

PACIFIC NORTHWEST
ASSOCIATION OF
MASTERS SWIMMERS

U.S. MASTERS
SWIMMING IN
WESTERN
WASHINGTON

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The WetSet

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President's Message

By Sally Dillon, PNA President

Masters Swimming.....a brief tutorial!

USMS - United States Masters Swimming, which is the national federation to which PNA and its members belong.

LMSC - Local Masters Swimming Committee; there are 52 LMSCs across the USA.

PNA - Pacific Northwest Association of Masters Swimmers, which is the name of our LMSC. Its geographic region is the state of Washington west of but not including the counties of Okanogan, Chelan, Kittitas, and Yakima, and north of but not including the counties of Cowlitz, Skamania, and Klickitat. PNA's swimmers typically live and swim in western Washington but can be members if they live outside of the region. Need more info on PNA? Go to <http://www.swimpna.org/PNA/more/?artid=2749>.

Northwest Zone - Seven LMSCs from six states: Alaska, Inland Northwest (Eastern Washington and Northern Idaho), Montana, Oregon, PNA, Snake River (Southern Idaho), and Utah. The Zone leaders meet at the USMS convention in September and in December, March, and June by conference call. All members of PNA's Leadership Team receive emails from the Zone Chair and are invited to participate in the conference calls.

FINA - Federation Internationale de Natation (International Swimming Federation), which is the International governing body of swimming, diving, water polo, synchronized swimming, and open water swimming. FINA organizes World Championship competition in odd-numbered years. The championships were held in Budapest, Hungary earlier this year.

Also, congratulations to Blue Wave Aquatics on hosting the first USMS Open Water National Championship to be held in PNA territory! They did a wonderful job and the championship 1-mile event was well attended. See a more complete article elsewhere in the newsletter.

And finally, have you "Liked" PNA's Facebook page yet? Search PNA Masters and the link will jump out at you. Meet information is posted regularly along with other swimming related stories. Thanks to PNA Social Media guru Isaac Contreras Sandoval for keeping our Facebook page interesting!

BAMfest 2017

The annual BAMfest SCY meet was held Saturday, Oct 14, at the Bainbridge Island Aquatic Center. Co-directors Gregory Coles and Rodney Dwyer ran a well-attended meet, with 135 swimmers registered for 459 events. Host team Bainbridge Aquatic Masters dominated the scoring with 2800 team points, followed by Orca Swim Club (1034) and North End Otters (754).

Swimmers scoring a perfect 100 individual points included Lesley Murray (HMST, 25-29), who won the 200 free, 100 back, 100 fly, and 100 & 200 IM; Kristine Cox (BAM, 35-39), who won the 50 & 100 back, 50 & 100 breast, and 100 IM; James Adams (Kroc Masters, 40-44) who won the 200 & 500 free, 50 & 100 fly, and 100 IM; and Francie Haffner (Oregon Masters, 50-54), who won the 100 free, 50 & 100 back, 50 fly, and 100 IM.



10-year-old singer Gracie Cate Moffat stunned everyone with her rendition of the National Anthem. "Her voice was spectacular, crystal clear, wonderful," noted one attendee.



Betsey Kassen

Special thanks went to the officiating crew of Mike Murphy (Head Referee), Bernadette Witty, Jim Davidson, Kim Dobish, Shelly Malloy, and Julee Longridge. The directors' Angel of the Meet Award went to Carleen Cosney.



5K/10K Postal Swim

PNA and Puget Sound Masters joined forces to reserve time at the South Kitsap 50-meter pool in Port Orchard so PNA swimmers would have an opportunity to participate in the summer's National Championship Postal event and five hearty souls took advantage of the hard-to-get 50-meter pool time. Michelle McRae won her age group in the 10K competition and McRae, Betsey Kassen, and Isaac Contreras all had top-five finishes in the 5K. Johnny van Velthuyzen and Ron Hansen finished in the top ten of their divisions.

5K results:

<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Time</u>
Michelle McRae	40-44	3rd	1:15:08.00
Betsey Kassen	65-69	3rd	1:27:23.24
Isaac Contreras	25-29	2nd	1:14:09.72
Johnny van Velthuyzen	35-39	6th	1:17:59.29
Ron Hansen	65-69	8th	1:48:56.01

10K results:

<u>Name</u>	<u>Age</u>	<u>Place</u>	<u>Time</u>
Michelle McRae	40-44	1st	2:29:16.85

PSM entered two relays, both in the 25+ age groups. The 4x5K mixed relay of McRae, Kassen, Contreras, and van Velthuyzen took 3rd place in a combined time of 5:14:40.25. The 3x5K men's relay of Contreras, van Velthuyzen, and Hansen took 5th place in a combined time of 4:21:05.02.

Special thanks go to Coach April Cheadle for supervising the event.



top - Johnny van Velthuyzen
bottom - Ron Hansen



3000/6000 Postal National Championships

The final National Championship of the year runs through November 15. The 3000 & 6000 swims can take place in 25-yard or 25-meter pools, making the opportunity to find pool time much easier than the summer's events. Go to https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=8519 for complete instructions. As with all postal swims, participants do not register for the event until after they have completed the swim, but it is important to review the rules before getting started.

The 3000 event would be a good warmup for the biggest National Championship postal swim, the USMS 1-Hour ePostal National Championship. Look for more information in the January issue of *The WetSet*. The ePostal event will run from January 1 through the month of February.

Last Gasp of Summer

By Angela Turley

This year, Last Gasp of Summer included the USMS 2017 Sprint Distance National Championship 1 mile! Wow, what an honor!

There was early morning registration for the 92 swimmers that registered for the National Championship. The race started at 9 am and went off without a hitch. Second round of registration started at 9:00 for the 1- and 2-mile swims and the Julie Montiel Fun Swim. Quite a few swimmers in the National Championship came back and swam a second race and a lot of them swam the 2-mile - can you say, "Dedicated open water swimmers!"

