

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

Happy New Year!

The 2017 Holiday season delighted many of us with snow falling on Christmas Eve, which brightened the sometimes-dreary landscape that often comes with winter in the Northwest. I hope the holiday season provided happy times with friends and family. Many of you also enjoyed fun times in the pool with end-of-the-year challenges (like 100X100 or some such crazy set).

Mark your calendars for Saturday, April 14! A social will take place during the Spring Championship meet, immediately following Saturday's events. It will include a no-host bar, catered meal, presentation of our annual awards, a brief meeting and more. The banquet hall at KCAC is conveniently located off the north parking lot. Tickets to the event will be available when you register for the meet. Those wishing to attend but not compete in the meet will have an opportunity to purchase tickets as well. Look for more information in the March issue of The WetSet and on the meet registration site when it becomes available.



Speaking of awards.....be sure to read the information in this issue about the Coach of the Year and Dawn Musselman Inspirational Swimmer awards. We're giving you plenty of time to prepare a nomination for a deserving person on your team/club.

Finally, don't forget to renew your USMS membership for 2018! You won't want to miss out on the publications from PNA and USMS as well as the many opportunities to participate in pool and open water events throughout the year. Make the most of 2018 by participating in some of the events that are provided by PNA clubs and/or affiliates.

Swimmer Spotlight

Steve Peterson - The Legacy Lives On, and Proudly!
By Tom Walker of TWIM

When I first started coming to PNA meets (some twenty odd years ago!) there was invariably a quiet, unassuming man with a deck chair and a clip board and at some point way back then we struck up a conversation. Fast forward to the present and he is still there! Same chair, same clipboard but he is now a silver-haired gentleman! Our conversations continue as well.

Yes, this is none other than our beloved Steve Peterson!



Over the years, I've witnessed his contributions and dedication to PNA swimming and I've had the pleasure of swimming with him at more meets than either of us can probably remember. I've watched him shine not only here in our local and regional competitions, but at Nationals, where he has a habit of placing in the Top 10 every time he swims!

This man never met a swim meet he didn't like and has been known to fly to the ends of the earth to pursue his aquatic madness and he seems to be equally tireless in his long-term commitment to PNA.

I wanted to find out where this all comes from, both this passion for swimming and for our Masters swimming community here in the PNW, so Steve was gracious enough to consent to this interview and share his insights with me.

TW: First of all, Steve, thanks for sitting down with me to discuss your aquatic journey! How did it all begin? When and where and why did you start swimming?

SP: My earliest recollection of swimming, beyond youth lessons at the downtown Tacoma YMCA (swam naked back then!), is summers at the Tacoma Lawn Tennis Club pool. I didn't play tennis. I swam in a few age-group meets. In high school I turned out for the only athletic activity I thought possible, barely avoiding getting cut at the first try-out. I did earn a letter all three years swimming, though, primarily breaststroke. Didn't try out in college, and in fact laid off athletics as military service, college, work, marriage, and family happened.

TW: So how did you discover Masters swimming and when did you start?

SP: Twenty-one years after my last competition, and having abandoned running for lunchtime swims to regain fitness, a Civil Service co-worker said, "You should try an adult meet!" Gordon Gray convinced me to enter the first annual Masters meet at North Kitsap Community Pool in November 1985 and I recall that my 100 breast was "only" 5-6 seconds off my high school time. Gordon had written software, pre-dating Meet Manager, to run that meet for a dozen years, and I got involved helping him during that time. Sadly, Gordon, who became a nationally-ranked triathlete, lost his life in a bike accident in Kenmore a couple years ago.

TW: What draws you to swimming in general and Masters Swimming in particular?



Swimmer Spotlight (cont)

(Continued from page 2)

SP: I prefer swimming over running and biking for being relatively easier and less injury-prone. I tried triathlons in 1987 and 2012, but just never developed a passion for vertical competition. I envy those who have coaches and workout groups; for my location (Bangor Sub Base and now Silverdale YMCA) it's just been trying to keep up with my swim buddy of 30 years, Frank Warner. Masters Swimming has lived up to its tagline: fun, fitness, and friendship.

