William Hoyt	Sean Pierce	Christine Wissmann
Alison Dennison	Lisa Hurt	Steve Plantz	Jack Zimmerman
Timothy Dice	Pamela Ingber	Olivier Poirier-Leroy	Julie Zini
Nicole Dolan	Kelly Jernigan	Robert Powell	Martin Zolnieriyk
Russell Dougherty	Trevor Johnson	Gregg Powers	

## Wendy Neely Chosen PNA Coach of the Year

Long-standing swim coach Wendy Neely has been selected as PNA's Coach of the Year. Neely has been coaching Blue Wave Aquatics for 20 years and has been head coach since 2004. She evolved the team from Federal Way Masters and now offers 22 different workout opportunities a week.

Neely not only coaches Masters swimmers, but also teaches coach certification classes. She is newly certified in the USMS Adult Learn to Swim program as an ALTS instructor and recently taught an ALTS training course for local coaches.

Congratulations Wendy Neely on being chosen PNA's Coach of the Year.



*Jennifer Mesler accepts the 2017 Coach of the Year award for Wendy Neely with Meet Director Steve Freeborn and newly elected PNA President Sally Dillon. Photo by Angela Turley.*

## Colella Named A Top 12 Masters Swimmer



Olympian and legendary Masters Swimmer Rick Colella has been named one of the 2016 Top 12 World Masters Swimmers of the Year by *Swimming World Magazine*.

Colella's parents put him in swim lessons at a young age to help him get over his fear of the water. He joined a swim team not long after and then started swimming year-round with Cascade Swim Club. Colella's third-place finish at Nationals in the 200-meter breast made him aspire to compete at the Olympics and he achieved that goal at the 1972 games. He then went on to take a bronze medal at the 1976 Montreal Olympics.

Puget Sound Masters swimmers are used to seeing Colella at meets and many know his swimming motto: "Fun, friends, and fitness."



See Colella's feature in *Swimming World Magazine* [here](#) and read a July 2016 *WetSet* feature interview with him [here](#).

# Zena Courtney Receives Dawn Musselman Inspirational Swimmer

PNA is proud to recognize Zena Courtney as its Dawn Musselman Inspirational Swimmer for 2017. Courtney, a member of Blue Wave Aquatics, was chosen for her example of good sportsmanship, encouragement, and commitment.



Zena Courtney accepting her 2017 Inspirational Swimmer Award. Photo by Angela Turley.

Courtney's teammates describe her as having "a megawatt smile, boundless energy, and an unforgettable laugh." She was noted as always first to sign up for events and

then first to recruit others using her contagious enthusiasm. She has many lifetime

achievements, including Stanford Swim Team Captain, Pro-triathlete, and Masters champion. She is a fierce competitor, but also generous about sharing her extensive knowledge and inspiring both teammates and non-teammates - from novices to national competitors - to swim better.

"At practices, she's our underwater 'eyes,' pointing out flaws that on-deck coaches don't always see," reported a teammate. "Her comments are always positive, never unkind."

"Tear your swim cap? Can't find a lap counter for the 1650? Need to borrow a wetsuit? No problem," noted another teammate. "[Zena] comes to the rescue."

Congratulations Zena Courtney on being chosen the 2017 Dawn Musselman Inspirational Swimmer.

## Dawn Musselman (1913-1986)

Photo by Earl Walter of Oregon Masters



PNA has presented the Inspirational Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman. As a long-time PNA member, she was a skilled competitor (still holding seven PNA records from 1983–1985 in the 70-74 age group) and always encouraged others to do their best. In her early days she was an Olympics hopeful and in her last days she continued to inspire her teammates until cancer took its toll.

More information on Dawn and previous award winners can be found on [SwimPNA.org](http://SwimPNA.org) under *Awards and Recognition* (under *About PNA*).

# Board Meeting Highlights

March 7, 2017 - President Mike Grimm presided over the meeting, which was held via teleconference. Treasurer Arni Litt reported that net income for January/February totaled \$10,387. PSM requested PNA's guaranteed profit reimbursement for the November 2016 SCM Championship meet. An over budget request of \$862 was approved to accommodate this request.

PNA registrations total 1315 members; 655 are men and 660 are women.