Some fun facts about The Last Gasp of Summer 2017:

- This was the 6th year for USA-S Swimmers and the 7th year for USMS swimmers
- This is the FIRST year we have had the Sprint Distance Open Water Championship in the Pacific Northwest
- USA-S broke two records this year, USMS broke 16 records
- Gabrielle Smit broke her own record from last year - 2 Mile 13 - 14 age group (44.14). And she was first among all eight teens 13-17!
- Women 60 - 64 dominated the record breaking this year with 3! Hey didn't we say that last year?
- Zena Courtney owns the 55 - 59 division; 2017 1 Mile No-Wetsuit, 2016 2 Mile Wetsuit, 2015 1 Mile Wetsuit, 2014 2 Mile No-Wetsuit
- We added another record in the Men's 70 - 74 age group; Don Brady
- Dave O'Hern broke the oldest record from 2011 1-Mile No-Wetsuit in the 30 - 34 age group



Click [here](#) to see full results.

[Blue Wave Aquatics](#) and [Fife Area Swim Team](#) would like send out a HUGE thank you to all of the officials, volunteers on shore, lifeguards, kayakers, sponsors, and BUDU Racing.

New this year to our volunteers were the [Zone 3 Fire Explorers](#). What an amazing group of people! There were 216 swimmers and they made sure each and every one of them made it out of the water safely. This organization trains young men and women to become the firefighters of the future, so if you are interested in a career in firefighting please click the link above.

Open Water Swimming Series

By Jim Davidson, PNA Open Water Director

We've wrapped up another PNA Open Water season and I'd like to thank the host organizers of our four great events: Zena Courtney for *Swim Defiance*, Emily Bell for *Whidbey Island Adventure Swim*, Meg Meinerz for *Fat Salmon*, and Mike Murphy for *Last Gasp of Summer*. I also want to express appreciation to all the volunteers that made these swims possible. Overall we had 463 swimmers participate and 583 total swims.

As in years past, we held a competition for High Point Awards and registered PNA swimmers who swam in at least two PNA events were eligible. Awards went to swimmers with the two top point totals in each age group.

2017 PNA Open Water Series High Point Winners

Age Group	Last Name First	USMS Y/N	SD	WIAS	FS	LGOS	Grand Total
F30-34	Segovia, Vanessa	Y			16	18	34
F35-39	Ferries, Jenny	Y			16	44	60
	Strazer, Mary	Y	22	22	0		44
F40-44	Shulman, Ellyce	Y	18	22	6		46
	Noffke, Wendy	Y			4	32	36
F45-49	Smith, Rondamarie	Y	18		8	44	70
	Guerrero, Bridget	Y	16	22	6		44
F50-54	VanDeSompele, Wendy	Y		22	22	38	82
	Clauson, Fiona	Y	22	22	14	22	80
F55-59	Courtney, Zena	Y		22	22	44	88
	Gomez, Barbara	Y		18		22	40
F60-64	Lippold, Mary	Y		22	22	22	66
M18-24	Jackson, Kevin	Y	22	22	22	22	88
	Philip, Jeevan	Y			18	40	58
M35-39	Hohmann, Ben	Y			8	16	24
M45-49	Bradshaw, Declan	Y		22	18	12	52
M50-54	Iyall, Andy	Y	22	22		18	62
M55-59	Matthews, Scott	Y	22		14	20	56
	Crombie, Jeffrey	Y	16	22		12	50
M60-64	Freeborn, Stephen	Y	22	22	18	22	84
	Brunner, John	Y	18		8	28	54
M65-69	Hansen, Ron	Y			16	40	56
M70-74	Peterson, Steve	Y	22		22	18	62

Congratulations to all winners with a special nod to Zena Courtney and Kevin Jackson who tied for overall highest points. Fiona Clauson, Kevin Jackson, and Steve Freeborn swam in all four events.

We also held a drawing for a Blueseventy Reaction wet suit. Anyone who registered for a race was entered, and every race entry was good for one ticket in the drawing. This year's winner is Mark Wall of Seattle.

Many thanks to everyone who swam with us this summer, and remember, summer of 2018 isn't that far away. See you then.

Welcome New Swimmers!

We want to welcome you all to PNA and USMS and hope you will contact [Stephanie Hiebert](#) if you have questions about your registration or PNA President [Sally Dillon](#) if you have any questions about anything else.

(This list is not definitive. We hope we have caught all the new swimmers, but haven't included some swimmers that registered earlier.)