TW: How does Masters impact your daily life and your long-term goals?

SP: Much to my wife's chagrin, Masters swimming does take up a fair amount of my time, more so now that I'm retired. I work out five mornings a week, and I try to swim all the local meets and at least one national competition every year. My ultimate long-term goals: avoid the heart problems that affect members of my family, and go for those records in the 100+ age groups.

TW: That's good news! I'm hoping to finally overtake you by then! When did you become involved with PNA and what made you decide to make a leadership contribution?

SP: I started attending PNA board meetings a couple years after I joined. I really had no intention of getting that involved. I just "wanted to see what was going on." Soon, though, a secretary was needed, so I did that. Then, a vice president. Easy. Then, president – augh, this was really outside my comfort zone, but I served and survived. So they talked me into Club and Coach Services chair and Webmaster.



TW: How have you seen the organization grow since you first joined and who were the early movers and shakers? And those along the way? Significant milestones for the organization?

SP: PNA membership was just over 600 in 1985 and 995 in 2003. Today it's over 1700. Many have volunteered as leaders over PNA's 40 years. Some served for one term or a few and still swim, some served then relocated or stopped swimming altogether, and some serve and continue to do so. Founders Steve Engel (1943-1996) and Tom Foley (1934-2014) have passed. Our longest serving volunteers must be Hugh and Jane Moore (who were also meet directors for all four Nationals that PNA has hosted), Kathy Casey (early editor of *The WetSet* and USMS rules maven), and Walt Reid (PNA, USMS, and FINA record-keeping guru). Milestones might be the four National Championships we've hosted at KCAC (1992-LC, 1997-SC, 2001-LC, 2007-SC – and we're talking about bidding for 2021) and our continuing influential presence at the annual USMS Convention.

TW: Yes, it's an amazing legacy! What is your vision for the future of PNA?

(Continued on page 7)

PNA SCM Championships

The 3rd Annual Pacific Northwest Masters LMSC PNA Short Course Meters Championship Meet was held November 18-19 at the Weyerhaeuser King County Aquatic Center in Federal Way.



L-to-R: Meet Director Lisa Dahl, High Point winner Willard Lamb, Sarah Welch, and Meet Official Ken Breiding.

The event was well-attended, with 197 swimmers registered for 847 individual events and combining for 52 relays. Host Puget Sound Masters dominated the team scoring with 3017 points, followed by Oregon Masters with 1515.

Willard Lamb (Oregon Masters) was the oldest competitor, having recently “aged up” to the 95-99 category. Lamb swam the 50, 100, and 200 backstroke, the 50, 200, and 1500 freestyle, and was part of a 200 medley relay, earning world records in all seven events.

Other swimmers winning six individual events for perfect 54-point scores included: Oregon Masters swimmers Karen Andrus-Hughes (60-64), Jill Asch (50-54), Arlene Delmage (55-59), Matt Miller (40-44), Tessa Reeves (35-39), and Sonja Skinner (40-44);

Dick Peterson (Puget Sound Masters, 80-84); Jennifer Ridge (Minnesota Masters, 45-49); Richard Burns (Tamalpais Aquatic Masters, 70-74); and Laura Val (Tamalpais Aquatic Masters, 65-59).

Swimmers winning five individual events included Sarah MacDonald (55-59), Dan Kirkland (65-69), Steve Peterson (70-74), Travis Ediger (18-24), Anice Flesh (80-84), Joy Ward (75-79), Megan Tosh (30-34), and Michael Nordby (75-79).



Chad Hagedorn and Betsey Kassen prepare for heat 2 of the 1500 freestyle.



L-to-R: Renee Barrie, Tracy Langdalen, Teresa VanSant, and Paul VanSant of Stanwood-Camano WA Y Masters

Snohomish Aquatic Masters Meet

The Snohomish Aquatic Masters hosted their second annual meet November 5th at their home pool in Snohomish.