Hugh Moore reported that ballots were sent to the membership and voting has begun for our elected officers. The slate of candidates is President, Sally Dillon; Vice President, Zena Courtney; Secretary, Sherry Grindeland; Treasurer, Arni Litt; At Large Director,

Kathy Casey; and At Large Director, Isaac Contreras Sandoval. Additionally, Contreras Sandoval volunteered to become PNA's Social Media Coordinator and will work with others on the Board to develop a social media plan.



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

## PNA Voting Board Members

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

## Coordinators/Standing Committees

*Awards - Kerry Ness*  
*Coaches - Wendy Neely*  
*Fitness - Sarah Welch*  
*Newsletter - Lucianne Pugh*  
*Officiating - Teri White*  
*Postal - Sally Dillon*  
*Records/Top Ten - Doug Jelen*  
*Social Media - Isaac Contreras Sandoval*  
*Webmaster - Steve Peterson*

## Next Board Meeting

*May 30th via conference call*

**CONTACT US**

# Port Angeles Masters Meet

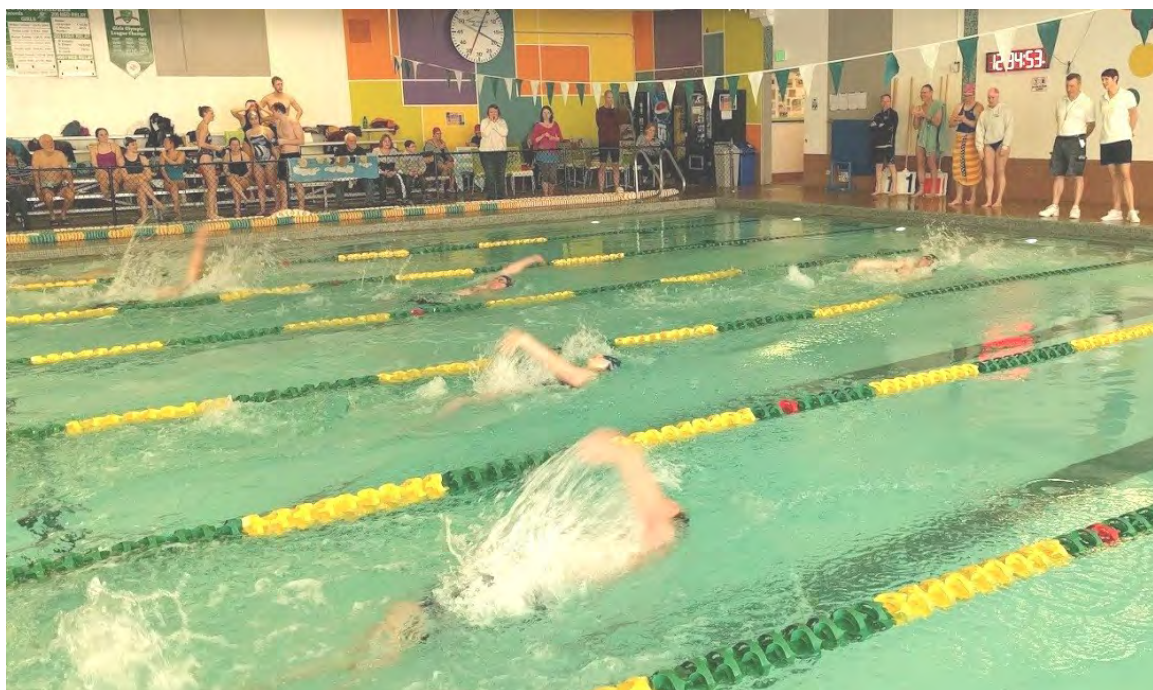
William Shore Memorial Pool in Port Angeles was the site of the March 3rd Masters meet hosted by Port Angeles Swim Club. Sixteen teams were represented by 71 swimmers registered for 243 entries.

Bainbridge Aquatics Masters was the overall winner in the team scoring with 1114 points followed by Peninsula Masters (712) and Western Washington University (678).

Leading the individual efforts was Sandi York (40-44, TACM), who earned a perfect 100-point score by winning all five of her events - the 50 free, 50 breast, 50 fly, 100 back, and 100 IM. Close behind her were BAM members Tom Goodlin (55-59) with 94 points (three firsts and two seconds) and Jessica Dubey (50-54) with 89 points (two firsts, one second, and two thirds).