Candace Abrahamsen	Thea Bucherbeam	Michael Dorsett	Holly Harris
Daniel Abreu	Ana Bucy	Russell Dougherty	Maria Harrylock
Gail Akiyama	Kate Buehner	Angeline Dovich	Charles Heffernan
SueAnn Alexander	Tory Burns	Benjamin Dunn	Tonya Heike
Amy Alexander	Devon Burns	Christi Durden	Jennifer Hernandez
Deanna Almond	Adam Byrd	Laura Dutton	Gwendolyn Hildebrandt
Colleen Ames	Nicholas Carter	Catherine Earley	Tyler Hill
Hilary Andersen	Kristin Carter	Catharine Eckroth	Dorothy Ho
Erica Anderson	Shannon Cassidy	Esther Edwin	Jacob Hoag
Jordan Anderson	Emily Castillo	Alex Eisner	Kristin Hoffman
David Anderson	Carol Cate	Shannon Ellis	Patricia Hoffman
Justin Atwood	Dana Cavin	Lake Estates	Katie Holden
Danielle Audino	Sam Chao	Dealy Etter	Maggie Hooks
Ahtziri Ayala	Kelly Chapman	Marcio Fanti	Carol Horowitz
Nita Baer	Char-Day Charnholm	Pierre Fauvet	Kathleen Horr
John Baham	Natasha Cheeley	Rose Filer	Dolly Wei Mei Huang
Sarah Bailey	Emily Chesterfield	Cheri Fletcher	Scott Hughes
Brian Barker	Samantha Cheung	Stephen Fogg	Gregory Hulse
Brent Barnes	Diana Chien	Taya Fox	Alan Humphrey
Renee Barrie	Samuel Chong	Natalie Franulovich	Lisa Hurt
Ann Barrington	Elijah Christofferson	Rachel Franulovich	Gary Hwang
Andrew Beckmann	Amanda Clark	Chris Franulovich	Marcy Jackson
Benjamin Beers	Joy Coale	Josh Fredman	Kevin Jackson
Allison Beezer	Tami Colella	Trevor Freutel	Lisa Johnson
Lindsay Beilfuss	Rodney Colella	Warren Fullen	Trevor Johnson
Andrea Beko	James Collyer	Austin Gabel	Eric Johnson
Willie Bell	Robert Condotta	Jessi Gable	Lynn Jones
Gabrielle Benuska	Isobel Coney	Herman Gan	Melissa Jones
Aliza Ben-Varon	Jeremy Cook	Dennis Geels	Danielle Joyce
Danielle Berger	Alexis Cooke	Bethany Gehrke	Katie Kaestner
Charlotte Berkman	Madeline Cooper	Tom Gillespie	Kathleen Karn
Kara Bermensolo	Susan Costa	Nathalie Goh-Livorness	Beth Katz
Angela Bertrand	Karen Cowgill	Nathanie Goldor	Amanda Kennedy
Rahul Birmiwal	Richard Cowley	Shannon Gooding	Sheila Kenning
Hannah Bliss	Trevor Cox	Hannah Gottschall	Barrie Kenning
Nathan Block	Susan Curran	Margaret Graves	Chae Kim
Jessica Boar	Kristen Curry	Brianna Greenwood	Marilee Kimball
Brandon Boger	Tammy Custer	Benjamin Griffin	Karl Kirchofer
Tavis Bohlinger	Seth D'Ambrosia	Anna Griffith	Debi Kirkpatrick
Joanna Bolosan	Barton Daniel	John Grindle	Kim Kischel
Casey Boose	Emily Deardorff	Susan Grosten	Heather Knox
Elisha Botnick	Laura Denney	Melissa Grundt	Lauren Kochanowski
Robert Brandt	Alison Dennison	Jenna Hand	Kathy Koszegi
David Breiger	Sara Dickerman	David Hansen	Gene Kraft
Ashley Bubb	Amy Dill	Caroline Harbitz	

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Board Highlights

September 5, 2017 - PNA president Sally Dillon presided over the meeting, which took place via conference call. Filling a vacancy on the board, Jay Pearson was appointed to the position of PNA Secretary. Jay is a long-time coach for Wave Aquatics and a member of Lake Washington Masters. PNA has 1638 members, 800 men and 838 women.

Social media action has picked up with many new “likes” and “followers” for PNA’s Facebook page. While on Facebook, search “PNA Masters” and the link to the page will appear. New PNA Historian Walt Reid has been gathering historic documents, which date back to 1977. The documents, including board meeting minutes, are being scanned and will eventually be published on the PNA website.



L-to-R: Sarah Welch, Stephanie Hiebert, Hugh Moore, Zena Courtney, FrankenSteve Peterson, and Jay Pearson at the Oct 28 meeting.

The board has embarked on a project to revise and/or develop “position descriptions” for each of the board positions. Descriptions for the Secretary and Treasurer positions were approved at this meeting. All completed descriptions will be posted on the website.

With the annual USMS convention coming up later in the month, the balance of the meeting involved discussion of the various proposals that would be considered by PNA’s 10 delegates and the other 250 USMS delegates who would be attending the meetings in Dallas, TX.

Minutes for this and other board meetings can be found at <http://www.swimpna.org/w/PNA/more/?artid=3471>

New Swimmers (cont)

Jordan Kress
 Sarah Kriess
 Sachin Kukreja
 Manuel La Rosa
 Jacqueline Lageson
 Merike Lainevool
 Karla Landis
 Tracy Langdalen
 Sherrie Larrea
 Carina Laukaitis
 Laura Laures
 Deborah Lay
 Graham Layman
 Laurie Leak
 Andrew Lee
 Brian Lee
 Ryan Lei
 Maura Leppo

Gabriella Levy
 Katherine Liang
 Laura Licari
 Beth Lipton
 Kendra Loebs
 Ashley Logan
 Joseph Lopez
 Kristina Lord
 Sandi Lusk
 Alexander Lyskin
 Annliz Maina
 Kristen Mann
 Zachary Manor
 Deanna Marks
 Michael Marron
 Rachel Martin
 Caroline May
 Ava McCrea

Michael McDevitt
 Micki McDonough
 Allison McEachron
 Brandon McKay
 Robin McQuinn
 Bryan McQuirk
 Monica Meadows
 Holt Mendleski
 Catherine Menkel
 Sora Moon
 David Morejon
 Riley Morgan
 Kristine Morimoto
 Michael Morris
 Merilee Mostov
 Nathan Murphy
 Judd Murphy
 Cori Myka

Natalie Naruns
 Shasta Neely
 Josiah Nelson
 Robert Newbern
 Antoinette Ngo
 Clay Ngo
 KIM Nguyen
 Blake Nixon
 Karen Noble-Newman
 Jennifer Ogren
 Leo Ohainle
 Shannon O'Hara
 Jasper O'Leary
 Tessa Olmstead
 Richard Olson
 Tarik Onalan
 Lionel Pailliez

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USMS Convention

PNA was represented by 10 member delegates at the USMS annual convention in Dallas, TX Sept 13-17.