The Snohomish Aquatic Center is a state-of-the-art facility built in 2014 that features a 10-lane competition pool along with a recreation pool, a “lazy river” area, a wave rider, and a waterslide. Pool water is treated with salt to produce a natural chlorine, which eliminates much of the eye irritation and other side effects of the more traditional chlorine-treated pools. Over 100 swimmers representing more than 20 clubs participated in the SCY event.



The 200 mixed free relay in progress.

Swimmers winning at least four individual events included Justin Atwood (WWUS, 18-24), Julia Bent (NEO, 70-74), Angela Bertrand (NEO, 25-29), Lars Durban (SAM, 60-64), Kyle Heaton (SAM, 35-39), Betsey Kassen (TWIM, 65-69), Erin McPeak (TWIM, 35-39), Elizabeth Smith (LOGS, 40-44), Sarah Welch (LWM, 70-74), and Sandi York (TACM, 40-44).

Several swimmers took advantage of SAM’s “Flowrider” wave simulator after the meet.



2018 1-Hour Postal National Championship

The 1-Hour postal swim is the longest running postal event in Masters Swimming. It is considered the “granddaddy” of postal swims due to its longevity and number of participants. It typically draws well over 2000 entries. The first national championship was held in 1978, making the 2018 event #41. While it was founded by DC Masters (District of Columbia), it has been hosted by many different clubs over the years. The 2018 event is being hosted by INDY Masters, who will also be hosting the 2018 Spring Nationals in Indianapolis.

Do you have swimming-related “New Year’s Resolutions” for 2018? Training for and swimming the 1-Hour postal event can get you a leg up on those resolutions! What better way to assess your fitness at the beginning of the year than to train for and swim an hour non-stop to see how far you can get. If you’ve swum this postal event before, you can compare your distance to previous efforts. If not, you have a benchmark to use for years to come!

Details for the 2018 1-Hour postal event:
SWIM

- the event before entering
- at any pool 25-yards or longer
- any day during January and February; 59 are available
- with teammates; ask your coach to organize an opportunity for you to swim together
- with only one other person in your lane; rules do not allow circle swimming and/or drafting
- in “regulation” swimwear; see USMS Rule 102.12.1 online at <http://www.usms.org/rules/part1.pdf>
- any stroke or combination of strokes; the objective is to see how far you can go but some people like to mix-it-up
- with someone on deck who will time and record your split times for every 50 yards/meters throughout the swim

ENTER

- online at https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=9629

REMEMBER

- you must be a USMS registered member on or before the day you swim
- your age is determined by how old you will be on 12/31/18
- your club might be forming postal relays so be sure to let your coaches or relay coordinator know you have entered

For more information, check out a comprehensive article that appeared in the January 2017 issue of The WetSet [here](#). (Ignore the link to the meet info at the end of the article; it is out of date!)



3000/6000 Postal National Championships

The final postal swims of the year took place between September 15 and November 15 and were hosted by Colorado's Loveland Masters Swim Club. This year, only four members of Puget Sound Masters competed in the 3000-yard event, which had to be swum in a 25-yard or 25-meter pool. Michelle McRae was the only PSM swimmer to take on both the 3000- and 6000-yard events and won her age division in both.

PSM results including age group, time, and individual finish are:

Michelle McRae	3000-yd	40-44 age group	37:47.74	1st place
Jennifer Hernandez	3000-yd	40-44 age group	1:13:54.14	20th place
Tammy Koppelberger	3000-yd	45-49 age group	40:36.89	2nd place
Betsey Kassen	3000-yd	65-69 age group	44:41.65	2nd place
Michelle McRae	6000-yd	40-44 age group	1:17:43.05	1st place

Koppelberger, Kassen, and McRae's 3000-yard times were combined to form a PSM women's 35+ relay (2:03:06.28); results were not available at press time. Congratulations to these enthusiastic women for their efforts this year.

Swimmer Spotlight (cont)

(Continued from page 3)

SP: We need younger volunteers to carry on the stated mission of Masters swimming: To promote health, wellness, fitness, and competition for adults through swimming. Fortunately, new board members like Stephanie Hiebert, Isaac Contreras, Bob DeWard, and Jay Pearson help lower the board's average age. We also need greater diversity in our membership. Fortunately, we have advocates like Lisa Dahl. As I grow older I'm gathering even greater appreciation for the joy of our differences – knowing that deep inside we're all the same.