*North End Otters swimmers Christi Flynn, Martha Layzer, Tani Stenford, and Mary Lippold. NEO placed 4th among 16 teams.*





# One-Hour Postal Swim Results

Masters swimmers had two months in which to complete the 1-hour swim this year and 29 PNA swimmers took on the challenge. The highest finish went to Dan Kirkland, who swam a whopping 4770 yards and earned a 2nd place - at age 69 no less! Other top-10 performances went to Betsy Kassen (4th), Steve Peterson (4th), Lars Durban (5th), Ethan Carlson (9th), and Michelle McRae (10th). Puget Sound Masters fielded nine relays, all placing in the top 10 of their divisions. Competitors, yards swum, and placings are listed below.

## PUGET SOUND MASTERS

Jillian Dees (34)	3600	41st
Diane Brown (44)	4000	20th
Michelle McRae (42)	4390	10th
Kristen Curry (52)	3965	39th
Tammy Koppelberger (45)	4285	13th
Jennifer Farinas (45)	4360	12th
Wendy Polidori (48)	4135	26th
Belinda Rotton (52)	2980	108th
Renee Quistorf (53)	3775	51st
Voni Oerman (57)	4175	22nd
Lucianne Pugh (58)	2350	166th
Barbara Kline (63)	2425	120th
Betsy Kassen (65)	4015	4th
Ethan Carlson (23)	3990	9th
Ruben Guerro (26)	4100	18th
Isaac Contreras Sandoval (28)	4530	11th
John van Velthuyzen (38)	4500	12th
Kenneth Hansen (50)	4305	35th
Ben Beers (52)	3525	97th
Michael Fitzgerald (59)	4635	12th
Lars Durban (60)	4720	5th
Ron Hansen (68)	3400	32nd
Alan Miller (68)	2100	65th
Dan Kirkland (69)	4770	2nd
Steve Peterson (70)	4200	4th

## BLUE WAVE AQUATICS

Eric Durban (62)	4350	19th
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## DOWNTOWN BELLEVUE SWIM CLUB

Kathleen Brooks (34)	3755	34th
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## UNATTACHED PACIFIC NW

Wendy Tuttle (45)	3300	92nd
Brandon Boger (37)	3275	43rd

## PSM RELAYS

Brown, McRae, Curry	12355	7th, 35+ women
Koppelberger, Farinas, Polidori	12790	5th, 45+ women
Oerman, Kassen, Kline	10615	9th, 55+ women
Sandoval, Guerrero, van Velthuyzen	13180	4th, 25+ men
K Hansen, Fitzgerald, Durban	13660	4th, 45+ men
R Hansen, Kirkland, Peterson	12370	4th, 65+ men
McRae, Farinas, Sandoval, van Velthuyzen	17830	8th, 25+ mixed
Koppelberger, Policori, K Hansen, Fitzgerald	17360	5th, 45+ mixed
Oerman, Kassen, Durban, Kirkland	17680	4th, 55+ mixed



# Swimming in New Zealand

By Robert Pilger, YPKC Sea Dragons

The World Masters Games were held in Auckland NZ in April, offering 28 sports and 45 disciplines. Like the Olympics, this multi-sport event takes place every four years. Over 21,000 participants competed, emphasizing friendship, participation, and competition and also generating over 30 million NZ\$ for the local economy.

I recently spent four weeks in New Zealand on holiday and found the Kiwis to be completely avid about sports. They have always been known for their love of extreme sports and invented bungee jumping. My first four days I noted an open water swim, kayak, SUP, and Polynesian canoe races, and an Olympic distance triathlon just two blocks from my lodging. Ironman NZ was scheduled for the following weekend. Each day there were swimmers practicing around-the-buoys swims on the beach.

Auckland also has many pools and the Masters Games will use the Auckland National Aquatic Center, which opened in 2015 with both 25- and 50-meter pools.

Wellington is the New Zealand capital and while there, I swam at the Freyberg Pool, which is 33 meters in length. It was named in honor of Lt General Bernard Freyberg, who represented his country in 1905 in the 100-meter freestyle at the Australasian Swimming Championships. He also had been decorated for his 3000-meter swim to set decoy flares for the British, Australian, and New Zealand landing at Gallipoli, Turkey, one of the bloodiest battles of World War I.