Overall summary by Hugh Moore:

Convention is mostly a business meeting where over 250 delegates elect national officers and directors, approve the annual budget, and consider proposed changes to our rules of competition and administrative regulations. Twenty different USMS committees work throughout the year and have in-person meetings at convention. In addition to conducting business, delegates attend educational workshops and network with LMSC leaders from across the country. Delegates from PNA included Kathy Casey, Linda Chapman, Jim Davidson, Sally Dillon, Hugh Moore, Jane Moore, Steve Peterson, Walt Reid, Sarah Welch, and Teri White.

Patty Miller was reelected as USMS President. She will be joined by Secretary, Greg Danner; Treasurer Ralph Davis; VP of Community Service, Skip Thompson; VP of Local Operations, Chris Colburn; VP of Programs, Donn Livoni, and VP of Administration, Peter Guadagni.

The delegates approved a budget with nearly \$4M in both revenue and expenses. The budget is designed to invest in USMS strategic initiatives, including IT modernization with website redesign that will better support mobile devices, new program services, support for college club events, and new fitness series.

The delegates considered 29 changes to swimming rules, 44 changes to long distance swimming rules, and nine changes to administrative regulations. Two significant rule changes that were adopted include 1) eliminating acceptance of USMS records using manual and semiautomatic primary timing systems; and 2) giving long distance event hosts the option to allow swimmers to make contact with escort craft, if forward progress is not made.

Other items of note:

- Jim Davidson was awarded the USMS Dorothy Donnelly Service Award for his contributions to PNA and USMS.
- 2019 Spring Nationals were awarded to Mesa, AZ in late April.



PNA representatives at convention (L-to-R): Teri White, Sarah Welch, Kathy Casey, Jim Davison, Sally Dillon, Walt Reid, Steve Peterson, Hugh Moore, Jane Moore, and Linda Chapman.

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USMS Convention (cont)

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- 2019 Summer Nationals were awarded to Mission Viejo, August 7-11.
- 2020 Summer Nationals will be held in Richmond, VA, tentatively August 13-16.
- 2020 Spring Nationals have not yet been awarded, as we want to do something special for the 50th anniversary of USMS.

The following links provide more information:

Budget presentation: <http://www.usms.org/admin/minutes/bud-2017-9-15-1.pdf>

Approved budget: <http://www.usms.org/admin/minutes/bud-2017-9-16-1.pdf>

Minutes of the House of Delegates and committee meetings: <http://www.usms.org/admin/minutes/index.php?GROUPID=&EVENTID=80>

Long Distance National Championships for 2018: <http://www.usms.org/admin/minutes/ld-2017-9-15-3.pdf>

Long Distance National Championships for 2019: <http://www.usms.org/admin/minutes/ld-2017-9-15-4.pdf>

From Jim Davidson, PNA's Open Water Coordinator:

Beginning in 2018, USMS sanctioned open water swims must have both a certified safety director (already in force this year) and a certified referee. This is a substantial change for OW hosts and Jim will be working with PNA's sanctioned events to see that the rule is adhered to.

From Jane Moore:

The Fitness Education Committee and the USMS National Office have developed a Fitness Challenge Series to be conducted three times in 2018. A Winter 30-minute swim will be held in February, a Summer 2k swim in July, and a Fall



*Jane Moore, Hugh Moore, Walt Reid, and Jim Davidson
(Linda Chapman and Steve Peterson behind)*

1-mile pool swim in November. Each event will take place during the last 2 weeks of those months. These events are emphasizing the health significance of these events, with the slogan "30 MINUTES CAN SAVE A LIFE."

The National Office is creating a new FITNESS INITIATIVE to entice new and/or less accomplished swimmers to engage in workouts and join USMS. This initiative is a 45-minute workout in the pool using various types of aquatics (not just swimming) with increasing intensity. The workout would focus on a variety of aquatic training techniques, with 7 different stations and short rest intervals for transitioning between stations.

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USMS Convention (cont)

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The Sports Medicine & Science Committee will collaborate with the Fitness Education Committee on projects and is also developing a public service announcement regarding the health benefits of swimming.

From Kathy Casey:

The following significant rule changes were adopted by the 2017 House of Delegates.

- USMS records can no longer be set using semiautomatic or manual primary timing systems; only times from automatic primary timing systems are eligible for USMS records (or from a 3-, 2-, or 1-button semiautomatic secondary timing system, if and only if the touchpad fails). FINA passed this rule change for world records last July and it became effective September 21.
- The order of events for a meet must be published at least one week prior to the entry deadline. The meet announcement must state the timing system to be used at a meet and if that system satisfies the requirements for records and Top 10.
- Automatic splits are now a permanent requirement for national championship meets.
- The 2nd, 3rd, and 4th swimmers of a relay cannot start from the top of the adjustable setting back plate.
- Age groups can be adjusted for meets run by organizations with different age policies than USMS.
- Event limits for dual-sanctioned meets with USA Swimming cannot be exceeded by using dual membership; a swimmer must select one organization with which to compete during the meet.
- A swimmer who has completed a race may warm down in the assigned lane without disqualification while the rest of the swimmers complete the heat if that swimmer does not delay the start of the next heat.
- FINA clarified that during the freestyle portion of the IM and the medley relays, the swimmer must be on the breast, except during the turn, and after the turn must return to the breast before any kick or stroke.



The complete text of the “Final Adopted Rules Changes” can be found on the USMS website at: <http://www.usms.org/admin/conv/2017/finaladoptedrules.pdf>.