TW: What are your goals as a swimmer at this point, both for now and for the future?

SP: Aging up has at least one blessing: I'm rising in the competitive ranks! But my primary goal remains to live longer with high quality of life. Following the examples of Oregonians Dave Radcliff (84) and Willard Lamb (95) is the way!

TW: Yes! Aren't they both astonishing? You're a breaststroker, right?

SP: Well, that's the only stroke I'm at all competitive in. I like to do the 200 IM as a benchmark, but those other three strokes I have yet to master (no pun intended). And how is it there are those who can do both backstroke and breaststroke at high speed, anyway?

TW: Yes, it seems incredible, but it does happen every now and then. Thank you, Steve, for sharing your experience and thank you for the contribution you have made and continue to make to all of us who swim under the PNA Banner! I'm guessing I'll see you at the next meet.....

Dawn Musselman Award Nominations

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



Dawn Musselman

Any PNA member may submit a nomination. We're looking for the candidate who:

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

Show that teammate your appreciation! Compose a paragraph or two describing their qualifications. Include an anecdote for fun, too! The award consists of a personal plaque and a perpetual trophy with the recipient's name added and will be presented at the Annual Membership Social and Meeting during the PNA Champs meet in Federal Way on Saturday, April 14.

Submit your nomination by Saturday, March 24 to: PNA Webmaster Steve Peterson, speter-son@bandwagon.net. If you have questions, call Steve at 360-692-1669.

Past recipients of the Dawn Musselmen Inspirational Swimmer Award

1986 - Dawn Musselman	2002 - Barb Gundred
1987 - Marlene Holmes	2003 - Chaya Amiad
1988 - Maxine Carlson	2004 - Kathy Casey
1989 - Jim Penfield	2005 - Gene Crossett
1990 - Tom Foley	2006 - Jeanne Ensign
1991 - Karen Jost	2007 - Lee Carlson
1992 - Jan Kavadas	2008 - June Van Leynseele
1993 - Robin O'Leary	2009 - Steve LaHaie
1994 - Marion Mueller	2010 - Betsey Kassen
1995 - Tammi Keeler	2011 - Sarah Welch
1996 - Ian Thompson	2012 - Kiko Kimura Van Zandt
1997 - Suzanne Dills	2013 - Rick Colella
1998 - Clark Pace	2014 - Charlotte Davis
1999 - Dan Frost	2015 - Sally Dillon
2000 - Joan Davis	2016 - Steve Peterson
2001 - Paul Ikeda	2017 - Zena Courtney

PNA Coach of the Year Nominations

Each year PNA honors a local coach with the PNA Coach of the Year Award. Nominations are accepted from any PNA member and it is time to submit your nomination for 2018. Recognize your coach for the outstanding contributions to Masters Swimming that he/she has made. Show how much you love and appreciate your coach by nominating them for the Coach of the Year Award. The award will be presented at the Annual Membership Social and Meeting on Saturday, April 14.

Your nomination should address any, or all, of the following selection criteria:

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



To nominate your coach, compose a letter with the following information:

- Your name and email address
- Nominee's name and email address
- Name of the team, workout group, or club
- Number of years the nominee has coached the team/workout group/club
- Coaching experience
- Coaching accomplishments
- Examples of improvement and/or enhancement of program or new program
- Examples of contributions to PNA
- Evidence of nominee's coaching skills and knowledge
- Impact of nominee's coaching efforts on others

Submit your nomination by Saturday, March 24 to Wendy Neely at wendymal@mac.com. If you have questions, call Wendy at 206-793-9391. Previous recipients of the Coach of the Year Award will serve on the selection committee.