The next day, we crossed the Cook Strait on an 8000-ton ferry to the South Island, with winds of 25-35 knots and five-meter swells, this being the passage of the Tasman Sea to the Pacific Ocean, at the northern edge of the famous "Roaring Forties." This strait was first swum in 1962 and most recently by a Kiwi in 4:37, a record for the 26-kilometer distance and faster than our ferry trip (though ferry trip was actually a longer distance and in rougher conditions).

Many beaches have lifeguards, but unlike America, these are volunteers who have formed lifesaving clubs. The Masters Games even include lifesaving events such as sand running, surf dory rowing, and swimming through surf and around buoys while carrying weights.

Anytime you get tired of the cold and rain of one of our winters, remember that our winter is summer "down under" and you will be received warmly by our Kiwi friends.





The Orca Swim Team Proudly Presents

The 18<sup>th</sup> Annual

# FAT SALMON SWIM

The 2017 NW Zone Open Water Championship

**Saturday, July 15<sup>th</sup>, 2017**

Lake Washington, Seattle

A 3.2 mile point-to-point swim

Separate divisions for wetsuit and nonwetsuits

Registration opens on May 1<sup>st</sup>; please visit us at

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

for more information



Brought to you by these sponsors:



**blueseventy**





# SPRINT DISTANCE OPEN WATER NATIONAL CHAMPIONSHIP

SAVE THE DATE:

SATURDAY  
September 23, 2017

WATCH OUR WEBSITE  
[WWW.LASTGASPOFSUMMER.COM](http://WWW.LASTGASPOFSUMMER.COM)  
FOR REGISTRATION  
AND DETAILS



- 1-mile championship and 1 & 2 mile events in beautiful Angle Lake SeaTac, Washington
- Wetsuit & non-wetsuit
- Customized participant awards for all entrants



[WWW.LASTGASPOFSUMMER.COM](http://WWW.LASTGASPOFSUMMER.COM)

## Swim Defiance Sat, June 3, 2017



- **Swim Pacific Northwest history!**  
*Recreate historic 1926 competitive swim*
- **Challenging 3K & 5K races** in 58-60° Puget Sound
- **Largest salt water swim race** in Pacific NW—  
*escorted, swimmer-friendly, well-run*
- Pre-registration includes **multiple free prep swims**
- Check [www.swimdefiance.com](http://www.swimdefiance.com) for details starting Feb 14



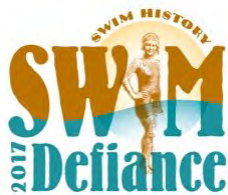
Photo courtesy of Metro Parks Tacoma

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

2017



# 2017 PNA Open Water Series



June 3 - The series starts with Swim Defiance, which re-enacts the 1926 Dalco Passage crossing. The race location is Owen Beach in Point Defiance Park on Commencement Bay in Tacoma, WA. There is a clockwise 5k triangular course swim beginning and ending at Owens Beach and a one-way 3k linear course swim from Vashon Is to Owens Beach.

<http://www.swimdefiance.com>

June 17 - The second event is the Whidbey Island Adventure Swim. The course has been extended to be one long, rectangular course, with 1.2-mile swimmers turning mid-course and 2.4-mile swimmers swimming to the farthest buoy and returning.

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



July 15 - Next is the Fat Salmon Open Water Swim. It's a 3.2-mile race along the Seattle shoreline of Lake Washington. The course runs south-to-north, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 and finishes at Madison Park.

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

September 23 - 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/](http://www.lastgaspofsummer.com/)



## **Enter more than one event and compete for The Open Water Series High Point Awards!**

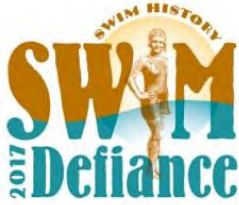
We will be tracking finishes again this year for the Open Water High Point awards. The awards honor the top two male and female swimmers in each age group. To be eligible, each swimmer must swim at least two of the PNA-sanctioned events. The more events swum, the more points accumulated. Points will be awarded to the top 10 PNA registered finishers in each event swum. One Event registrants are not eligible. Wetsuit swimmers score points separately from those not wearing wetsuits. At the end of the season, points will be tallied and awards will be sent to the winners. See the PNA website for rules.