New Swimmers (cont)

Nikolai Paloni
Emily Pellegrini
Alison Percival
Dave Perkins
Daniel Perlovsky
Maxwell Perry
Kristi Petereit
Jena Peterson
John Pickett
Heather Pickett
Sean Pierce
Sidney Pinger
James Ponder
Heather Ponder
Robert Powell
Gregg Powers

Laura Prugh
Rebekah Pusateri
Sayed Rahmani
Helen Reilly
Emery Rhodes
Brant Rigby
Gabrielle Rivera
Leanne Robertson
Donna Rodger
Karin Rogers
Veronica Roney
Zack Rossman
Audrey Rostov
Jody Rudd Wilson
Gauri Sadalgekar
David Schaaf

Eileen Schmalte
Stephen Schreck
Alexis Schubert
Ben Schwab
Devon Seidel
Barret Seifer
Neil Sexton
Kim Shaw
Elisa Sheng
Anne Shirey
Annette Simmons
Carolyn Skahan
Clint Skullerud
Martin Stoley
Emily Smalligan
Katlyn Smethurst

Valerie Smith
Rebecca Smith
Katy Snooddyk
Stephen Snowman
Victoria Snyder
Leilani Sommers
Jim Southwell
Constance Standish
Scott Stedman
Mary Strazer
Corey Stride
Lakshmi Strom
Joshua Strom
Rodrigo Tarriba
Corey Taylor

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Jim Davidson recognized with 2017 Dorothy Donnelly Award

Swimmer gives back - and gets recognized!

Members of U.S. Masters Swimming don't confine their participation to the pool. There are many volunteer opportunities for their talent, expertise, and generosity. USMS recognizes the commitment of those who give back with the Dorothy Donnelly Service Award, named to honor one of USMS's outstanding volunteers. The award recognizes those whose contributions stand out in service to local, regional, and national programs. Up to 15 people are selected each year and nominations come from Local Masters Swimming Committees, clubs, and individuals.

Jim Davidson has been a member of the Blue Wave Aquatic Club, formerly Federal Way Masters, since the time he became a USA Swimming official in 2005. He has regularly volunteered at meets for both groups. In addition to officiating, in 2013 he stepped up to take the position of Long Distance Coordinator for his Local Masters Swim Committee. The countless hours dedicated to successful open water swimming opportunities and officiating, on top of his service on the U.S. Masters Swimming Long Distance Committee, exhibits the qualities recognized in the 2017 Dorothy Donnelly Service Award.

Jim Davison of Blue Wave Aquatic Club accepted the 2017 Dorothy Donnelly Service Award for outstanding volunteer service.

New Swimmers (cont)

Brandon Tennant
Kendra Tennant
Terry Thomas
Christopher Thompson
Ellen Thomson
M. Leah Timberlake
Christifer Tomoson
Gene Trantham
Lance Trebilcock
Daniella Tuohy
Monique Turner
Marcellina Tylee

Emily Tyler
Sarah Upsall
Amelia Urry
Lana Van Boven
Gloria Van Dusen
Brian Vance
Paul VanSant
Gina Vega
Axel Velazquez
Michael Velkov
Paresh Verma
Taylor Wade

Sarah Waderich
Amanda Wagner
Robert Wake
Mark Wall
Kathryn Wallen
James Waltz
Eric Wang
Oriana Wang
Susan Ward
Bryan Watland
Brent Weakley
Marshall Westerman

Thad Westhusing
Andrew White
Pamela Williams
Evan Wills
Ronald Winsley
Brittany Wise
Qing Xu
Abigail Yadav
Ming Yeung
Jack Zimmerman
Stephanie Zimmerman

Swimmer's Spotlight

Shannon McIntyre - Born to Win!

By Tom Walker, TWIM

I first met Shannon at SeaTac back in 2016 as we were getting ready to travel to Greensboro, NC, for Spring Nationals. She was decked out in Mary Poppins shoes and was sporting her exquisitely manicured, colored nails while clutching her signature bag of kale.



I didn't realize what a formidable life force I had encountered until I watched her amazing swims, which started the next day in Greensboro. Since then I have gotten to know her as a person and I have watched her go on winning race after race with a sense of awe and admiration.

Shannon started swimming as a teenager and almost immediately began to achieve national rankings. Fast forward to her career as a Masters swimmer, where she has won 16 national titles to date and her relentless, all-out style of swimming has become legendary. I'm told that she swims as fast in workouts as she does at meets, so I pity her training companions!

Shannon McIntyre makes a contribution to the sport we love every day, both as a dedicated competitor and as a teacher of our young swimmers who are coming up.

I recently sat down with this extraordinary athlete to talk about her life in swimming.

TW: Thanks for doing this interview, Shannon! Tell me how you got started in swimming and what inspired you.

SM: I started swimming just two months shy of my 16th birthday. I wanted to play volleyball, but I missed the try-out for the high school team, so I decided to try swimming. My sister Shealeen had been a standout swimmer at our high school. She was five years older and told me I should not swim. She said I would embarrass her. Those were her famous last words. In the end, she turned out to be my biggest fan and supporter.

TW: I have a feeling that those aren't the last "famous last words" you'll ever hear! Tell me about the high points of the swimming career that brought you to the present day.

SM: In 1982, at age 17, I scored 4th and 6th at the USA Nationals and made my first world ranking. At some point in the season, I was 18th in the world in the 200-meter breast and top 30 in the 100 breast. I was unremarkable in any of the other disciplines, I suspect because I lacked the years of background. I'd only been swimming for two years at that point.

TW: That's an auspicious beginning for a latecomer! So who were the inspirational figures that you have met along the way that helped form your aquatic path?