Past recipients of the Coach of the Year Award

2017 – Wendy Neely, Blue Wave Aquatics
 2016 – April Cheadle, Bainbridge Aquatic Masters
 2015 – Paul Ikeda, Orca Swim Team
 2014 – Joel Dodds, Mukilteo YMCA
 2013 – April Cheadle, Bainbridge Aquatic Masters
 2012 – Becca Watson, Lake Washington Masters
 2011 – Ken Rice, West Coast Aquatic Masters
 2010 – Shannon Singer, Skagit Valley Masters

2009 – Lynn Wells, Aquatic Fanatics
 2008 – Mel Smith, Briggs Y Masters
 2007 – Robin O'Leary, North End Otters
 2006 – Neil Romney, North Whidbey Masters
 2005 – Michael McKinlay, Downtown/Bellevue Swim Team
 2004 – Wendy and Malcolm Neely, Federal Way Masters

Board Highlights

Despite dreary December rain, the PNA Board held its annual end-of-year meeting 12/2/17 in Issaquah, with the low-lying clouds giving the impression we were high up in the Alps.

The biggest change PNA swimmers can expect in 2018 is a new Social Hour and Buffet Dinner at the Annual Membership Meeting in April. This will be held at the King County Aquatic Center in Federal Way on the Saturday of the PNA Short Course Championships. The wine and beer bar will open during the 1000 Free with the dinner and meeting held shortly after the end of the last heat. More details will be coming soon, including menu and costs.

Our SwimPNA Facebook page has added 62% more followers in the past two months. We strongly encourage all PNA Masters swimmers, coaches, and officials to follow at <https://www.facebook.com/SwimPNA/> to keep up with PNA news! PNA had 1,738 total members registered for 2017, including 890 women and 848 men. This was an increase over 2016!

Meet attendance was up slightly in 2017 to 1,036 entrants, even though the number of meets dropped to seven. 2018 Open Water events include Whidbey Island in June, Swim Defiance on August 5, and Last Gasp on September 15. There is a possibility Fat Salmon might be moved one weekend, but nothing firm at the time of the meeting.

Sarah Welch and Bob DeWard were both appointed directors on the board while David Baer was appointed to Officials Coordinator position.

The financial reports showed income and expenses for all 2017 budgets to be very close for a successful year.

PNA Voting Board Members

President - Sally Dillon
 Vice President - Zena Courtney
 Secretary - Jay Pearson
 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 - David Baer
 Postal - Sally Dillon
 Records/Top Ten - Doug Jelen
 Social Media - Isaac Contreras Sandoval
 Webmaster - Steve Peterson



Happy holidays from the PNA Board!
 (L-toR): Jim Davison, Jay Pearson, Steve Peterson, Sally Dillon, Walt Reid, Linda Chapman, Bob DeWard, Kim Boggs, Zena Courtney, Stephanie Hiebert, Arni Litt, and Kathy Casey

Bellevue Club Master Mile
Sunday, January 21, 2018
Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanctioned by PNA for USMS Inc. #368-S003

LOCATION: Bellevue Club, 11200 SE 6th St, Bellevue, WA

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

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

MEET REFEREE: Jim Davison,
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 01/21/18. Age groups based **on the swimmer's age as of 12/31/18.**

ENTRIES: Swimmers may enter only the 1500-meter freestyle. All entries must have an entry time. (Estimated entry times are okay. See table for guidance.) Entries must be received or completed online by 11:59 PM (Pacific) Tuesday, 1/16/18. NO race day entries will be accepted. Meet is limited to 70 entrants.

SEEDING: The event will be seeded fast to slow, with age groups and sexes mixed.

CHECK-IN: Positive check-in required by 12:30pm. Online check-in via SwimPhone will be available starting Saturday, 1/20/18 @ 6am. (Online check-in link [here](#).) Swimmers missing the check-in deadline may be scratched from the event.

INTERMEDIATE SPLIT TIMES: Swimmers who would like one or more split times submitted as official times must complete a [USMS Split Notification form](#) indicating the distance(s) for which splits should be submitted. Forms will be 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: Enter online at:
https://www.clubassistant.com/club/form/register_now.cfm?c=1534&smid=9612

DIRECTIONS: From I-405, exit at SE 8th St 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. Enter at Athletic Entrance. Check in at Reception Desk. (This is different than checking in for the 1500 free.)

ENTRY QUESTIONS: Contact Meet Director Sally Dillon, 425-961-0023, salswmr@comcast.net.