## **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).*



**PNA Open Water Series sponsor**



**Swim Defiance**  
**3K and 5K Open Water Swims**  
**Saturday, June 3, 2017**  
**PNA/USMS Sanction: 367-W001**  
**Host: Blue Wave Aquatics**

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

**EVENTS:** 3K swim (w/Julie Memorial Wave) OR 5K swim

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

**TIMELINE:** 5:45AM: Check-In (Early start due to 10AM Sailboat Race)

**6:45 AM: Mandatory Competitor Safety Meeting**

**7:10 AM:** 5K swim starts

**8:00 AM:** 3K swim starts **w/7:35AM WA State Ferry**

**RACE DIRECTOR:** Zena Courtney, cell 206-651-0823, [swimdefiance@bluewave-aquatics.com](mailto:swimdefiance@bluewave-aquatics.com)

**ELIGIBILITY:** Open to all 2017 registered Masters swimmers (USMS or MSC) 18 and older as of Jun 3, 2017. Competitors not registered may sign up for a \$22 One-Event USMS registration. Non-PNA USMS registered swimmers must submit a copy of their 2017 registration card to the race registrar.

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

**SAFETY:** Lifeguards and safety boats will monitor the entire course. Body marking required on hands.

**Competitors must wear a high visibility buoy** (available for purchase online), the color-coded race cap, and race chip provided by the host. \$20 charge for lost chips.

**AWARDS:** Custom participant award and cap to all competitors. A random drawing of merchandized prizes for participants and volunteers will be held while waiting for the last person to finish. Custom event awards for male and female in each event. 1st-3rd place vintage medals will be presented to men and women in age groups 18-24, 25-29 . . . 80+. Scrumptious pre/post race refreshments and extra sponsor kudos for recycle and beach pick-ups!

**ENTRY FEES:** \$12 Early Bird Discount: Mar17-Apr1, 2017  
\$80 - 3K short course swim including ferry fee  
\$80 - 5K long course swim

Add \$15 for day of race entries. NO sales tax in 2017!  
Long sleeve perf. tee available for purchase. \$25/\$30

**ENTRY DEADLINE:** Race registration closes at 11:59 pm Pacific on Thursday, 6/1/17 or at 300 max swimmers

**ONLINE ENTRIES ONLY:** Registration opens 3/17/17  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=1449&smid=8650](https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=8650)

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

**DIRECTIONS:** **FROM SEATTLE:** Take I-5 SOUTH to Tacoma, Take exit 132B for WA-16 west toward Bremerton. Stay on WA-16 for approximately 3 miles to Exit 3 for 6th Ave toward WA-163 N/Ruston. Turn left onto 6th Ave. Take the 1st right onto N Pearl St. Go 3.2 miles on N Pearl Street to 4 way stop sign at Pt. Defiance Park entrance. Take the street on right, toward the Ferry, and continue PAST the Ferry entrance booth on right and continue downhill toward Anthony's Restaurant. Turn left into Restaurant parking lot and continue to end, road turns left and goes up hill. At stop sign at top, road becomes Five Mile Rd. Continue thru next stop sign and straight past Rhododendron Gardens. Turn right onto Owens Beach Rd. and follow down windy hill to bottom/Owen Beach. Park in the lot. No PARKING in reserved CARPOOL spot.  
**FROM OLYMPIA:** Take I-5 NORTH to Tacoma (about 26 miles). Take exit 132 for S 38th St. Keep left at the fork, follow signs for Washington 16W (WA-16)/Gig Harbor/ Bremerton for 1.0 mi. Keep left to continue on WA-16 west for about 3.0 mi to Exit 3/6th Ave toward WA-163 N/Ruston. Continue using Seattle directions (blue/purple text).