SM: The most compelling swimmer who influenced me was Tracy Caulkins. At the time, she was the greatest female swimmer in history. I had a collage of her photos taped above my bed and other "cool" swimming photos I

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Swimmer's Spotlight (cont)

(Continued from page 12)

had torn from *Swimming World Magazine*. The most influential coaches were my club coach, Don LaMont and, of course, the man I married, my college coach, Ray Woods. I had five coaches in all, and all of my coaches have been inducted into the ASCA Swimming Hall of Fame and all had Olympic medalists. I think this is the reason I have a breadth of knowledge in the sport of swimming. I like to say I was the luckiest girl to have had so many wonderful coaches. So lucky!

TW: That's an impressive support network to be sure! What is important to you about Masters swimming and why does it draw you so?

SM: I love the camaraderie of having others with whom to train. I love the meets, and staying in the team house at nationals is so much fun. I am not sure I love competing at this point as much as I value the friendships and the good time.

TW: Interesting. How about your training and nutrition at this point.

SM: Hmmmm, in 2011 I became a vegan and I lost 45 pounds. I was on the verge of obesity. I was eating poorly and I hadn't exercised in a decade. I was sad. I was lost. So, it is sheer fear of returning to that state which motivates me in the present to take care of myself. I am a bit obsessive. People might say I take things pretty far. In fact, I travel with a tiny rice cooker and I shop at the local grocery stores and mostly cook my meals in my hotel rooms when I travel for work.

As for the training, I am pretty random with it. My work schedule of traveling across the country does not afford me the time to train consistently or with any scheduled training plan. I swim hard everywhere I go. The hardest part is training alone. If given the choice, I will always train in the company of others. One of the ways I combat the loss of training, which is inevitable due to work travel, is training on Saturdays and Sundays. I never deliberately schedule a day off because I can count on losing a day or two virtually every week due to long flights, jet lag, and not being able to find pools.



TW: You are one determined individual Shannon! So what have been the great moments in your swimming career?

SM: The greatest swimming moment for me was making a world ranking for the first time. The achievement follows you all of your life. If someone asks what I achieved in swimming, I can say I was a world-ranked swimmer or that I swam in the 1984 US Olympic Trials. Of course, I wanted to make the team. Every kid wants to make it to the Olympics, but there is success to be had at all levels and, although my Olympic dreams were not realized, I long ago learned to be proud simply for having done my very best.

TW: Indeed! So what is your favorite event?

SM: I don't really have a favorite swimming event. Each event I swim challenges me in interesting ways, so I would have to say it's not exactly boring. I consider the strategy for each race and I utilize the knowledge about proper race planning I learned from Ray. And I have to say it works most of the time. I love to dissect and plan each race before-

(Continued on page 14)

Swimmer's Spotlight (cont)

(Continued from page 13)

hand and play it through in my mind and then execute it. I think it keeps me from feeling overly nervous as I approach the blocks.

A few years ago, I tried my first open water race called Fat Salmon, and I won it. That was really fun. I love a long, cold swim but only to a point, since last year I had to disqualify myself in 68-degree water. Nevertheless, open water swimming is a new event for me and a new love. It is so fun to swim hard for an hour without having to turn. It feels so free and so wonderful.

TW: What are your main goals for the future in swimming?

SM: I want to become a sprinter and see what I am capable of in the shorter races at nationals. I have been focused almost exclusively on the longer disciplines, but my muscle fiber lends itself best to the 2-3 minute race and possibly shorter. Of course, the aging process and also the training plan influence the events where I will likely have the most success, and since I have not explored the shorter races, at least not since I was a teenager, I would like to train for them and see what comes up.



TW: Watch out you sprinters! What do you think it is about swimming that is so compelling for you?

SM: I love the feeling of being "one" with the water. As corny or woo-woo as it sounds, I have this great feeling of being in a cocoon or enveloped in the water, once I get over the shock of the coldness upon entry, and I love the floaty meditative feeling, especially early in the morning when it is very dark and quiet.

TW: What do you feel are the major benefits of swimming in general and competitive swimming in particular?

SM: Swimming is great for developing balanced muscle strength, body symmetry, coordination, lung capacity and general well-being. It is a great, low impact sport. It is especially easy on the aging body and, at age 53, I am in that class of athlete, like it or not.

TW: Tell us about your teaching and about your swim school.

SM: Two years ago, my husband and I started Woodswim. We never intended to build a large business from it. The goal was to serve kids in the community who wanted to develop the finer details of stroke. In the flash of an eye, literally overnight, we had 130 swimmers in the program. It hasn't been easy covering all the kids, but our passion for swimming and for the kids carries us, especially on weekends when we frequently teach 50 lessons or more.

TW: So tell me about your most memorable moments in racing and how you felt.

SM: I competed in the Olympic Trials in two sports, swimming and rowing, and my most memorable moment was winning a world title in at the Indoor World Rowing Championships in 1997. I also set a world record in that event, which stood for over three years. That was very exciting.

TW: Shannon, what do you think is the essential ingredient that makes an elite competitive Masters swimmer?

SM: This is not going to be the answer most swimmers want to hear, but I believe what makes a great Masters

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Swimmer's Spotlight (cont)

(Continued from page 14)

swimmer is background, background, and background in the sport. Nothing can replace it. For those of us who swam and trained in the 1980s, the years when coaches had us swimming six hours each day, the background and cardiovascular fitness we gained was like putting money in the bank, it's just always there to draw from. Sadly, the newbie, in most cases, has an insurmountable challenge to overcome it. I guess you can say we earned it. When most kids were going to proms and dating and hanging out, we were doing endless laps in the pool. In fact, I never had a date in high school, there was no time or energy for dates, I had to get up early for practice and nothing would keep me from the pool in those days, especially not boys.

TW: You are the definition of single-minded! How does swimming affect your daily life and represent your values as a person?