CONVERSION TIMES:

100yd pace time	100m pace time	est 1500m time
01:05.0	01:12.1	18:01.5
01:07.5	01:14.9	18:43.5
01:10.0	01:17.7	19:25.5
01:12.5	01:20.5	20:07.5
01:15.0	01:23.3	20:49.5
01:17.5	01:26.0	21:30.0
01:20.0	01:28.8	22:12.0
01:22.5	01:30.8	22:42.0
01:25.0	01:33.5	23:22.5
01:30.0	01:39.9	24:58.5
01:35.0	01:45.5	26:22.5
01:40.0	01:51.0	27:45.0
01:45.0	01:56.6	29:09.0
01:50.0	02:02.1	30:31.5
01:55.0	02:07.6	31:54.0
02:00.0	02:13.2	33:18.0



Lake Washington Masters Invitational - SCY
 Sunday February 18th, 2018
 Warm-up: 9:00 AM Meet starts at 10:00 AM
 Sanctioned by PNA for USMS Inc. #368-S002

LOCATION: Juanita Aquatics Center, 10601 NE 132nd St.
 Kirkland, WA 98034 @ Juanita High School

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

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

TIMING SYSTEM: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

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

MEET REFEREE: Dick Chapman
dick_chapman@comcast.net

CONCESSIONS: None. Bring your own snacks

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2018 USMS or foreign registered swimmers 18 and above as of 02/18/2018. Age groups **based on the swimmer's age as of 02/18/2018.**

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

Individual Entries and Relay Only swimmers:

Online Entry Deadline: Sunday, February 11, 11:59pm
 Paper Entry Deadline: Postmarked by Thursday, February 8.

Relay Entries:

Online relay entry available Monday, February 12, 9:00 AM to Wednesday, February 14, 11:59 PM) (Three days)
 Relay entry also available at meet.

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

SEEDING: All events slow to fast, age groups and sexes mixed. Pre-seeding except for 400IM and 500 Free.

CHECK-IN: Positive check-in required for the 500 Free and 400 IM. Check in for the 400 IM by 9:20 AM and check in for the 500 Free by the conclusion of event #15. Swimmers missing the check-in deadline may be scratched from the event.

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

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

AWARDS: PNA medals available for purchase at meet.

ORDER OF EVENTS:

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

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

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=9523

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

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

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

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



Thunderbird Aquatic Club Masters
2018 TAC SCM Masters Meet
Sunday, February 4, 2018
Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanctioned by PNA for USMS Inc. #368-S004

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

FACILITY: 25/m pool, 6 lanes, two side warm-up area.
Temp 83°F

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

TIMING SYSTEM: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

MEET DIRECTOR: Calvin Milbach caljrun@yahoo.com

MEET REFEREE: Heather

Brennan brennan@wavecable.com

CONCESSIONS: None

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2018 USMS or foreign registered swimmers 18 and above as of February 4, 2018. Age groups based on age of swimmer as of Dec 31, 2018. Foreign registered swimmers must provide **proof of current registration in their country's federation.**

ENTRIES: Swimmers may enter up to 6 individual events. Entries must be postmarked by Wednesday, January 24th or online by 11:59 PM (Pacific) Monday, January 29th. NO race day entries accepted.

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

SEEDING: All events slow to fast, age group and sexes mixed. Pre-seeding except for the 400 IM and 400 Free. If entries for the 400 IM are three or fewer, at the discretion of the Meet Referee, the 400 IM may be combined with the first heat of the 400 Free.

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

BREAKS: Each of the four breaks are 5 minutes.

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

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

your relay entry card carefully to ensure correct intent and results.

AWARDS: PNA medals available for purchase at meet.
ENTRY FEES: \$16.00 (US or Canadian; includes LMSC and timing surcharges) PLUS \$2.00 per individual event (optional for seniors and needs-based swimmers). No charge for relays.