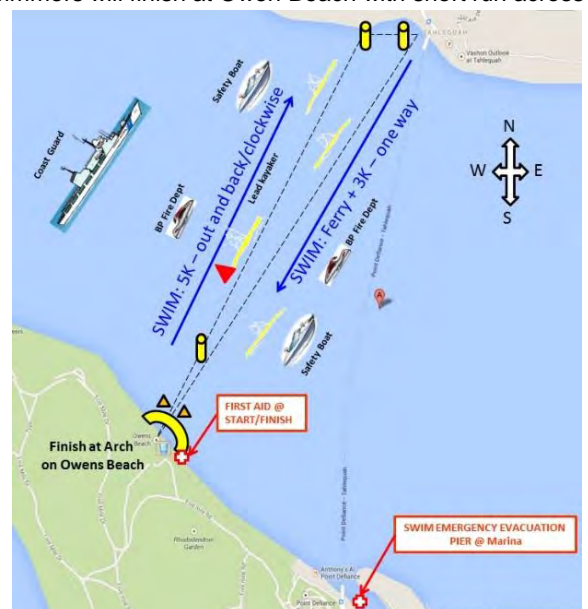
**LODGING/ SwinDefiance' RoomBlocks most thru May 2, '17**  
**Best Western Plus, Tacoma Dome Hotel**, 2611 East Street, Tacoma, WA; (253)272-7737; [www.book.bestwestern.com](http://www.book.bestwestern.com); 8mi  
**Room Block/\$130 dbIQ/ thru May26**

**Courtyard Tacoma Downtown**, 1516 Commerce St, Tacoma WA; 253-591-9100; [www.marriott.com/hotels/travel/seatd-courtyard-tacoma-downtown](http://www.marriott.com/hotels/travel/seatd-courtyard-tacoma-downtown); 7mi./**Room Block \$179 K or Q**

**Holiday Inn Express and Suites**, 2102 S C St, Tacoma, WA; 253-272-2434; [www.hiexpress.com/hotels/us/en/reservation](http://www.hiexpress.com/hotels/us/en/reservation); 8mi; **\$159Room/\$179Suite/K&Q/1-4 persons/\$7.00PARK/nite**  
**Hotel Murano**, 1320 Broadway, Tacoma, WA; (253) 238-8000; [www.hotelmuranotacoma.com](http://www.hotelmuranotacoma.com), 7mi, 2 night min req'd \$179

**Silver Cloud Inn**, Tacoma Waterfront, 2317 Ruston Way, Tacoma, WA; (253) 272-1300; [www.silvercloud.com](http://www.silvercloud.com), 5mi/\$239

**ADDITIONAL INFORMATION:** The 5K electronic chipped swim is on a triangular course that starts in the water at Owen Beach at 7:10 AM by designated buoy(s), proceeds north toward Vashon Island, makes two right hand turns around the outside of two tall yellow cylindrical buoys at 1.5 miles, and then heads south back to Owen Beach. The 3K swimmers will carpool from the finish area to walk on the 7:35AM Tahlequah (WA State Ferry), and enjoy a 15 minute ride to Vashon Island/use toilets onboard. Upon arrival, they enter water at the beach just west of the ferry terminal for the start at approximate 8:00/8:02AM. All swimmers will finish at Owen Beach with short run across mat.



**Whidbey Adventure Swim**  
**1.2- & 2.4-mile open-water swims**  
**Saturday June 17th, 10 AM**  
**Sanctioned by PNA for USMS, Inc.**  
**#367-W002**  
**Hosted by SWIM**  
**South Whidbey Island Masters**

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

**Schedule:**

8:00-9:30am: Pre-race check-in; 9:30am MANDATORY meeting for all swimmers; 10:00am estimated start time for both swim groups.

**Course:** 1.2- and 2.4-mile distances on a rectangular course. 1.2-mile swimmers turn at course mid-point, and 2.4-mile swimmers turn at farthest buoy. See website ([www.whidbeyadventureswim.org](http://www.whidbeyadventureswim.org)) for map and details.

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

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

**Entry fee:** Pre-reg \$55 short course, \$60 long course. Day-of reg \$65 short course, \$70 long course. Registration includes a groovy commemorative sports towel.

**Online Registration:** Now open. Click the “Register” link on our website: [www.whidbeyadventureswim.org](http://www.whidbeyadventureswim.org).

**Eligibility:** 18 years of age or older by Dec. 2017; USMS or other national swim registration for current year, or \$22 One-Event USMS registration fee.