SM: I approach my teaching with the idea that I want to give back and pay it forward, all I have learned over the years from having had so many world class coaches. And although our clients obviously pay for their stroke work, I frequently donate my time or extend the lessons to make sure I am giving each child the time and attention they deserve in order to make the most of their swimming potential. It's how I try to give back to my great sport.

TW: Thanks for this talk, Shannon. I can't wait to see what awesome aquatic exploits you have in store for us in the future!

The Joy of Chlorine!

Chlorine. If you're a swimmer, it's part of your life. But is it something to worry about?

It's understandable to be a little wary about a chemical that can dry your skin, burn your eyes, and change the color of your hair. But in this case, the good outweighs the bad.

Picture a swimming pool of beautifully clear water. Now think about what it takes to keep it that way! A pool filled with untreated water and live bodies could quickly become disease soup. A pool's filter system is crucial to keeping water clear, but it takes something more to deal with bacteria and algae that would multiply like crazy if left alone.

Thus, chlorine. Quite simply, chemicals like chlorine are added to swimming pools to fight germs. Chlorine is the most common chemical used in treating pool water - a disinfectant that fights bacteria and algae and can also oxidize tiny pieces of dirt. In the right amounts (and there are strict standards!), chlorine and other pool chemicals can take care of the majority of "bad bugs" in pool water.

So stop worrying. Chlorine-treated pools are generally safe to swim in if ventilated and maintained to legal standards. And every swimmer can do his/her part to help keep pool water sanitary by showering before entering the pool. Body care products, such as lotion and deodorant, do not mix well with pool water.

And don't even think of peeing in the pool!

2017 Puget Sound Masters SCM Championship Meet
Saturday – Sunday, November 18-19, 2017
 Hosted by Puget Sound Masters
 Sanctioned by PNA for USMS Inc. #367-S008
 Observed for USA Swimming

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

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



TIMES: Saturday, Nov 18 & Sunday, Nov 19:
 • Warm-up 9:00-9:50am, meet starts 10 am

MEET DIRECTOR: Lisa Dahl, waterpolo890@hotmail.com
 206-337-2204

MEET REFEREE: Teri White - teriwhite53@gmail.com

CONCESSIONS: Vendor contracted with KCAC, available in lobby.

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

ELIGIBILITY: Open to all 2017 USMS or foreign registered swimmers 18 and above as of 11/19/2017. Foreign registered swimmers must provide a copy of their current registration card. Age groups based on the swimmer's age as of 12/31/2017. 18-24, 25-29... and up in 5-yr increments

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

- **Individual entries and Relay-Only Swimmers:** Entries must be submitted online by 11:59 PM (Pacific) Sunday, November 12th, 2017 OR postmarked by Wednesday, November 8, 2017
- **Relay teams** may be entered from 9:00 AM Monday, November 13th to 11:59 PM Wednesday, November 15th
- Deck entry for relays will also be available at the meet. See 'Relays', below.
- Swimmers will register by CLUB (i.e. PSM, BWAQ) rather than workout group (i.e. LWM, GLAD)

NO INDIVIDUAL ENTRIES ACCEPTED AFTER SUNDAY NOV 12TH, 2017 11:59 PM (PACIFIC TIME)

SEEDING: At the discretion of the Meet Referee and Meet Director, two courses may be used for the 800 Free, 400 Free, and 1500 Free. A single course will be used for all other events. All events slow to fast. Pre-seeding except for asterisked events, below.

CHECK-IN: Saturday: 800 Free – 9:30am; 400 IM – 9:30am; Sunday: 400 Free – 9:30am, 1500 Free – end of Event #34. Swimmers missing the check-in deadline will be scratched from the event.

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

- Relays may be entered online before the meet or deck-entered at the meet. Online entry deadline above.
- Deck Entry Relay entries due as follows:
 - #11-#13: by the end of event #2,
 - #20-#21: by the end of event #13,
 - #31-#33: by the end of event #22,
 - #40-#41: by the end of event #33

AWARDS:

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

ENTRY FEES: \$38.00 includes LMSC surcharges. **PLUS** \$4 per individual event (optional for seniors and needs-based swimmers). No charge for relays. Relay only swimmers pay \$38.00 surcharge.

ONLINE ENTRIES: Enter online at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=8997

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

2017 PSM SCM Order of Events			
Saturday, Nov 18		Sunday, Nov 19	
50m, 100m and 200m events: Order W then M			
	Warm Up 9am		Warm Up 9am
1	800 Free - Mixed *	22	400 Free - Mixed *
2	400 IM -Mixed *	23/24	200 IM - W/M
3/4	100 Back - W/M	25/26	50 Fly - W/M
5/6	50 Breast - W/M	27/28	200 Back - W/M
7/8	200 Free - W/M	29/30	100 Free - W/M
9/10	100 IM - W/M		Break 5 minutes
	Break 5 minutes	31/32	W/M 400 Medley Relay
11/12	W/M 200 Medley Relay	33	Mixed 200 Free Relay
13	Mixed 400 Free Relay	34/35	100 Fly - W/M
14/15	100 Breast - W/M	36/37	200 Breast - W/M
16/17	200 Fly - W/M	38/39	50 Back - W/M
18/19	50 Free - W/M		Break 5 minutes
	Break 5 minutes	40/41	W/M 200 Free Relay
20	Mixed 800 Free Relay	42	1500 free - Mixed *
21	Mixed 200 Medley	*	Positive Check-In Required

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.

2017 Puget Sound Masters SCM Championship Meet
 Saturday –Sunday, November 18-19, 2017
 Hosted by Puget Sound Masters
 Sanctioned by PNA for USMS Inc. #367-sxxx

PAPER ENTRIES: Complete this form, and waiver on following page, for a paper entry.