Order of Events

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

ONLINE ENTRIES:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=9522

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

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

ENTRY QUESTIONS: Calvin Milbach
caljrun@yahoo.com

360-293-0673

POST THUNDERBIRD MEET/PRE SUPER BOWL

SOCIAL: 2PM – 5PM Upstairs at Village Pizza: [807 Commercial Ave, Anacortes 98221](#) Family Friendly!
All swimmers, families, and friends are welcome to join us at Village Pizza to tell swim stories.

LODGING:

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

360-293-4644



Port Angeles Masters Meet
 Sunday, March 11 2018
 Warm-up: 11:00 AM Meet Starts: 12:00 Noon
 Sanctioned by PNA for USMS Inc. #368-S005

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

FACILITY: Competition 25 yard, 6 lanes. Temp 82°F.
 Continuous warmup in the dive tank. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

TIMING SYSTEM: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

MEET DIRECTORS: Emily Ellefson
emilyellefson@hotmail.com

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

CONCESSIONS: Snacks for Sale at the PASC table.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2018 USMS or foreign registered swimmers 18 and above as of 03/11/2018. Age groups **based on the swimmer's age as of 03/11/2018.**

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Thursday, March 1, 2018 or submitted online by 11:59 PM (Pacific) Monday, March 5, 2018. NO Deck Entries.

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

ENTRY QUESTIONS: Cari Gavin
triplethejoy@wavecable.com

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

CHECK-IN: Positive check-in required for the 500 Free by end of break between Events 8 & 9. Swimmers missing the check-in deadline may be scratched from the event.

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

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

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

ORDER OF EVENTS:

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

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=9524

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

DIRECTIONS:

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

LODGING: [Red Lion Hotel](#), 221 N Lincoln St, Port Angeles, (800) 733-5466 <http://www.redlion.com/port-angeles>
[Quality Inn Uptown](#), 101 E 2nd St, Port Angeles, (360) 457-9434, <https://www.choicehotels.com/washington/port-angeles/quality-inn-hotels/wa099>



Lake Stevens Masters
Lake Stevens Pentathlon
Sunday, March 18, 2018
Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanctioned by PNA for USMS Inc. #368-S003

LOCATION: Lake Stevens High School Pool, 2908 113th Ave
NE, Lake Stevens, WA 98258

FACILITY: 25yd pool, 6 lanes, no separate warm-up area.
Temp 83°F
The length of the competition course without a bulkhead is
in compliance and on file with USMS in accordance with
articles 105.1.7 and 107.2.1

TIMING SYSTEM: The primary timing system will be
automatic timing (Daktronics). Times may be submitted for
USMS records and USMS Top 10 consideration.

MEET DIRECTOR: Erik Petersen,
erik_petersen@lkstevens.wednet.edu, (425) 583-1871

MEET REFEREE: Heather Brennan,
heatherbrennan11@gmail.com, (360) 770-6185

CONCESSIONS: No

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2018 USMS or foreign registered
swimmers 18 and above as of 03/18/2018. Age groups
based on the swimmer's age as of 03/18/2018.

ENTRIES: Swimmers may enter up to 5 individual events.
Entries must be postmarked by Thursday, March 8, 2018 or
online by 11:59 PM (Pacific) Tuesday, March 13, 2018. NO
race day entries accepted.

PENTATHLON:

- This meet offers two pentathlons:
 - Short-50y strokes and 100y IM
 - Long-100y strokes and 200y IM.
- Scoring for the Pentathlons will be based on total time
for the five events of each Pentathlon by age-group
and gender.
- DQs will be assessed a time penalty of 5 seconds per
50 yards. A DQ will not eliminate a swimmer from the
Pentathlon scoring.
- Swimming 5 events is not required to participate in the
meet

- Swimming all 5 events of the Short or Long Pentathlon
is required to earn a total time score for the Short or
Long Pentathlon

SEEDING: All events seeded slow to fast, age group and
sexes mixed. Pre-seeding.

CHECK-IN: No positive check-in required.

RELAYS: No relays available.

AWARDS: PNA medals available for purchase at meet

Order of Events

#	EVENT	#	EVENT
1	50 Fly	6	100 Breast
2	100 Fly	7	50 Free
3	50 Back	8	100 Free
4	100 Back		15 Minute Break
	10 Minute Break	9	100 IM
5	50 Breast	10	200 IM

All events are Mixed

ENTRY FEES: \$16 PLUS \$2 per individual event.