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

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

Directions, ferry info, and pre- and post-race activities available on our website [www.whidbeyadventureswim.org](http://www.whidbeyadventureswim.org).

**New single-lap course  
for 2017!**

**Saturday June 17, 10 AM**

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

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



**Whidbey  
Adventure  
Swim**

**2017**

**Registration opens March 1st!**

# Fat Salmon Open Water Swim

**SWIM DISTANCE: 3.2 miles**

**DAY AND DATE: Saturday July 15<sup>th</sup> 2017**

**SANCTIONED BY PNA for USMS Inc. #367-W003**

**HOSTED BY: Orca Swim Team**

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

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



## TIME:

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

## RACE DIRECTOR:

Meg Meinerz - 919.672.8542  
[racedirector@fatsalmonswim.com](mailto:racedirector@fatsalmonswim.com)

**ELIGIBILITY:** Open to all 2017 registered Masters swimmers (USMS or MSC) 18 and above as of 7/15/17. Competitors not registered may sign up for a \$22 One-Event USMS registration. Non-PNA registered swimmers must provide proof of their Masters membership card at check-in.

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

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

**AWARDS:** All participants to receive a T-shirt as participation award; age group awards will be provided with ribbons and top finishers from each gender and age division will be provided.

## ENTRY FEES:

- \$70 early (May 1<sup>st</sup>-May 31<sup>st</sup>)
- \$80 on time (June 1<sup>st</sup>-June 30<sup>th</sup>)
- \$90 late (July 1<sup>st</sup> and after)

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

**ONLINE ENTRY:** [Click Here](#). (Paper entries not accepted.)

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

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

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

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





# 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 EVENTS:

- 6/3 - [Swim Defiance](#), Tacoma, WA
- 6/17 - [Whidbey Island Adventure Swim](#), Seawall Park, Langley, WA
- 7/15 - [Fat Salmon / NW Zone OW Championship](#), Seattle, WA
- 9/23 - [Last Gasp of Summer, USMS National Sprint/One-mile Championship](#), Angle Lake Park, Seatac, WA

## NON-PNA OPEN WATER EVENTS:

<http://say-yes-to-life-swims.com/>

- 5/31 - [Wednesday Evening Swim](#), Seattle, WA (.5- & 1-mile routes in fresh water)
- 6/7 - [Wednesday Evening Swim](#), Seattle, WA (.5- & 1-mile routes in fresh water)
- 6/25 - [Tubby Trout 5K](#), Seattle, WA
- 6/28 - [Wednesday Evening Swim](#), Seattle, WA (.5- & 1-mile routes in fresh water)
- 7/29 - [Pontiac Bay Challenge](#), Seattle, WA (1.2- & 2.4-mile distances)
- 9/16 - [10K Invitational Open Water Swim](#), Seattle, WA
- 9/24 - [Saltwater Swim Series NW](#), Seattle, WA (.5-, 1-, 1.75 mile distances)
- 10/7 - [6th Annual Awesome Alki Bash](#), Seattle, WA

## USMS FITNESS EVENTS (all year)

USMS [Go the Distance](#), [Check-Off Challenge](#)

[Search USMS Calendar of Events](#)

## POOL EVENTS:

- 7/6 to 7/8 - [Senior Seattle Open LCM](#), Seattle, WA
- 8/2 to 8/6 - [USMS Summer Nationals](#) – Minneapolis, MN
- 8/25 to 8/27 - [Gil Young Memorial Swim Meet](#), LCM, Gresham, OR
- August (TBD) - 5K/10K Postal swim, Colman Pool, Seattle
- 10/14 - [BAMFest 2017](#)
- 11/18 to 11/19 - [PSM SCM Champs](#)

## CLINICS AND COACHING

- 5/13 – [USMS Coach Certification Levels 1 & 2](#), Portland, OR
- 5/13 to 5/14 - [USMS Clinic Course for Coaches](#), Portland, OR
- 5/14 - [USMS Stroke Development and Improvement](#), Portland, OR

## NEXT BOARD MEETING

5/30 - via conference call

(Contact Secretary Sally Dillon at [salswmr@comcast.net](mailto:salswmr@comcast.net) for more information.)



Discover the joy of open water swimming