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

NAME: _____ M F AGE: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 PHONE _____ Email _____
 BIRTHDATE: ____/____/____ USMS #: _____ - _____

Include a copy of your USMS Registration if not a PNA member

LMSC: (PNA, Oregon, Inland NW, etc.)	PNA Club: (UC36, BWAQ, PSM, ROCK)
---------------------------------------------	------------------------------------------

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

Event #	Event Name	Entry Time

ENTRY FEE:

SURCHARGE	\$38.00	
INDIVIDUAL EVENTS	+	\$4 Per Event. No charge for relays. No charge for seniors (65+) or need-basis
TOTAL	\$	Make checks payable to PSM . Mail to: PSM, c/o Linda Chapman 17532 NE 142 nd St Redmond, WA 98052

Paper entries must be **postmarked** by Tuesday, November 7th, 2017. All swimmers must have a valid 2017 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry.

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

**Bellevue Club Masters Mile
1500 - Short Course Meters
Sunday, January 21, 2018
Warm-up: 12 noon; Meet starts at 1 PM
Sanctioned by PNA for USMS Inc. # 0368-S001**

LOCATION: Bellevue Club, 11200 SE 6th Street, Bellevue, WA 98004

The Bellevue Club is a private facility. After parking, enter at the athletic entrance and check in at the reception desk (your name will be on a list). Day-use lockers are available in the locker rooms. Please be respectful of the membership facilities.

FACILITY: 25-meter pool, 9 lanes, 6-7 lanes for competition. Temp 81°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.

TIMING SYSTEM: Electronic touch pads with button and watch backup.

MEET DIRECTOR: Sally Dillon, 425-961-0023, salswmr@comcast.net

REFEREE: Jim Davidson, jedavidson98001@yahoo.com

CONCESSIONS: Available at athletic entrance

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2018 USMS or foreign registered swimmers 18 and above as of 1/21/2018. Age groups based on the swimmer's age as of 12/31/2018 (must be 18 on or before meet date).

ENTRIES: Swimmers may enter only the 1500-meter free-style. All entries must have an entry time. Estimated entry times are OK. Entries must be received or online by 11:59 PM (Pacific) Tuesday, 1/16/2018. NO race day entries will be accepted. Meet is limited to 70 entrants.

SEEDING: The event will be deck seeded fast to slow, (pending PNA Board approval), age group and sexes mixed.

CHECK-IN:

Positive check-in required by 12:30 PM.

Online check-in via SwimPhone will be available starting Saturday, Jan 20 @ 6am.

Swimmers missing the check-in deadline may be scratched from the event.

INTERMEDIATE SPLIT TIMES: Swimmers who would like one or more intermediate split times submitted as official times must complete a USMS Split Notification form indicating the distance(s) for which splits should be submitted. Forms available at meet.

AWARDS: PNA medals will be available for purchase at meet.

ENTRY FEES: Flat fee of \$20 US; includes LMSC and timing surcharges

ONLINE ENTRIES ONLY: Enter online at: https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=9612

DIRECTIONS: From I-405, exit at SE 8th Street in Bellevue, WA. Go west on SE 8th, turn right at 114th, and left at SE 6th. The Bellevue Club will be on your right.

PLACES TO SWIM IN THE NORTHWEST - Is your group's online information accurate? Many listings are two or more years old. New swimmers or visitors to your area can't find you if the wrong info is posted.

View list at <http://www.usms.org/placswim/placswimform.php?LMSCID=36>.

Also email updates to webmaster@swimpna.org.



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

[Search USMS Calendar of Events](#)

USMS FITNESS EVENTS (all year)

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

POOL EVENTS:

11/4 - [Ottermaina IV](#), Richmond, British Columbia
11/5 - [Snohomish Aquatic Masters Meet](#), Snohomish, WA
11/11 to 11/12—[NW Zone LCM Champs](#), Hood River, OR
11/18 to 11/19 - [PSM SCM Champs](#), Federal Way, WA
1/21 - [Bellevue Club Masters Mile](#), Bellevue, WA
2/4 - [Thunderbird Masters Meet](#), Anacortes, WA
2/18 - [LWM Invitational](#), Kirkland, WA
3/11 - [Port Angeles Masters Meet](#), Port Angeles, WA
3/18 - [Lake Stevens Pentathlon](#), Lake Stevens, WA
4/14 to 4/15 - [PNA SCY Champs](#), Federal Way, WA

BOARD MEETINGS

12/2 - Sally's house in Issaquah, 1pm

(Contact Sally Dillon at salswmr@comcast.net for more information.)

2018 USMS Education Classes

3/24 - [ALTS](#), Boise, ID
3/24 to 3/25 - [Clinic Course for Coaches](#), Boise, ID
3/25 - [Stroke Development Clinic](#), Boise, ID

9/15 - Coach Certification Levels 1-2, Portland, OR
9/15 to 9/16 - [Clinic Course for Coaches](#), Portland, OR
9/16 - [Stroke Development Clinic](#), Portland, OR
9/16 - [ALTS](#), Portland, OR

It's time to renew your USMS membership! Click [here](#).

1st Annual Thorbeckes New Year's Eve 10K Swim

Where: Thorbeckes Aquatic Center, Centralia

When: December 31, 2017, 9 am-1 pm

Who: Open to all Thorbeckes members who are able to swim all or part of the practice

Start your New Year's Eve off on a fun & challenging note by joining the South Sound Masters Team for a group-led practice.

You can choose from one of the following workouts:

100x100's on 2:00 = 10,000 meters

100x75's on 2:00 = 7,500 meters

100x50's on 2:00 = 5,000 meters

You can join us for all or part of the practice.

Challenge yourself and have fun reaching your goal with the team.

\$10 entry fee helps cover the cost of lifeguards. Limited to 25 swimmers. Deadline to sign up and pay entry fee is December 15th.

Enjoy some post workout treats to refuel.