ONLINE ENTRIES: Enter online at:
https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=9525

PAPER ENTRIES: Make checks payable to *Lake Stevens
School District* and mail to: *Lake Stevens High School
Pool, 2908 113th Ave NE Lake Stevens, WA 98258.*

DIRECTIONS: The pool is located at the high school in the
student parking lot directly across from the tennis courts.
From Highway 9: East on highway 92. Turn right onto
113th Ave.NE. Go straight to the third stop sign. Take a left.
Turn right into the Lake Stevens High School student parking
lot. From Granite Falls: West on highway 92. Turn left onto
113th Ave. NE. Go straight to the third stop sign. Take a left.
Turn right into the Lake Stevens High School student parking
lot. From I-5: East on US 2 to Lake Stevens. Left on Hwy
204 to Frontier Village. Take a left on Hwy9 going North. Go
East on highway 92 for 1.5 miles. Turn right onto 113th Ave
NE. Go straight to the third stop sign. Take a left. Turn right
into the Lake Stevens High School student parking lot.

ENTRY QUESTIONS: Contact Meet Director Erik Petersen



PNA GENERIC ENTRY FORM

COMPETITION ENTRY INSTRUCTIONS

Pacific Northwest Association (PNA) Sanctioned Swimming Competitions

AGE GROUPS

Entrants must be at least 18 years old to compete.

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

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

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

ONLINE ENTRIES – EASIEST and BEST Method!

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

PAPER ENTRIES

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

ALL COMPETITIONS

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

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

POOL COMPETITIONS

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

Strictly forbidden: **Entering more than five individual events per day;** Using hand paddles in warm-up areas; Diving in warm-up areas unless in designated sprint lanes; Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS (OW)

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

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

GENERIC ENTRY FORM • PACIFIC NORTHWEST ASSOCIATION

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

Address: _____ City: _____ State: __ Zip: _____

Email: _____ Phone: _____ USMS #: _____

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

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

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

Name of Meet _____

Date of Meet _____

This is my first Masters meet

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



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

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

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

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

Table with 5 columns: Last Name, First Name, MI, Sex (circle) M/F, Date of Birth (mm/dd/yy). Includes rows for Street Address, City, State, Zip; Signature of Participant; and Date Signed.

PNA Calendar

POOL EVENTS:

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
5/10 to 5/13 - [USMS Nationals](#), Indianapolis, IN

BOARD MEETINGS

1/23 - Conference call, 6:45pm
3/6 - Conference call, 6:45 pm

(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

[Search USMS Calendar of Events](#)

Welcome New Swimmers!

Dave Allan	Loretta Johnson
Matthew Allen	Charles Johnson
Mark Andresen	Svetlana Karpeeva
Brian Barker	Karen Kennedy
Marque Benion	Allie Knerr
Sophie Biddle	Taylor Knowles
Juliann Bildhauer	Elizabeth Le
Tim Bomke	Gabriella Levy
Lara Botsford	Sara Long
Christy Cowley	Sherry Maxx
Avery Daniels	LeAnne McClaskey
Shovan Dutta	Jennifer McFall
Sarah Ellis	Debi Overby
Elizabeth Frei	Carmen Parisi
Hector Galeano	Lauren Sancken
Brett Galus	Paul Swoish
Stephanie Gildnes	Daniel Tart
Andrew Goard	Arita Thatte
Isla Hale-Burgess	Peter Thornewell
Christy Hawley	Philipp Tistov
Jazzy He	Owen Vogeli
Katie Howard	MakVon Behrens
James Johnson	



BELLEVUE CLUB MASTERS MILE

**Sunday,
January 21**

This beautiful 25-meter pool has nine deep-water lanes, which will be used for competition and warmup/down. Warmups begin at noon; meet starts at 1 pm. The 1500-meter event will be seeded fast to slow with ages and sexes mixed. Official intermediate splits will be available upon request.

See page 11 for the official entry information.